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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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YOUTH CENTER SHOWS OFF

Open house spotlights facility, programs

By Nathan Pfau
Army Flier Staff Writer

Keeping children busy and entertained can be quite a task, especially for working parents, but one facility on Fort Rucker exists as a haven for the installation's youth, and parents got a first-hand look at what their children are up to after school.

The Fort Rucker Youth Center hosted its Ice Block Party Open House Friday to give parents a chance to take part in a bit of friendly competition, as well as take a tour of the facility that their children have come to know so well, according to Sasha LaForge, Fort Rucker Child, Youth and School Services.

"We wanted to give parents the opportunity to see what we offer their children," said LaForge. "We just wanted to give them a feel for our environment – a safe place for their children to come. This is a place where the staff unites and comes together with the children, and you can see how they love working together and we just wanted to share this environment with the parents and show them what we have to offer."

Throughout the evening, parents got a brief program overview about some of the events and programs the youth center takes part in, such as arts and crafts, and partnerships with local Boys and Girls Clubs, as well as learn about some of the leadership clubs for children to participate in.

Parents also got a chance to tour the facility and see every aspect of what their child is able to take part in, from the gymnasium to the multimedia room to computer room.

Janet Butler, Department of the Army civilian, said she attended the open house to tour the facility her son so often talks about.

"My child has been in (CYSS) since he was a baby," she said. "It's an awesome program and they take very good care of him. He rides the bus from his school to (the youth center), so I don't have to worry, and since I work on post, it's very convenient to come here and get him if I need."

The facility offers sports and fitness activities, academic support, mentor sup-



ABOVE: Ariel Smith, military family member, takes part in a cupcake decorating contest during the youth center Ice Block Party Friday. UPPER RIGHT: Children play foosball. LOWER RIGHT: Children enjoy a snack during a break.



PHOTOS BY NATHAN PFAU

**This is a place where
the staff unites and
comes together with
the children, and you
can see how they love
working together."**

— SASHA LAFORGE,
FORT RUCKER CHILD, YOUTH
AND SCHOOL SERVICES

port, arts and crafts activities, afterschool programs, leadership and life skill opportunities, as well as other leisure activities.

There is a gymnasium, complete with basketball court and rock-climbing wall, as well as an outdoor skate park.

The center also boasts multiple activity rooms, including a youth technology lab where youth have computer access for learning and games with computer programs that can be used for activities, such as videography, digital photography and more.

For children who wish to explore their creative side, there is an arts and craft area that children can explore sewing, paper and music crafts, as well as an interactive fitness area that children can use to keep up on their fitness. There is even an entertainment area that focuses on music, dance and song, where children can use amenities like the vocal booth, keyboard and digital drum pads, and more.

There is also a common area where children can relax and enjoy refreshments, hang out with friends, play foosball or even play video games. For the more study conscious, there is even an area for

homework, which offers homework assistance and educational activities, all of which is free to use for children who are enrolled in the CYSS program.

"Our goal is to just get more people aware of our program that we have here," said LaForge. "This is a free, afterschool program, and everything that we offer is at no cost to the parents. We don't charge them for meals or anything – they can just come and enjoy, and we also host afterschool field trips, which are also free."

The center's hours of operation are Mondays-Thursdays from 2:30-8 p.m., Fridays from 2:30-10 p.m. and Saturdays from 1-11 p.m.

Children must be enrolled in the CYSS program to visit the youth center and all visitors, including parents, must sign in at the front desk.

For more information, call 255-2271 or 255-2260.

MIND CANDY

Illusionist to perform at Landing

By Nathan Pfau
Army Flier Staff Writer

A good show can leave a lasting impression with good entertainment and fun, but one show coming to Fort Rucker may leave some patrons scratching their heads.

Wayne Hoffman, a critically acclaimed illusionist and mentalist, will return to The Landing Aug. 26 from 7-9 p.m. to dazzle audiences with his "Mind Candy," according to Aida Stallings, Directorate of Family, and Morale, Welfare and Recreation special events coordinator.

"Wayne Hoffman is an extremely talented illusionist and mentalist, and last year was my first

SEE MIND, PAGE A5



Hoffman

COURTESY PHOTO

Mobile app helps post stay resilient, healthy

By Jenny Stripling
Lyster Army Health Clinic
Public Affairs

Do you know where to find running trails in this area? How about where Bible studies are located? Did you know there is a 5K coming up soon? What about the operational hours for the post library?

These are questions many may have when first arriving to Fort Rucker. Now there is a mobile app for your smartphone or tablet devices that can answer all of these questions and more.

The Fort Rucker Resiliency Resources Mobile App, utilizes the five health domains from the Comprehensive Soldier and Family Fitness campaign (physical, emotional, family, spiritual and social) and combines the data from the Fort Rucker Community Resource Guide and installation websites, where you can easily access important information about the topics that impact you and your family's daily lives.

"The concept of our mobile app is this: in a year's time, there are 525,600 minutes. Out of all of these minutes a person may spend approximately 20 minutes with their health provider, on average, five times a year," said Capt. William Capp, Lyster Army Health Clinic chief of information management. "If you



PHOTO BY JENNY STRIPLING

Soldiers at Lyster Army Health Clinic utilize the mobile health app for Fort Rucker last year.

are only seeing your primary health care provider for 100 minutes out of the year, what else are you doing to positively affect you and your family's health the rest of the year? How can we at Lyster and at Fort Rucker impact your life space to help you make healthy lifestyle choices? In steps, this mobile health app (will) help impact the life space of our Soldiers and families."

Capp said the resource app has the ability to find information fast so Soldiers and families can make healthier lifestyle choices and be active in their daily lives.

Future updates for the app include a push notification that one can opt-in or out of that notifies you of upcoming events including 5K's or healthy cooking demonstrations at Lyster.

As the app rolls out to other Army installations, a form of geo-targeting will give the ability to download the local base information into the app. This is a great feature especially for someone that goes TDY to other places, he added.

The app can be found in local mobile app stores for Android and iPhone by typing "Rucker" in the search field.

PERSPECTIVE

Are you tough enough to be an officer?

By Capt. Jefferson Davis
U.S. Army Human Resources
Command

FORT BENNING, Ga. -- Commissioned officers in today's Army are a diverse, competitive and battle hardened corps. Officers don't just wear rank, they bear the burden it brings. They excel under pressure, and every decision and action taken by every person under their command is their sole responsibility while building a highly trained cohesive team and developing skills to exceed every standard.

Every rank and position of authority comes with a commensurate responsibility to lead, develop and achieve through moral character, affirmative presence and exemplary intellect. Being an officer is a demanding profession and becoming one can be even more challenging.

The U.S. Army currently has three paths to a commission: the United States Military Academy at West Point, New York; the Reserve Officer Training Corps; and the U.S. Army Officer Candidate School at Fort Benning.

All three routes demand the same rigorous standards of training prior to receiving a commission.

So, what's the difference between the three commissioning paths? Answer: About three years and nine months.

Since its inception in July 1941, the OCS motto has been "Standards! No Compromise!" and that applies to holding graduates to the same standards in 12 weeks as the other commissioning sources do in four years. OCS hopefuls are challenged from day one physically, mentally and emotionally.

Prospective officer candidates can expect early mornings, late nights and a lot of hard



COURTESY PHOTO

OCS candidates work to develop communication and teamwork skills by controlling their movement as a team.

work. Even the best leaders are challenged to complete the pre-commissioning requirements within extremely compressed timelines.

At OCS, your physical and mental capabilities will be put to the ultimate test. If you are not exceeding the physical fitness standards upon arrival, fatigue and injury from constant physical exertion will likely end your journey.

If you arrive and your personal life is not in order, the constant activity and lack of personal time compels many to ring the bell.

If you show up and think, "How hard could the classes be if it's only 12 weeks?" You will fail academically, and will have to fulfill your obligation at the needs of the Army, or return to your unit if you're already serving on active duty. At OCS, you can expect all of these challenges throughout the entirety of the course – not separately, but continuously.

Throughout OCS, a candidate's typical day starts at 5:45 a.m. with physical readiness training and ends at 9 p.m., with continuous training or classes throughout the day.

At first, this is just a long day, but compounded by the physical rigors of PRT in the morning,

being on the move at all times and absorbing four years of military instruction contracted into 12 short weeks, even the most competent and fit Soldiers feel the fatigue.

As the physical and mental exhaustion sets in, OCS transitions from a school to a course – a means to assess the candidate's character.

When fatigue sets into the body and mind, your inner character begins to show. Without a weekend or afternoon recess to recharge both physically and mentally, weary candidates are thrust into leadership positions and evaluated under the ever watchful eye of uncompromising mentors and trainers.

Can your actions, planning processes and decisions stand up to the scrutiny of comparison against Army doctrine, values and leadership competencies?

An exemplary Soldier recently commissioned from the Officer Candidate School at 27 years of age with a wife and young child.

Like all other OCS applicants, he had earned a bachelor's degree, was a U.S. citizen, was under 33 years of age, easily passed the physical fitness test and passed the accessions board.

He was the ideal candidate, and like all other candidates,

his time at OCS marked the beginning of his commissioned officer career. One of the traits that set this candidate apart was that OCS also marked the end of his noncommissioned officer career.

Every Soldier in the Army accepts and expects his comrades to uphold the Army values, but the NCO is known as the standard bearer. There are few that can claim to hold the same deference to the standards of the Army.

Therefore, it should be no surprise that a successful NCO would be successful at OCS, whose motto, remember, is "Standards! No compromise!"

Now, in a time of force-shaping boards and reductions in force, it is more important than ever to promote our leaders from within. Commanders, first sergeants, and sergeants major should develop junior leaders, not just to be outstanding senior NCOs, but to pursue a commission.

"From my experience, officers are the epitome of composed professionals," wrote one NCO OCS candidate on his entrance exam when describing some traits of good officers. "The most impressive trait I have observed is the energetic determination to accomplish any task that lay before them."

These are the same characteristics we expect from our NCO corps.

More than 70 years ago, Capt. Michael "Iron Mike" Paulick saw the same traits in a young sergeant under his command. In 1944, Paulick issued a battlefield promotion to Sgt. Audie Murphy as a commissioned officer. As a second lieutenant, Murphy went on to earn our nation's highest award – the Medal of Honor.

Every leader has the opportunity and responsibility to identify exceptional noncommissioned officers and to mentor them about pursuing a commission. Guiding our nation's best toward the commissioned officer corps does not minimize the importance of NCOs. They are the "Backbone of the Army." Every Soldier deserves a great leader, and every NCO deserves the best commanding or supervising officer possible.

During fiscal year 2015, Army accessions policy limited applicants to six years of prior active federal service. This policy, coupled with the required bachelor's degree, prevented many experienced and talented NCOs from applying to OCS. A four year degree is still currently required, but the restriction to time in active federal service is no longer applicable.

If you are one of the many talented and driven NCOs who has earned a degree before or while on active duty, this is the self-development and initiative expected of OCS candidates and commissioned officers.

If you or someone you know lives by the Army standards, without compromise, has the energetic determination to accomplish any task and wants increased responsibility, then visit <https://www.hrc.army.mil/Officer/OfficerCandidateSchool> and start preparing for a career in the commissioned officer corps today!

Rotor Wash

“The Splash! Summer Luau is Aug. 27 from 11 a.m. to 4 p.m. as the last pool event of the summer. What are some ways you wind down the summer?”



CW2 Tim Wildes,
1st Bn., 147th Avn.
Regt., Madison, Wis.

"It's nice to take some final trips to the beach and get that last bit of summer in."



Sgt. Dan Cutler,
1st Bn., 147th Avn.
Regt., Madison, Wis.

"It's always nice to have a barbecue with friends and family."



Sam Baker,
Army veteran

"Just spend time with friends and get ready for some cooler weather."



Pvt. 2 Dale Rowe,
B Co., 1st Bn.,
11th Avn. Regt.

"It's always nice to get some swimming done before the weather starts to get cold."



Tangi Hill,
retired military

"We are going to go to the beach with all our family and stay at our condo."

COMMAND

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QUALITY

Directive changes NCO programs, Army retention rules

By Robert Timmons
Fort Jackson Public Affairs

FORT JACKSON, S.C. — Changes to Army programs that are meant to retain quality NCOs will take effect when the new fiscal year begins Oct. 1.

In May, Secretary of the Army Eric Fanning signed Army Directive 2016-19 “Retaining a Quality Noncommissioned Officer Corps,” instituting new policies that are meant to ensure the Army retains its best Soldiers while offering NCOs with the most potential an avenue for continued service, said Sgt. Maj. Michael Kouneski, Fort Jackson command career counselor.

The directive changes the Bar to the Continued Service Program, the NCO Career Status Program, and Retention Control Point System. The changes will be felt across the enlisted spectrum, particularly among mid-career to senior-level NCOs, Kouneski said.

Under the Bar to Continued Service program, formerly known as the Bar to Reenlist-



ARMY FILE PHOTO

A drill sergeant watches trainees scale the skyscraper obstacle at Fort Jackson, S.C.

ment Program, all enlisted ranks in the active and reserve components can receive notice that they must improve their performance or face separation from service, despite having reenlisted indefinitely, he added.

“The big change is that the (Bar to the Continued Service Program) now affects all enlisted

ranks,” Kouneski said. “Where previously (the program was) Bar to Reenlistment and, if you were in the indefinite reenlistment program, you could say, ‘The commander can’t bar me to reenlist because I’m already indefinite.’ Now if a Soldier has unsatisfactory performance the commander can bar you from continued ser-

vice.”

The bar will be reviewed at periods of three and six months before separation procedures begin, he said.

“(The reviews) are putting you on notice you are a candidate for separation under the new Bar to Continued Service,” Kouneski said. “As a Soldier in the Army

you (must) continue to find new ways to better yourself, because as the Army reduces in size it naturally becomes more competitive.”

Under the new directive, Soldiers who wish to reenlist under the NCO Career Status Program, formerly the Indefinite Reenlistment Program, must wait until their 12th year of service to apply, he said. The new entry point is meant to coincide with the Army’s new retirement system, which begins Jan. 1, 2018.

The directive also reduces the years senior NCOs can stay in the Army by reducing retention control point levels for sergeants first class through sergeants major, Kouneski said.

This change, which will take place over a three-year period, is designed to cause “senior enlisted personnel to exit earlier than anticipated and to mitigate the effects on families and on the Army,” he said.

Soldiers seeking more information on these upcoming changes should contact their unit career counselors.

3,000 voting assistance officers stand ready

By C. Todd Lopez
Army News Service

WASHINGTON — This election season, many Soldiers will face the same crucial question, and it’s not necessarily the one you think. It’s not, “Who do I vote for?” It’s “Can I vote?”

For the many Soldiers stationed overseas or facing deployments, the answer isn’t always clear.

In 2014, 69 percent of the active-duty Army was registered to vote, compared to 65 percent of the civilian population, according to a 2014 Federal Voting Assistance Program report to Congress. But when it actually came to voting in the 2014 election, only about 20 percent of active-duty Soldiers did, compared to 42 percent of the general population.

This election season, the Army is making sure that, for Soldiers who do choose to take advantage of the freedom they signed up to defend, the answer is always, “yes.” They can cast a vote from wherever they are.

Rachel Gilman, who manages the Army



AIR FORCE NEWS SERVICE GRAPHIC

Voting Assistance Program, oversees the more than 3,000 voting assistance officers Army-wide who are dedicated to ensuring Soldiers everywhere have the tools and information they need.

“Our program really focuses on awareness, assistance, providing education, and really training voters about where to go and what information they need,” Gilman said.

“Voting is a very personal choice. If they decide to vote, we are there to help them. If somebody wants to make changes on issues that are important in their hometowns and communities, that’s what we are there to provide.”

Soldiers who want to vote in November

should act now, Gilman said. Whether the Soldier is stateside, forward-stationed overseas, or deployed, the way to do that is by seeking out a unit voting assistance officer and then filling out a Federal Post Card Application.

“That’s your form – your go-to form,” Gilman said.

Also known as GSA Standard Form 76, the Federal Post Card Application will begin the process of registering a Soldier to vote in his or her correct voting district. It will also inform election officials as to which voting district to send the ballot to. The form is not just for Soldiers, but for any voter who wants to cast a ballot outside of his or her home district.

To obtain the form, Soldiers can download it from the Federal Voting Assistance Program website at the FVAP.gov, or visit a voting assistance officer wherever they are stationed.

The voting assistance officer can also help Soldiers determine the state and location of their voting district, information that is required on the Federal Post Card Application. Soldiers can also use the FVAP

website to make that determination.

The FVAP.gov website provides deadlines for registering to vote, requesting a ballot, and mailing a ballot. Each state has different requirements, Gilman said, but kicking off the process now is better than waiting.

“It’s really important, especially for overseas voters and those Soldiers who are deployed,” she said. “Once they receive their ballot, it’s important that they immediately fill it out and send it back due to the mailing time.”

The Army doesn’t require Soldiers to vote or even register to vote, Gilman said. But she thinks it’s important that they do. Preserving the right to vote, she said, is one of the reasons that Soldiers serve in the first place.

“I think it’s really important for Soldiers to vote, because it’s a freedom they defend,” Gilman said. “I think it’s an opportunity to have their voices heard. It’s important for them if they want to change issues in their communities, their home towns, for their families. I think it’s very important that they have their voices heard.”

News Briefs

PTSD education

Lyster Army Health Clinic will offer a post-traumatic stress disorder education for spouses group Aug. 25 at 4:30 p.m. The group will meet in the behavioral health service area of the clinic. Attendees are asked to arrive by 4:10 p.m. and enter from the external behavioral health side entrance on the left side of the clinic.

For more information, call 255-7028.

Clinic canopy project

Lyster Army Health Clinic is scheduled to begin a canopy construction project at the front of the clinic Friday. The tentative completion date for the project is January. This will impact the use of the left-side entrance at the front of the clinic. The main clinic doors will be open and operational during this time.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety’s lost and found point of contact at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

Girl Scout registration

The Fort Rucker Girl Scout troop will hold a registration event for this school year Tuesday at 6 p.m. at The Commons. For more information, call 225-1069.

Funded legal education program

The Office of the Judge Advocate General is accepting applications for the

Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2017 and will remain on active duty while attending law school.

Interested officers should review Army MILPER Message 16-053 and Chapter 14 of Army Regulation 27-1 “The Judge Advocate General’s Funded Legal Education Program” to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligibility is governed by statute – 10 U.S.C. 2004 – and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer’s branch manager at AHRC, send the original application to the Office of the Judge Advocate, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by Nov. 1. Legal officials advise people to submit their applications well in advance of the deadline.

For more information, call 255-3308.

Clinic closure

Lyster Army Health clinic will close at noon Sept. 21 for training.

Pay office closure

The Defense Military Pay Office will close Aug. 26 at 12:30 p.m. The office will reopen Aug. 29 at 7:30 a.m. All

DMPO customers are asked to visit the DMPO with their pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency during this time should call 317-319-7604 for assistance.

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100 in the clinic. Lyster officials encourage participants to bring their own mats.

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: 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.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a six-

to 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.

Lyster update

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @Lyster-AHC.

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.

GOING GREEN

Army reaches \$1 billion in energy-saving projects

By Gary Sheftick
Army News Service

WASHINGTON — In less than five years, the Army has engaged in 127 energy-saving projects with the private sector that now exceed \$1 billion in investments, announced Secretary of the Army Eric Fanning.

Fanning made the announcement Aug. 11 at the Department of Energy Training and Trade Show in Providence, Rhode Island. He explained that these projects were undertaken in response to a challenge from President Barack Obama.

The president challenged all federal agencies in December 2011 to partner with companies to save energy. It was called the Energy Savings and Performance-Based Contracting Investments Initiative and the president wanted all of government to execute \$4 billion in projects by the end of 2016.

The Army's projects alone represent 33 percent of all the federal government's current contributions to meeting the president's goal, Fanning said.

"On our installations, and wherever we maintain and train our force, the Army is focused on finding the sweet spot between energy efficiency and energy security," he said. The 127 projects have been undertaken at 52 installations.

The \$1 billion milestone was surpassed with a contract signed Aug. 11 by Anniston Army Depot and its utility company.

Under the Anniston contract, Alabama Power is providing \$20.8 million to fund new high-efficiency chillers, a new compressed air plant and new heating systems at the installation, along with other initiatives that include high-efficiency lighting, a water conservation project, new ventilation fans and decentralization of the depot's steam system.

"This is a case where public policy has worked well," said Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

These contracts are important to the Army, she said. Federal agencies like the Army can leverage their utility budgets and take the steps essential to enhancing resiliency, achieving cost savings, and improving operations and maintenance, with no upfront costs to the government, she explained.

The costs of the projects are paid back over time as the Army realizes savings from the improvements, Hammack said.

Two types of projects

There are actually two different types of energy-saving partnerships, said Randall Smidt, an engineer working for the Office of the Assistant Chief of Staff for Installation Management.

Utility energy service contracts are agreements between utility companies and government entities. The Anniston project is a UESC contract and the Army has initiated 42 of these in the last five years, Smidt said.

Energy savings performance contracts are partnerships between the government and an energy service company — such as Honeywell Building Solutions, Siemens Government Services or Schneider Electric, he added. The Army has initiated 85 of these ESPC partnerships in the last five years.

ESPC projects

While partnerships with energy service companies can include renewable-energy



ARMY PHOTO

The solar array at the alternative energy corridor at Tooele Army Depot, Utah, is a fiscal year 2012 Army Energy Conservation Investment Program project. Pictured here in May 2013, the 429 solar dishes are expected to provide 1.5 megawatts of electricity — about 30 percent of the depot's annual electric energy need.

projects — such as solar, wind and geothermal — the greater portion of these projects still focus on making conventional energy usage more efficient.

About one-fourth of the agreements include some type of renewable energy projects, Smidt said, and some of those are notable.

"We've got one small waste-to-energy plant" under design at Fort Irwin, California, said Smidt, adding that it's scheduled to come online next year.

Smidt is the Army's ESPC program manager. He explained that ESPC contracts, known as task orders, require annual savings measurement and verification, and include a minimum guaranteed savings amount.

Funding for these projects must be paid back to the ESCO within 25 years, along with interest. The cost avoidance in energy savings is used to pay the company and, of course, the government gets to keep the rest of the energy savings.

Many of the projects net cost avoidance that well exceeds the original energy-saving goals, Smidt said.

For instance, more than \$2 million in energy costs have already been saved at White Sands Missile Range, New Mexico, by a 42-acre solar-array project that came online in December 2012.

Two wind turbines at Fort Buchanan, Puerto Rico, are estimated to produce more than 5 percent of the installation's power while 21,824 solar photovoltaic panels there will produce about 5.5 megawatts of power, which is at least 60 percent of the post's current power demand at peak periods.

Not all ESPC contracts involve renewable-energy projects, though. Rock Island Arsenal, Illinois, has a \$39-million infrastructure-modernization project at its Joint Manufacturing and Technology Center. Honeywell is installing high-efficiency HVAC systems and natural-gas heating that will allow the tech center to disconnect from the garrison's coal-fired steam

plant. New plating and paint systems at the tech center are also part of the upgrade.

UESC projects

Virtually all of the UESC contracts are aimed at making traditional HVAC and energy systems more efficient.

The UESC projects are funded by a utility company that "might be a longer-term partner than a private company just coming in new for the project," Smidt said, when comparing a utility to an ESCO.

"Typically the utility knows the installation well," because they've been working long-term on the installation, he said. The contracts are competed, but often utility companies that have already been providing services on post make the best offers, he explained.

Funding for UESC projects are normally paid back to the utility companies in fewer years than the ESPC projects. In both cases, the government gets to keep any additional savings provided by the improvements.

UESC projects do not guarantee savings, but they do guarantee performance, said Randy Shed, energy program manager in the Office of the Assistant Secretary of the Army for Installations, Energy and Environment.

"We're trying to reduce the cost of brown power as best we can," Shed said. "We have to stretch our dollars."

These projects "reduce the energy going out the window," he explained. "It only makes sense and shows we are very frugal and careful of how we spend the taxpayer's money."

Leading the way

The Army has actually been pursuing UESC contracts since 1992. In 25 years, the Army has initiated 382 projects at 48 installations, saving 4.4 trillion BTUs of energy annually.

ESPC contracts have been around the Army since 1996. A total of 242 contracts at 78 installations have involved \$1.856

billion in private-sector investments. These projects save the Army about 8.3 trillion BTUs of energy per year.

Adding the two types of contracts together, that adds up to saving 12.7 BTUs of energy annually — enough to power 341,132 average U.S. households.

Additionally, the Army is also initiating larger contracts for renewable-energy projects. The larger solar-array projects now come under either power purchase agreements or enhanced use leases.

The Army was already in the process of expanding energy-saving initiatives when the president made his challenge five years ago, officials said. As a result, the Army was positioned to be responsive to the president's goals.

The Army is currently leading all government agencies in the number of energy-saving contracts that it's been able to arrange in response to the challenge. But that's not too surprising, officials said, since the Army is also the government's largest utility consumer.

"It's been a pretty drastic ramp-up" of investments over the past four years, Smidt said.

The \$1 billion is a lot of investment, said Shed. "It's a lot of hard work from all the installations and it's been a total team effort. But still we have a lot more to do."

Fanning said over the next couple of years, the Army will focus on combined heat and power, or what many people know as cogen or co-generation.

"On college campuses, urban centers and Army bases, we've seen how CHP provides energy 20 percent to 30 percent more efficiently than conventional technologies," he said.

"I'm committing to a doubling of the amount of CHP produced by the Army in the next two years, and to triple it in four years," Fanning said. "That means we will add 50 megawatts per year through CHP projects, which is more than what the Army has added in the past 10 years combined."

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Local forces clear Manbij, seize control from ISIL

By Cheryl Pellerin
Department of Defense News

WASHINGTON – After seizing control on Friday of the Syrian city Manbij from the Islamic State of Iraq and the Levant, the Syrian Arab Coalition element of the Syrian Democratic Forces are clearing the city to make it safe for returning civilians, the Operation Inherent Resolve spokesman said Tuesday.

Col. Christopher Garver, briefing the press on operations by videoconference from Baghdad, said the clearance process is slow, dangerous and difficult because the terrorist army always leaves homemade bombs hidden in cities that it flees.

Monday, in a statement, Defense Secretary Ash Carter congratulated the people of Manbij, the Manbij Military Council, the Syrian-Arab Coalition and the Syrian Democratic Forces “for their success in liberating Manbij city from ISIL’s hateful rule.”

The push forward, enabled by coalition support, is a significant milestone in the campaign to deal ISIL a lasting defeat, he said, adding that Manbij was a key transit point for ISIL fighters going into Syria and Iraq, and for external operators plotting attacks against U.S. allies, partners and homeland.

“The success in Manbij city will



A Navy F/A-18E Super Hornet assigned to Strike Fighter Squadron 105 taxis across the flight deck of the aircraft carrier USS Dwight D. Eisenhower in the Persian Gulf, July 31.

also help reinforce the growing isolation of Raqqa,” Garver said, “and enable us to achieve the next objective of our campaign in Syria, collapsing ISIL’s control over that city.”

Operations in Iraq

In Iraq, the colonel said, Iraqi forces led by counter terrorism service forces have launched operations near Qayyarah in the Tigris

River Valley.

Counter-ISIL forces are isolating the city of Qayyarah as they increase the pressure against the terrorists in the city, he added, noting that in the past seven days the coalition has conducted 22 strikes in support of operations in the Tigris River Valley.

In northern Iraq, Garver said, several thousand Peshmerga forces began clearance operations near in

Abzax, Shanaf and Kanhash – villages located southeast of Mosul – in an operation that seeks to secure more ground lines of communication to provide multiple routes for forces and logistics supporting eventual Mosul liberation operations.

“The operations by the (Iraqi security forces) and the Peshmerga are complementary,” he said, “and support each other and the overall

campaign against (ISIL) in Iraq.”

Garver announced that this press conference is his last as the public affairs officer and acting spokesperson for CJTF-OIR.

After the upcoming CJTF-OIR transfer of authority ceremony, he said, Col. Joseph E. Scrocca will take over as the task force public affairs officer and Air Force Col. John L. Dorrian will become the spokesperson.

Mind

Continued from Page A1

time working with him and the show was incredible,” she said. “He was able to tell people in the audience things about themselves that he shouldn’t know, because of course he doesn’t know them.”

Hoffman is a multi-award winning performer who tours all over the country and the world with his stage show, and has been featured on television shows, such as the “TODAY” show, NBC’s “Phenomenon,” “The Glenn Beck Show,” “The Ellen Degeneres Show,” and was even featured on this season of “America’s Got Talent,” just to name a few.

“He is a phenomenon,” said Stallings. “His talents totally supersede any expectation that the audience would ever

have about someone that does illusions.

“After being a part of his show last year, I learned from some audience members who came to the show that they traveled three hours just to see him,” said the special events coordinator. “Others were just followers and have gone whenever they could to different venues. The amount of positive feedback last August was unbelievable and Wayne said he enjoys coming to Fort Rucker.”

During a previous visit to the installation, Hoffman said that what he does is based on psychology.

“What I do) doesn’t involve spirits, auras or Reiki. It’s all based on science,” he said. “Though I have studied those areas, everything I do is based on human behavior, hypnotism and psychology. Things you can study and learn,” adding that a lot of practice goes into what he does.

Although the show is a family-friendly event and open to the public, it is suggested for audience members 12 and older, and children ages 12-17 must be accompanied by an adult.

“(Hoffman) needs absolute silence at times during the show, so it’s geared toward a slightly older audience,” said Stallings.

Tickets are \$12 in advance and \$16 at the door, and advanced tickets can be purchased at The Landing, Coffee Zone and MWR Central. VIP tables are also available for \$150, which includes 10 tickets and will offer the best seats in the house, according to the special events coordinator.

For more information on the show, call 255-9810. For more about Hoffman and “Mind Candy,” check out <https://waynehoffman.wordpress.com/>.

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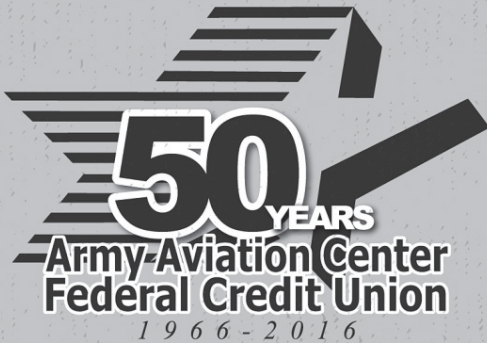
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113 DEERFIELD: Nice all brick home, needs a facelift, wonderful home good bones, great rental potential. Bring your paintbrush and your design ideas. As is. Motivated seller. **DEBBIE SUNBROOK 406-9079**

NEW LISTING ON AUGUST 3 ~ \$109,900



111 BLACKHAWK: Brand new paint and flooring throughout. This cute home is in a great location and is move in ready. Stove and dishwasher have recently been replaced. Nice floor plan with a large grand room that is open to the dining area. Lots of natural light in this home. Screened back porch is a wonderful outdoor space that is large enough for overflow and outdoor entertaining. The detached shed/work shop has electricity. The yard has beautiful shade trees. **ROBIN FOY 389-4410**

4BR/4BA



486 AVERETT: This traditional style home with four bedrooms and four bathrooms sits on approximately 1.75 acres. Master suite is located on the main floor, two of the bedrooms are upstairs and share a common living space, and an additional bedroom and bath are located on the other side of the home. This additional bedroom features a private deck and a separate entrance from the outside. This home also has 2 fireplaces, a bonus room/den and a sunroom that opens to a large patio. A must see property! **SOMMER RAKES 406-1286**

NEW LISTING ON AUGUST 5 ~ \$114,900



8969 HWY 51: Approximately ten miles from the by-pass, this three bedroom, two bath brick home is situated on two acres of level land. Nice landscaping inside the vinyl fenced area, and lots of room for games in the back. The barn is big enough for an RV or workshop area, as it has two extra rooms. Has family room with wood-burning stove, and step down to a breezeway between house and garage. Amazing sunroom on the back with two doors out to the pool area and a deck. Treat for entertaining, this home could be yours! **EVELYN HITCH 406-3436**

NEW LISTING ON AUGUST 10 ~ \$122,450



301 RIDGEWAY: Great investment to live in or use as a rental. Large grandroom with fireplace and door going out to back patio. Kitchen with bay window in eating area and easy access to side entry double car garage. Three bedrooms, two baths, laundry closet on the right side of the house. Shaded yard. Priced to sell, call to make your appointment to see before it is gone! **EVELYN HITCH 406-3436**

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JUST LISTED AUGUST 15 ~ \$154,000



UNDER CONSTRUCTION: 220 Jasmine Circle: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fence across back property line. (Poplar Place Plan) Owner is licensed residential home builder and REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

\$187,000



108 BELVEDERE: Beautiful 3 bedroom 2 bath home with open floor plan. Custom mantle with gas log fireplace, crown molding in foyer, living room, kitchen, dining area and master bedroom. Sitting area/computer niche in master bedroom. All 3 bedrooms have walk-in closets. A 17'x14' extended concrete patio with fire pit has been added off the covered back porch. The garage with cable drop and insulated garage door. **TEXT TERRI 406-2072**

\$131,000



CR 529: 49 +/- beautiful acres ready for your cows, horses, livestock. Cleared and fenced and cross fenced. Large barn, pond and creek in rear. **PAT LEGGETT 406-7653**

GATEWAY ESTATES ~ \$424,900



301 ARROWHEAD: Absolute must see in Gateway. Main level offers a stunning study with cherry paneling, formal living room with fireplace and opening onto a large raised terrace overlooking beautifully manicured grounds, formal dining room, relaxing family room opening onto covered porch, wet bar & spectacular kitchen with dining area, pantry & informal sitting area w/fireplace. Upstairs are three spacious bedrooms and laundry room. The fantastic master suite has a wood burning fireplace and private second floor balcony. **JUDY DUNN 301-5656**

REDUCED ~ \$152,900



240 CR 744: LIKE NEW - New Hardwood Floors - New Carpet - New Stainless Appliances - New Granite Counter Tops - New Water Heater - Freshly Painted Throughout - Several New Doors - Large Corner Lot - Great Neighborhood - Convenient to Schools, Shopping and Fort Rucker. **BOB KUYKENDALL 369-8534**

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ICONIC C21® BRAND SWEEPS FOR THIRD CONSECUTIVE YEAR CUSTOMER SATISFACTION RANKINGS IN J.D. POWER STUDY AMONG NATIONAL FULL SERVICE REAL ESTATE FIRMS

MADISON, N.J. (Aug. 9, 2016) Century 21 Real Estate LLC, franchisor of the iconic CENTURY 21® brand, today announced that it received all four industry-leading customer satisfaction awards in the annual J.D. Power 2016 Home Buyer/Seller Satisfaction Study™. For the third consecutive year, the CENTURY 21 brand swept the awards by receiving the highest ranking among national real estate firms across four customer satisfaction segments in the study, including: First-Time Home-Buyer Satisfaction, First-Time Home-Seller Satisfaction and Repeat Home-Seller Satisfaction, and tied for the top spot in the Repeat Home-Buyer Satisfaction category.

"The combination of a broker and agent-centric value proposition and a focus on one of the company's core values of delivering the highest standards of quality service throughout the consumer's decision-making journey has helped to keep System members front and center in the hearts and minds of today's home buyers and sellers, and the J.D. Power results demonstrate that our growth strategy is working," said Rick Davidson, president and chief executive officer of Century 21 Real Estate LLC.

The J.D. Power Home Buyer/Seller Satisfaction Study, now in its ninth year, measures customer satisfaction among first-time and repeat home buyers and sellers with the nation's largest real estate companies. For satisfaction in the first-time home buyer experience, the brand achieved the highest score in the agent/salesperson and package of additional services study factors within its segment. For satisfaction in the first time home seller experience, first-time and repeat home-selling segments, factors evaluated included the highest score in the agent/salesperson plus closing process; real estate company marketing; real estate company office; and a package of additional services per each segment. "The real estate professionals affiliated with the CENTURY 21 brand are by far the System's most valued assets as our market momentum continues and we grow our iconic global brand," added Davidson, who personally interviews every company interested in affiliating with the brand. "It's imperative that we ensure that companies are able to uphold the professionalism, honesty, integrity, and the highest standards of quality service associated with the CENTURY 21 brand."

In 2015, 42 independent real estate companies in the United States, and five international master franchisors in Croatia, Macedonia, Montenegro, Slovenia, and the UAE-Dubai, selected Century 21 Real Estate as the best platform for their affiliated agents, their market, and their growth and long-term success. In total, the brand welcomed 497 new offices globally: 405 internationally and 92 in core and strategic markets in the U.S., including Alaska, Arizona, California, Colorado, Florida, Georgia, Louisiana, Massachusetts, Mississippi, Michigan, North Carolina, Pennsylvania, Texas, Vermont, and Washington. Century 21 Real Estate LLC first revolutionized real estate with the introduction to the industry of the franchisor/franchisee model by real estate brokers Art Bartlett and Marsh Fisher on July 28, 1971. Today, Century 21 Real Estate LLC, the most recognized name in real estate* and the brand that was selected as the leader in brand awareness in 2016 for the 18th year in a row* among consumers presented with a list of real estate agencies, is committed to making a difference in people's lives by delivering to market innovative tools and technologies, marketing support and the use of its iconic brand marks that help its independent brokers and affiliated sales associates provide a seamless experience to real estate consumers around the world.

AUGUST 18, 2016

FUTURE HELICOPTER ENGINE:

Protoype offers less weight, more power

By Nikki Montgomery
*Army Aviation and Missile Research,
Development and Engineering Center
Public Affairs*

REDSTONE ARSENAL – After more than eight years of designing and testing, the Army's Aviation priority takes a step toward becoming a reality.

The Advanced Affordable Turbine Engine program is a 3,000-horsepower engine demonstrator program to provide advanced propulsion capability for future Army rotorcraft platforms. AATE focuses on developing a new, advanced turboshaft engine to support modernization requirements to ensure the Apache and Black Hawk remain operationally effective well into the future.

The Army Aviation and Missile Research, Development and Engineering Center's Aviation Development Directorate led the science and technology effort to develop a new centerline engine, focusing on three objectives: significant reduction in specific

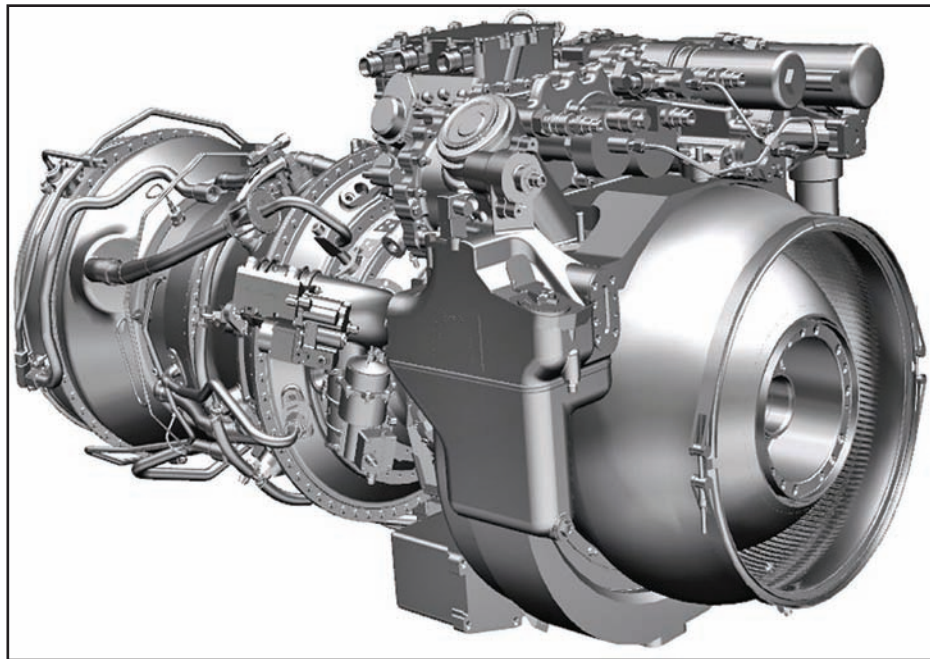
fuel consumption, significant improvement in shaft horsepower to weight ratio, and significant reduction in life cycle cost.

"ADD led the program by awarding two competing Science and Technology demonstrator engine approaches under cost share arrangements – one award with General Electric and one award with the Advanced Turbine Engine Company, a joint venture of Honeywell and Pratt & Whitney engine companies," said Anastasia Kozup, the Army's AATE agreements technical agent and an aerospace engineer.

"ADD provided the engineering oversight and contract monitoring functions for the design, fabrication, and testing of the AATE technologies, leading to the successful demonstration of advanced engine systems for rotorcraft," Kozup added.

The AATE program culminated in 2014 with the completion of full engine system demonstrations that included performance,

SEE ENGINE, PAGE B4



ARMY GRAPHIC

Artist rendering of GE Aviation's advanced helicopter engine design for the Army. GE has made substantial investments in advanced turboshaft engine technology, including the new GE3000 engine for Black Hawk and Apache helicopters.



PHOTO BY JUSTIN CONNAHER

An AH-64 Apache attack helicopter lands on a road near defensive positions during a coordinated opposing forces attack July 25 as part of Arctic Anvil 2016, an exercise near Fort Greely, Alaska.

INTERNATIONAL PARTNERS

Conference brings Aviators together

By Sgt. John Carkeet IV
U.S. Army Japan

CAMP TACHIKAWA, Japan – Senior leaders from about 20 military and civilian rotary wing organizations from Japan and United States converged at Camp Tachikawa in Tokyo Prefecture, to share best practices during the second Tachikawa Helicopter Conference July 26.

"This conference brings together representatives from the Japan Self-Defense Forces, United States military branches, and Japan's civil aviation authorities to exchange information and develop policies to conduct helicopter operations during a major disaster," said Japan Ground Self-Defense Force



PHOTO BY SGT. JOHN L. CARKEET IV

Staff Sgt. Joel Redman, crew chief with U.S. Army Aviation Battalion-Japan, gives a tour of one of his unit's UH-60 Black Hawks to his Japan Ground Self-Defense Force counterpart during the second Tachikawa Helicopter Conference July 26 in Camp Tachikawa, Japan.

Col. Hikaru Sano, commander of JGSDF's Eastern Army Aviation Group. "Air operations are inherently dangerous, especially when hundreds of heli-

copters from a dozen agencies fill the sky. We must create mutually agreed procedures now to maintain control of the air when disaster strikes our shores and cities."

Among the scores of attendees sat five Soldiers from U.S. Army Aviation Battalion Japan – a rotary and fixed wing command headquartered in Camp Zama.

"We are the only (U.S.) rotary Aviation battalion wing in Japan," said Lt. Col. Bryan C. Jones, commander of USAABJ. "Our primary mission is to provide Aviation support for U.S. Army Japan, though we have a long standing agreement with our Japanese partners

SEE PARTNERS, PAGE B4

10th CAB trains with regional partners

By Capt. Nathan C. Held
*2nd Brigade Combat Team
Public Affairs*

FORT DRUM, N.Y. – Soldiers and Aviators of the 2nd Brigade Combat Team, 10th Mountain Division Sustainment Brigade and 10th Combat Aviation Brigade provided defense support of civil authorities, or DSCA, during Operation Vigilant Guard 16 July 24 to Aug. 4 at Camp Ethan Allen, Jericho, Vermont.

The exercise coordinated the response of joint, interagency and multinational forces from state and local governments, federal agencies, Army and Air National Guard elements from 12 states, U.S. Northern Command, and the nations of Canada, Macedonia and Senegal who reacted to simulated natural disasters and catastrophic events throughout the state of Vermont.

The exercise also provided valuable insight to the Army's seldom performed role of DSCA operations as well as a unique training environment for the Fort Drum units involved.



PHOTO BY CAPT. MICHAEL W. CLARK

A UH-60 Black Hawk crew chief from the 10th CAB leads search and rescue personnel from the FEMA state disaster response agencies to board helicopters for an aerial insertion to incident areas at Camp Ethan Allen, Jericho, VT, during Operation Vigilant Guard 16.

Capitalizing on this unique training experience were logisticians assigned to 110th Composite Truck Company, 548th Combat Sustainment Support Battalion, 10th Sustainment Brigade, who provided vital movement capabilities

SEE 10TH CAB, PAGE B4

SPECIAL OPERATIONS

*JTF-Bravo Aviators enhance
Belize's counter-crime capabilities*

By Air Force Staff Sgt. Siuta Ika
Joint Task-Bravo Public Affairs

BELIZE DISTRICT – Joint Task Force-Bravo's 1st Battalion, 228th Aviation Regiment deployed UH-60 Black Hawks and CH-47 Chinooks to conduct a variety of training scenarios throughout the Belize District with members of the Belize Special Assignment Group and Belize Coast Guard – who were supported by members of Special Operations Command South – July 18-21.

The BSAG, BCG, SOCSOUTH and 1-228th Avn. Regt. personnel executed Fast Rope Insertion and Extraction System training, helocast operations and recovery with the Jacobs Ladder, and open-water hoist training in order to increase the capabilities of the Belizean forces to conduct counter-transnational organized crime operations within their land and maritime borders.

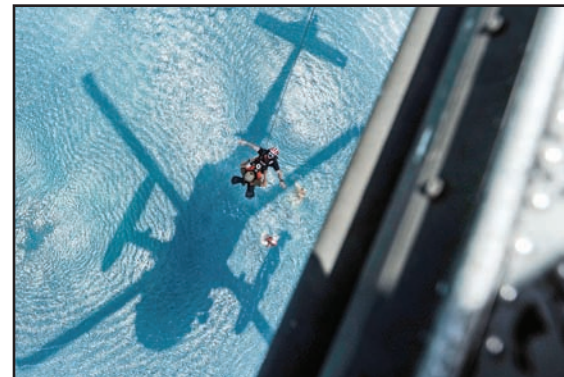
Capt. Paul Peterson, 1-228th Avn. Regt. assistant operations officer, said that although the training event was a great step for the BSAG and BCG members to become proficient in helicopter operations, he thinks a bigger benefit for the unit's partners came in the form of planning and operating with outside air assets.

"Throughout the training event, we went into briefs together and they asked us questions to learn how we operate, so learning the mission-planning process was important to them," Peterson said.

Peterson added that the training was equally beneficial for the pilots and crews because of the qualifications gained, and the experience of working with partner nation ground and maritime forces.

Carlos Moreno, the U.S. ambassador to Belize, witnessed a training scenario firsthand and praised the cooperation between all of the military forces.

"These kinds of partnerships are essential in maintaining a good, productive relationship, and ultimately serves to protect American interests abroad and on the mainland," Moreno said. "Anytime you develop a partnership like this, it really serves to tighten those bonds and it mutually supports what we both want to accomplish here."



PHOTOS BY AIR FORCE STAFF SGT. SIUTA B. IKA

Staff Sgt. Jun Ma, a flight paramedic assigned to JTF-Bravo's 1-228th Avn. Regt., utilizes a hoist from a UH-60L Black Hawk to extract a role player acting as a patient during an open-water hoist training scenario off the coast of Belize City July 18.



A CH-47 Chinook gets in position for members of the Belize Coast Guard to board.

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Engine

Continued from Page B1

durability and sand tests. These system demonstrations, along with many related component level demonstrations and associated design code validations, significantly mitigate the risk of transitioning the advanced turboshaft engine technology to a planned program of record, known as Improved Turbine Engine Program.

“The AMRDEC S&T project effort that eventually led to the Army’s ITEP is a quintessential example of our continually demonstrated Warfighter value-added role as a DOD laboratory,” AMRDEC Director James Lackey said.

The AATE configuration was designed to fit into both the Black Hawk and Apache installation envelopes. The engine provides 50 percent more power at the same weight as the current fielded engine. Significant effort was expended to ensure robust operation in austere environments to include the use of advanced inlet particle separation technologies, erosion resistant coatings, and ruggedized blading.

The improved fuel efficiency, reliability and maintainability characteristics, and the drive for lower engine production and maintenance costs with the new engine approach, address the need for reduced Aviation operations and support costs.

The AATE technology enables improved range and payload capability, and increased hot and high operational capability for Apache and Black Hawk platforms, and is applicable to other service, current rotorcraft fleets as well as Future Vertical Lift rotorcraft.

“The manifestation of ITEP as a direct lineage to AMRDEC will help improve Army Aviation aerodynamic performance, whether it be increased payload, range, endurance or hover out of ground effect capabilities,” Lackey said. “This added margin of propulsion performance is critical as the service continues to extend usage of rapidly aging legacy platforms.”

According to Kozup, the ITEP, which is managed by Army Program Executive Office - Aviation, has completed its material solution analysis phase and is positioned to enter into the technology maturation and risk reduction phase of the DOD acquisition framework.

“The capability and materiel developers worked closely together throughout the development process so that everything was synchronized,” Kozup added. “Participation and support throughout the S&T phase from PEO Aviation and AMRDEC’s Aviation Engineering Directorate contributed to AATE program success and was key to mitigating transition risk of AATE technology.”

Partners

Continued from Page B1

to support them if they request it. Such agreements are made possible, in part, by our command’s 60-year partnership built on mutual respect and friendship.”

For three hours, Jones and his counterparts from JGSDF, U.S. Air Force, Japan Marine Self-Defense Force, Tokyo Fire Department, All Japan Air Transport and Service Association, and other agencies discussed one another’s disaster response capabilities while learning about new procedures designed to enhance airspace coordination in the event of a catastrophic earthquake.

“A major earthquake could potentially kill, injure or isolate hundreds of thousands of people,” said Sano. “The victims will literally look up to the sky for salvation, as we could very well be their best and only hope for survival.”

“Understanding procedural controls is paramount to safe

flying,” said Jones. “Identifying flight paths, using common (radio) frequencies and operating at specific altitudes are but a few ways to ensure we can quickly and safely deliver critical supplies and key personnel to disaster-stricken communities.”

During the conference, Sano and his Eastern Army Aviator hosts gave their guests a tour of the P-20 System, the JGSDF’s newest mobile air traffic control platform.

“The P-20 System consists of three vehicles that work in tangent to provide radio communications, radar coverage and air traffic control for hundreds of aircraft,” said Sano. “Its crew of 10 soldiers can set up the entire system in less than two hours.”

“I was impressed with the (P-20’s) rapid mobility and extended range,” said Jones. “It enhances air operations by giving our crews confidence knowing that there’s a reliable system that monitors movements and prevents mid-air col-

lisions.”

As Jones and his USAABJ team members boarded their UH-60L Black Hawk and bade farewell to their gracious hosts and fellow Aviators, both sides expressed sincere interest in hosting future conferences.

“This is the second time the JGSDF has hosted a helicopter conference at the international, inter-agency level,” said Sano. “We have made much progress by discussing our capabilities and presenting new procedures. I believe we will soon be in position to transform these discussion points into training programs.”

“I hope the next conference includes a tabletop scenario that simulates air operations over a major disaster area,” said Jones. “Participants can play out the scenario the way their respective unit or agency would operate. That way we can identify potential problems and develop a course of action that maximizes our collective strengths and skillsets.”

10th CAB

Continued from Page B1

to the joint, interagency and multinational response elements as they moved between training sites.

“We were a support package for first responders to incident areas,” said 1st Lt. Jebediah Toller, officer in charge, company headquarters, 110th CTC. “We delivered over 9,000 gallons of water in support of (simulated) decontamination operations and transported emergency responders from FEMA (Federal Emergency Management Agency) and the Massachusetts HRF / CER-FP (Homeland Response Force / Chemical Biological, Radiation, Nuclear, High-Yield Explosive Enhanced Response Force Package) to incident areas at Camp Ethan Allen and Camp Johnson, Vermont.”

Toller also described the event as an op-

portunity to develop junior Soldiers’ leadership skills by assigning them to positions of greater responsibility.

“One of our goals out here was to get these junior NCOs involved in more responsibility type tasks,” he said. “Taking over as the convoy commander, briefing orders, sand tables, routes, things of that nature. We definitely wanted to get them implemented so they could get good training value out of this exercise.”

After the exercise, Toller emphasized how planning and preparation led to mission success for his organization.

“(Before arriving in Vermont), we were to conduct a Level II and Level III EDRE (emergency deployment readiness exercise), and we were to be mobile within 24 hours and deploy to Vermont within 72 hours,” Toller said. “Part of Mountain 6’s training

guidance is to be ready, and so with that comes the training and the execution part of being prepared – not only equipment- but personnel-wise, too. Everything is about being ready to deploy within 24 and 72 hours, and we really strive during our training to accomplish that.”

In total, the 110th CTC executed more than 20 missions during the exercise, but support assets were not limited to movement on the ground.

Aviation assets from the 2nd Battalion “Knighthawks,” and 3rd General Support Aviation Battalion “Phoenix,” 10th CAB provided crucial lift and movement capabilities in support of the exercise.

The four UH-60L/M Black Hawks conducted 15 operations to include moving search and rescue personnel and emergency responders to incident areas inaccessible by


road traffic.

In addition to the support provided by the 10th CAB and 10th Sustainment Brigade, “Commandos” of the 2nd BCT filled crucial staff officer vacancies with their partner brigade, the 86th Infantry Brigade Combat Team (Mountain), to support the Vermont National Guard’s operations.

One critical staff member was Sgt. 1st Class Jennifer Anne Stafford, CBRNE NCOIC, 2nd BCT, who supported the processing of personnel during Joint Reception, Staging, Onward Movement and Integration operations; planning of missions responding to a wide array of simulated crises to include seven radiological incidents, three chemical spills, one biological incident of the pneumonic plague and a chemical incident involving anthrax; and helping to establish the 86th IBCT’s protection cell.

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AUGUST 18, 2016

SUMMER LUAU

Summer fun going out with a SPLASH!

By Nathan Pfau
Army Flier Staff Writer

Summer is on its last legs, but that doesn't mean the party is over just yet as Splash! Pool and Spray Park gets ready to throw a party for all ages.

Splash! invites guests to join in the fun during their Summer Luau Aug. 27 from 11 a.m. to 4 p.m. where people can enjoy swimming, inflatables and good old summer fun before the end of the season, according to Rob Koren, Directorate of Family, and Morale, Welfare and Recreation aquatics manager.

"The event will allow MWR to put on a large event for everyone to enjoy and it will be the last big event for patrons before the pool closes for the summer season," he said. "This is a great way for Fort Rucker MWR to provide the installation and surrounding community members with an affordable and enjoyable leisure and recreational experience (before summer winds down.)"

During the luau, people can purchase food and drink, as well as participate in corn hole, dunk tank, limbo contest, line dancing and T-shirt tie-dying, for which patrons can bring their own shirt or purchase one for \$5.

The event is open to the public and admission is standard daily entrance fee for non-season pass holders, said Koren, and if people have purchased a season pass, they



FILE PHOTO

Families take a dip into the SPLASH! pool to escape the summer heat in this file photo.

need only to show it at the front desk for entry.

"All are welcome to come and enjoy the swim, sun and fun," said the aquatics manager, adding that no outside food or beverages are allowed to be brought into the facility. Additionally, people should not bring swim noodles or toddler and infant chairs, and all life jackets must be U.S. Coast Guard approved.

If people are hungry, The Landing will be catering the event with pulled pork sandwiches, a bag of chips and a beverage that people can purchase for \$6 per plate.

Splash! is Fort Rucker's largest recreational pool, and it features a spray park for children, a flume slide, a rock wall and a diving board. There is also a Tiki Bar for the adults.

After Splash! closes its doors for

the season, people are also invited to come out for the Dog Days of Summer Dog Swim, which will be Sept. 10 from noon to 4 p.m.

During this event, people are invited to bring their dogs to take a dip in the pool to cool down before summer's end at the Fort Rucker Physical Fitness Center located on Andrews Ave., said Koren.

"Cost is just \$5 per pup, and we ask that all participants register

before the event at the fitness center," he said.

When people come to register, pet owners must bring a copy of their dog's vaccination records to be kept on file for health and safety purposes, and no registration will be accepted without the proper records, said the aquatics manager.

For more information on either event, call 255-9162

Club's volunteerism benefits community

By Nathan Pfau
Army Flier Staff Writer

With the myriad of clubs on Fort Rucker that benefit the installation, people would be hard pressed to find one that benefits their community as much as the Fort Rucker Community Spouses Club.

The FRCSC is a private organization on post that creates a platform for spouses in the Fort Rucker community to connect and serve through philanthropic projects, as well as give spouses the chance to meet new people and find volunteer opportunities to give back, according to Patricia Mathisen, FRCSC third vice president of communications.

"This gives spouses a chance to give back to the community that they live in," she said. "If you're looking for something at your new duty station, or even if you don't know what you're looking for, then start here because you'll probably find something that piques your interest."

Throughout the year, the spouses club takes part in various projects to benefit the community in which they live, and it starts with the Super Signup, which takes place today at The Landing from 10 a.m. to 2 p.m.

"This is our opportunity to recruit new people who want to get out and help with these various programs we host throughout the year," said the communications VP.

The biggest project the club takes on throughout the year is the HollyDay Bazaar.

"The bazaar is our major fundraiser for the year that brings in most of the revenue that contribute to the scholarships we give away at the end of the year," said Mathisen.

Last year, the club awarded more than \$24,000 in academic scholarships to 28 high school and college students in the local area,



PHOTO BY NATHAN PFAU

Shoppers watch as one of their friends get their portrait done by an artist at the FRCSC HollyDay Bazaar last year.

and since 2001, the club has distributed more than \$271,000 in scholarships.

"It's just one of the many ways we give back to our community," said the communications VP.

Another way the club gives back on the opposite side of the spectrum is through their Sweetheart Bingo project, which brings seniors from about 14 different senior centers in the surrounding counties together for a night of bingo and prizes.

"It's one of the events that we actually hold off post – the seniors look forward to it every year and during the event we give away big donated items, like TVs," said Mathisen. "Everyone has a good time with the event."

Each year, the event, which happens in February, brings about 300-400 seniors for an evening of entertainment and fun, she said.

The Fairy Godmother Project is another program that exists to help those in need. This event started as a one-time a year event where formal dresses that were donated would be provided to students in need around the Wiregrass area, said Mathisen.

"This isn't something that is just limited to military families or families on Fort Rucker, but it's for all young girls in the surrounding communities," she said. "The chairs for that committee coordinate with guidance counselors at the local high schools and give them the information directly, so they can work on a kind of referral basis, so if they see a student in need, they send them our way."

That program evolved last year into another program – the military spouse lending program, which exists for spouses to borrow a dress or gown for a graduation or any other formal event on post for just the cost of dry cleaning the dress.

"I'm getting ready for my husband's graduation in October, so I'll be borrowing a dress from the program myself," said Mathisen.

A new event is a homecoming event that the FRCSC will host this fall where high school students are invited to come to try on dresses that have been donated, and if they find one they like it's theirs to keep, said the communications VP.

"The students come and try on dresses that have been donated to us that they can take and wear to their school formals and dances," she said. "This is something we've never done for homecoming, so this is the first time they'll be doing this outside of prom season."

All of the projects and events that the spouses club takes part in are only possible through the volunteer efforts of its members, said Mathisen, adding that volunteerism is the best way to get the full benefit of membership in the club.

"When you're working on a project or volunteering at an event, you have the organic opportunity to meet new people because you're there working on the same cause with people in the same situation," she said. "I was able to meet veteran spouses through my experience, so there is a really nice sort of mentorship that happens when you join, and you're able to learn about other programs that you might not have heard about."

"The big thing I tell people is if you're hesitant to go be involved in something or attend an event, sign up as a volunteer because then people are expecting you to be there," said Mathisen. "That's the easiest way to meet people and make a difference."

For more information on the club or how to join, visit www.fortruckeresc.com.

ON POST

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

Feds Feed Families

The Feds Feed Families campaign is under way at Fort Rucker. The campaign is designed to help food banks and pantries stay stocked during summer months. Employees can participate now through Aug. 31 by bringing non-perishable food items to designated collection boxes at the Bldg. 5700 lobby, the physical fitness centers and the commissary. Pre-filled Feds Feed Families bags are also available at the commissary for \$5 and \$10.

For more information, call 255-9810 or visit rucker.armymwr.com.

Purple Extravaganza Skate Night

The Fort Rucker School Age Center will host its Purple Extravaganza Skate Night Friday. The event will feature giveaways to see who can wear the most purple. Safety skate will take place 6:15-7:15 p.m. for \$2 – parents must accompany children at all times. Regular skate is 7:30-9:30 p.m. and costs \$5. Attendees must be registered members of child, youth and school services, and are asked to bring exact change.

For more information, call 255-9108.

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.

Mom & Me: Dad too!

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

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

Parenting workshop

Army Community Service’s Exceptional Family Member Program will host a Specialized Training of Military Parents Workshop Aug. 25-26 from 9 a.m. to 3:30 pm at The Commons. The two-day workshop will guide families with special needs children through complex systems that exist in the military, and educational programs within their community. This is an opportunity for parents to network with peers and professionals to gain knowledge about the local community and available sources.

For information on child care and to register, call 255-9277 or 255-3643, or register online at <http://stomppfortrucker.eventbrite.com>.

Homeschool Q&A Session

The Center Library will hold its second session of Homeschool Q&A Aug. 25 from 1-2:30 p.m. This session is for new and experienced homeschool families. Parents are welcome to bring their questions and knowledge, and meet other homeschool families. The free event is open to authorized patrons and space is limited to the first 65 people to register.

For more information, call 255-3885.

Right Arm Night

The Landing Zone will host Right Arm Night Aug. 25 from 4-6 p.m., hosted by the U.S. Army Warrant Officer Career College. 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.

EFMP Child and Family Campaign

The Fort Rucker Exceptional Family Member Program will conduct its process of identifying active-duty military families with special needs during its Child and Family Campaign Sept. 1-30. Special needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, training or counseling, according to EFMP officials.



PHOTO BY NATHAN PFAU

Golf championship

Silver Wings Golf Course will host its club championship Sept. 3-5. The tournament is for members only and costs \$75. Tee times are from 7-9 a.m. and the format is stroke play. A U.S. Golf Association handicap or Saturday Dog Fight Points are required – whichever is higher. USGA and local rules apply. There is an open division, as well as a senior division for those ages 60 and older. Lunch is included. People need to register by Sept. 1. For more information, call 255-2997.

Enrollment is mandatory for Soldiers with EFM. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. Soldiers with a family member with a special need or disability or have knowledge of someone who is disabled or with a special need, should contact EFMP at Lyster Army Health Clinic, 255-7431.

Lyster’s EFMP conducts EFM screenings, enrollments, updates and disenrollments. Army Regulation 608-75, EFMP, requires Soldiers to update EFM enrollment every three years, or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free education and training opportunities, resource library and relocation assistance, call Army Community Service EFMP at 255-9277 or 255-3643.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Aug. 26 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.

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.

Illusionist show

The Landing will host an illusionist show Aug. 26 from 7-9 p.m. Tickets are \$12 in advance and \$16 at the door. Advance tickets are available for purchase at The Landing, Coffee Zones or MWR Central. VIP tables cost \$150 (10 tickets). The family-friendly event is open to ages 12 and older – youth ages 12-17 must be accompanied by an adult.

For more information, call 255-9810.

Summer Luau

The SPLASH! 2016 Summer Luau is scheduled for Aug. 27 from 11 a.m. to 4 p.m. The luau will feature a limbo contest where the winner will receive free guest passes; a T-shirt tie-dyeing station – participants bring their own T-shirt from home; a dunk tank; corn hole stations; a bouncy house; swimming; a water slide; and an aqua climb rock wall. There will also be luau-themed food for purchase on the top

DFMWR Spotlight

Feds Feed Families

Feds Feed Families (FFF) campaign is underway at Fort Rucker.

NOW–AUG 31

The campaign is designed to help food banks and pantries stay stocked during summer months.

Bring non-perishable food items to the designated collection boxes.

Pre-filled Feds Feed Families bags are also available at the commissary for \$5 and \$10. Pick up one of the designated bags and pay at the register to help local families in need.

Donation Boxes are located at the Commissary, Physical Fitness Centers and Bldg. 5700.

For more information on the program, call Fort Rucker Family & MWR, (334)255-9810 or visit rucker.armymwr.com

patio from The Landing Zone. Cost for this event will be the daily admission fee or pass-holder fee.

For more information, call 255-9162.

Car seat safety class

September is Baby Safety Month, and the Fort Rucker New Parent Support Program and a certified child passenger safety technician are partnering to teach

a child seat safety class Sept. 1 from 9-10 a.m. at The Commons, Bldg. 8950. The CPST will also conduct car seat checks from 10 a.m. to noon. The workshop is open to active-duty and retired military, Department of Defense employees and family members. Registration is required by Aug. 28.

For more information and to register, call 255-9647 or 255-3359.

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 18-21

Thursday, August 18

Pete’s Dragon (PG)7 p.m.

Friday, August 19

Pete’s Dragon (PG)7 p.m.

Saturday, August 20

The BFG (PG)4 p.m. **Independence Day: Resurgence (PG-13)**7 p.m.

Sunday, August 21

The BFG (PG)1 p.m. **The Legend of Tarzan (PG-13)**4 p.m.



PHOTO BY C. TODD LOPEZ

About 70 Army recruits participate in a parade June 14 in Philadelphia. Shortly afterwards, they were sworn into the Army by Brig. Gen. Charles R. Hamilton, commander of Defense Logistics Agency Troop Support, furthering their transition from civilian to Soldier.

MYTHBUSTER

Army recruiting aims to reconnect with America, dispel myths

By C. Todd Lopez
Army News Service

WASHINGTON — It's a myth that enlisted Soldiers don't get an education past high school.

That's according to the Army's senior recruiter, Gen. Jeffrey J. Snow, commander of Army Recruiting Command, and it's one that might discourage otherwise interested American youth from pursuing a great opportunity with the Army.

The general knows that, despite the high value the Army places on education for its enlisted service members, there is a perception among the civilian population that officers go to college and enlisted Soldiers don't. It's one of many myths his recruiters face.

"I will tell you, the vast majority of NCOs I know serving in the Army may have come in with just a high school diploma, but over time they have (obtained) an associate's degree, a bachelor's, or a master's," he said, "because of the Army's emphasis on education."

Snow believes that the reason so many civilians are ill-informed is that so few actually know somebody who is in the Army. That's a problem, Snow said, and one recruiting command is working to address through its "Reconnect with America" campaign.

"It's our effort to make sure the American public understands us," he said.

Another myth, according to Snow, is that the Army is a "last resort" for those

who enlist.

He said it's a common belief that those who choose to enlist do so because they can't get into college or they can't find a job.

"I just don't find that to be the case," he said. "The young men and women I interact with in my own formation, they had choices. This myth that the Army is a last resort, I just don't buy it."

He bristles at the notion that the Army would meet its recruiting goals by harvesting desperate recruits who are driven by a lack of opportunity, but he concedes the Army always wants the best, and the best can come from anywhere in the country, including high-unemployment areas.

Another potentially misleading belief found among young people and their families is that joining the Army means that they will be injured in combat, or develop post-traumatic stress disorder, or lose a limb. It's not an unfounded belief, Snow admitted, but many overestimate the threat.

Is soldiering dangerous? It sure is, Snow said. But it's not as dangerous as some parents may think.

"Obviously, we are charged with defending our country. But the reality is, only (a small percentage) of young men and women (who join, will face) direct or indirect fire, (and) are actually subject to those types of threats."

On-target recruiting

For the first time in half a decade, Army

Recruiting Command will meet its recruiting goals for both the regular Army and the Army Reserve.

This year, for the regular Army, that goal is 62,500 people. For the Army Reserve, the goal is 15,400. The Army National Guard conducts its own separate recruiting, but if their numbers were included, the total Army recruiting goal for 2016 would be nearly 120,000 Soldiers, by Snow's estimate.

"That's certainly a credit to the hard work of our 12,500 recruiters and staff stationed around the world," he said.

Some may wonder why it is that, with the conflicts in Afghanistan and Iraq drawn down and the Army downsizing, the Army should continue its recruiting efforts. It's just another myth, Snow said, that the Army needs to recruit only during wartime.

"The Army is a pyramid, and we continue to bring in the new people at the bottom each and every day," he said. "So yes, we are downsizing, but also yes, we are open for business."

A new twist on recruiting now, Snow said, is the pursuit of female recruits for combat duty. In years past, women were denied the opportunity to select combat arms jobs like their male counterparts. That's no longer the case.

So far, he said, just over 100 women have enlisted into combat Military Occupational Specialties that were formerly designated only for men. That might not

seem like much, but it's just the beginning. It remains to be seen how the combat roles of women will evolve in the future.

"We expect this to be gradual over time," he said. "But the fact that these remaining MOSs are open now — essentially, the sky is the limit for them. We expect that there will be a gradual increase in desire to pursue some of these other specialties."

Snow said the Army's initial approach to integrating women into combat arms roles — through the use of a "leader first" approach, "is the right approach." That involves putting female officers first into traditionally closed specialties, and then following that with training for NCOs who have reclassified.

Women make up about 51 percent of the general population of the U.S., but within the Army, women represent about 14 to 15 percent of Soldiers. And within the recruiting community, women make up only about 8 to 9 percent, according to Snow.

That's a problem for the Army, he said. It should be easier to bring women into the Army with a cadre of recruiters who better represent women in service. It's one of the things Snow is focused on now, he said, but it'll be a multi-year effort to make improvements in female representation among recruiters.

In the meantime, he said, the Army will begin training new women recruits next spring — between January and March — for those combat arms roles.



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Festival invites patrons to ‘explore the outdoors’



COURTESY PHOTO

Children learn about local wildlife at one of many exhibits at a previous Expore the Outdoors Festival. This year’s festival is October 15 from 10 a.m. – 2 p.m.

Walton Outdoors Press Release

FREEPORT, Fla. — Walton Outdoors will host the seventh Explore the Outdoors Festival Oct. 15. from 10 a.m. to 2 p.m. at the waterfront location of Live Oak Landing Outdoor Destination on 229 Pitts Avenue in Freeport, Florida.

Children can explore nature and experience the outdoors. Hands-on activities will include fishing, kayaking, wildlife encounters, archery, interactive educational exhibits, nature-based crafts, giveaways and more. The event is free. The water activities are geared for children age 6 and older. Food will be available for purchase.

Activities and exhibits include:

- Fishing on Black Creek
- FISH FLORIDA fishing rod/

- reel giveaways
- Freshwater fishing education with Florida Fish and Wildlife Conservation Commission
- Kayaking with Florida Youth Conservation Centers Network
- Emerald Coast Hydrobike cruises
- Archery with Freeport Parks and Recreation
- Boating with Wounded Warrior Fishing
- Birding with the Choctawhatchee Audubon Society
- Florida Fish and Wildlife Conservation Commission wildlife exhibit
- Topsail Hill Preserve State Park exhibit
- Ponce De Leon Springs State Park
- Eden Gardens/Camp Helen State Park

- Northwest Florida Astronomy club
- Choctawhatchee Basin Alliance touch tank
- Smokey the Bear and his friends from Forestry
- Falling Waters State Park snake exhibit
- Washington County exhibit
- Florida Public Archaeology Network
- Emerald Coast Science Center
- Friends of South Walton Sea Turtles
- Office Snook water pollution exhibit
- Freeport Town Planters Society crafts
- Emerald Coast Wildlife Refuge exhibit
- Mattie Kelly Environmental Institute exhibit
- Glendale Memorial Nature Preserve exhibit

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

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

DOTHAN

SEPT. 8 — Spiritual Enrichment Center and the Unity Church of Dothan will join Silent Unity—an international, trans-denominational 24/7 prayer ministry—for a world peace meditation and prayer at 6p.m. at its facility at 942 South Oates Street. People of all faiths are encouraged to participate either by attending the meditation event or by submitting prayers online at worlddayofprayer.org. Details about Unity World Day of Prayer events at Unity Village and in other communities are online at worlddayofprayer.org.

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

AUG. 25 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its monthly lunch program at 11 a.m. at PoFolks

Restaurant. Enterprise Mayor Kenneth Boswell will be the guest speaker, speaking on the state of the city. All federal employees, active or retired, are invited to attend the luncheon programs scheduled every fourth Thursday at 11 a.m. at Po Folks. The programs are designed to provide information to improve the lifestyles and community involvement of retired and current federal employees. For more information, call 334-393-0492.

AUG. 22 — The Enterprise Women’s Day Class of Community Bible Study at First Baptist Church will start meeting Mondays from 10 a.m. to noon. A children’s ministry will be provided for children from babies through eighth grade. Homeschool credit will be available. The Bible study is an interdenominational study. For more information and to preregister, call 334-494-2039 or visit enterprise.cbssclass.org.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

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

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

OZARK

AUG. 19-20 — The 22nd annual South Alabama Pro Rodeo Classic will be held at the Dale County AgPlex

Arena at the intersection of Hwys. 123 and 231 South. Events include bull riding, cowgirl barrel racing, saddle bronc riding, bareback riding, calf roping, breakaway roping, steer wrestling, team roping and a calf scramble. Gates open at 6 p.m. Rodeo starts at 8 p.m. Advance tickets cost \$8 for adults, \$6 for children 6-12 and ages 5 and younger are admitted for free. At the gate, cost is \$10 for adults and \$8 for children 6-12. Tickets are available at Jenna Mack – State Farm, Ozark Chamber of Commerce, Dale County Coop Ext Office, Kangaroo in Ozark, MWR Central on Fort Rucker and The Barn in Dothan. For more information, call 334-774-9448 or 334-797-9754.

SEPT. 16 — St. Michael’s Episcopal Church will host Duo 220 classical guitarists in concert at 7 p.m. Adam Larison and Andrew Stroud are the two classical guitarists in Duo 220. Following this free classical guitar concert will be a meet the artists reception in the parish hall. St. Michael’s Episcopal Church is located at 427 Camilla Avenue.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

AUG. 28 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host its annual Men Day at 2:30 p.m., featuring guest speaker Dr. Walter Simms from Sweet Bethel Baptist Church in Kinsey. All churches are invited to attend.

Beyond Briefs

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>.

Civil rights walking tour

People are invited to explore Montgomery’s history by walking from different historical sites to learn about profound moments from slavery, the Civil War and the Civil Rights Movement, according organizers. The tour highlights pioneers and unsung heroes who contributed to a new era. Walking tours are held Saturdays and Sundays at 1:30 and 2:30 p.m. Tours start from The Village Gallery, 107 S. Court Street. Cost is \$10 for adults, \$5 for children 12 and younger, and children 4 and younger are admitted for free.

To book a tour, call 334-595-9243. For more information, visit www.facebook.com/Civil-Rights-Montgomery-996880590368424/?fref=ts.

Buckmasters Expo

The Montgomery Convention Center will host the Buckmasters Expo Aug. 19-21, featuring more than 300 exhibitors and vendors; experts from top manufacturers; the nation’s best archers competing in the Top Bow World championship; the Young Bucks area for games and hunting-related activities for children and more, according to organizers. Admittance to the expo is free with a donation of a canned good per person. The expo is open from 3-9 p.m. Aug. 19, 9 a.m. to 7 p.m. Aug. 20 and 10 a.m. to 5 p.m. Aug. 21.

For more information, call 334-215-3337 or visit www.buckmasters.com/resources/expo.aspx.

Bark Camp I

F.D. Roosevelt State Park in Pine Mountain, Georgia, will host Bark Camp

I Aug. 20 from 10 a.m. to 3 p.m. Humans are welcome to bring their dogs to the park for a day of splashing in the lake, playing games, discovering sights and sounds on the trail, learning about obedience training, and getting nutrition and grooming tips, according to park officials. Cost is \$20 per dog and \$5 for parking. People must pre-register and pre-pay, and are encouraged to bring a picnic lunch, drinks, towels, folding chairs and written proof of current shots for the dogs. Humans are also asked to bring pet food for the local pet pantry. People will meet at the small group camp near the stables. For more information, call 706-663-4858.

Beginning stand-up paddleboarding

High Falls State Park in Jackson, Georgia, will offer a stand-up paddleboarding for beginners class Aug. 20 from 10-11 a.m. The class is designed to help people develop fundamental skills, such as balance, effective paddling, steering and recovery techniques. The class is open to adults, and children 12 and older who are

accompanied by an adult. All participants must be able to swim. Cost is \$15 plus \$5 for parking and advance registration is required.

For more information, call 478-993-3053.

Paddling Trip

The Apalachicola Riverkeepers will hold its monthly paddling trip Aug. 27 in and around the Apalachicola River and Bay, Florida. The trips are free to members and \$30 for non-members. In addition to the monthly paddling trips, the Apalachicola Riverkeepers also host longer paddling excursions of more than 10 miles, which are best suited for paddlers with experience. Learn more by visiting apalachicolariverkeeper.org or by calling 850-653-8936.

Dragon Boat Race and Festival

Montgomery will host its Dragon Boat Race and Festival Aug. 27 from 8 a.m. to 4 p.m.as almost 80 teams will converge downtown at Riverfront Park to paddle and

‘NEVER GIVE UP THE FIGHT’

Students learn evasive driving skills in unique DOD, Army course

By Stephen Standifird
Fort Leonard Wood
Public Affairs

FORT LEONARD WOOD, Mo. — The sedan transporting a Department of the Army official makes a left turn toward the intended destination. Something feels off about the cars parked on the sides of the road as the driver approaches a roadblock.

Shots are fired as the driver slows down to assess the situation. An unfamiliar vehicle approaches from behind as another approaches from the alley where the shots were fired. In a split-second decision, the driver decides to ram the barrier to escape the scene.

Scenarios like this one are presented to every student at the Antiterrorism Evasive Driving Course, a five-day course in the Army and Department of Defense provided here at Fort Leonard Wood to students who will drive for staff officers or who will deploy to the Central Command area of responsibility.

Although the course falls under the Special Tactics Training Division, Military Police School, it is not designed for military police students, said Kevin Bates, branch chief.

“We see folks from the White House Transportation Agency, general officer drivers, colonel and promotable drivers,” Bates said. “In the last three years, a lot of the special operations community has come through this course, as well.”

A separate training course, which can last one to three training days, is offered for general officers and their families who are set to deploy to high-risk areas, he added.

The staff driver course is broken down into two main areas of focus: hard skills and soft skills. The core of the hard skills is getting behind the wheel of a vehicle and driving. The soft skills include surveillance detection, conducting route surveys, conducting vehicle bomb searches and identifying drivable terrain.

“While they are in the vehicle, they are learning everything about vehicle dynamics – what the car’s doing, why it’s doing it, what their limitations are and what the car’s



PHOTOS BY STEPHEN STANDIFIRD

Instructors chase down and cause a student driver to spin during a personnel transport scenario on training Day 5 of the Antiterrorism Evasive Driving Course at Fort Leonard Wood, Mo



A student rams a road block to evade pursuing vehicles during a scenario.

limitations are,” Bates said.

Vehicle dynamics include steering and braking techniques, emergency lane changes, high-speed driving and driving in reverse.

“We try to get across to the students in this course that, basically, you are most vulnerable to a terrorist attack when you are in transportation mode,” Bates said.

“We want them to understand (that you should) never give up the fight when you are in transport mode. You keep fighting – you have to out think, out smart and out drive the bad guy.”

The culmination scenario on Day 5 of

the course begins with the student entering a mock suburban area. Instructors in vehicles playing the “bad guys” use everything in their power to prevent the student from making it to the safe zone, including ramming, blocking and forcing the car into a spin.

“We are doing everything that we can – being the best bad guys we can – short of hurting or killing them,” Donofrio said. “I always tell them I’m proud to have the opportunity to teach them something that might keep them alive.”

The training scenarios are all about providing situations that compel the students

to apply the skills they have learned in the course.

“You don’t know until you are in one of those situations how you are going to react or what the car is capable of,” observed Navy Lt. Commander William Phillips, a student.

Donofrio said that students often send comments back after they have finished the course, praising the instruction they received here.

“Half of the people that come here said they are alive because of this course,” he said. “I know I am teaching our country’s most precious resources to stay alive.”



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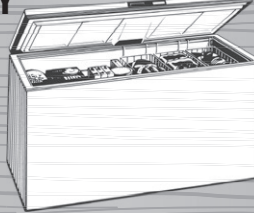
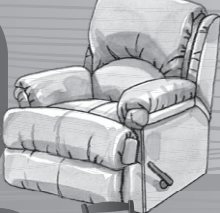
For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray Facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels.

Donations can be dropped off at the Veterinary Clinic or the Commissary.



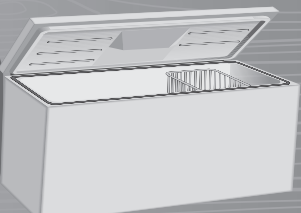
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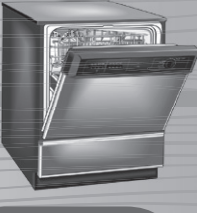


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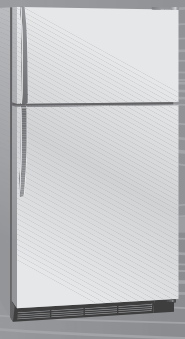


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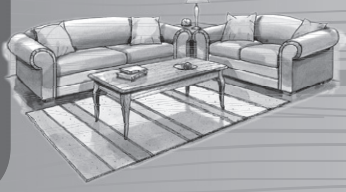
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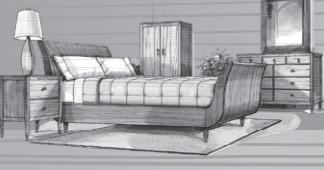
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SecArmy to be part of Olympic closing ceremony delegation

By Maj. Christopher Ophardt
Secretary of the Army
Public Affairs Officer

WASHINGTON — As a reflection of the vast U.S. Army representation at the 2016 Olympic Summer Games, President Barack Obama on Friday named Secretary of the Army Eric Fanning to the U.S. Presidential Delegation to attend the closing ceremony in Rio de Janeiro.

The Army has 14 Olympians, along with three coaches, as a part of Team USA at the 2016 Olympics and Paralympics. The Army Olympians represent multiple Army components and units, to include the Army Reserve, the World Class Athlete Program and the U.S. Army Marksmanship Unit.

In addition to the closing ceremony, Fanning will attend competitions Army Olympians are participating in and meet with other



ARMY GRAPHIC

Soldier-athletes who have completed competition.

The American tradition of Soldier-athletes participating in the Olympics began with then-2nd Lt. George S. Patton in 1912. Army athletes have earned 104 Olympic medals in a wide variety of events, all while maintaining a professional military career.

The U.S. delegation will be headed by Gina McCarthy, administrator of the U.S. Environmental Protection Agency, and in-

cludes Liliana Ayalde, U.S. ambassador to the Federative Republic of Brazil; Bess Evans, associate director of the White House

Office of Public Engagement; Lauren Kelly, deputy associate director of the White House Social Office; Jason Collins, retired NBA player and member of the President's Council on Fitness, Sports, and Nutrition; and Jackie Joyner-Kersey, three-time Olympic gold medalist and founder of the Jackie Joyner-Kersey Foundation.

The closing ceremony of the 2016 Summer Olympic Games will take place Sunday at Maracanã Stadium. As mandated by the Olympic Charter, the formal ceremonial closing of this international sporting event includes the closing speeches, the lowering of the flags and the extinguishing of the flame.

You can follow Fanning

as he represents the United States, the president and the Army in the delegation for Rio on social media:

- Instagram: @SecArmy;
- Twitter: @SecArmy;
- Facebook: Secretary of the Army Eric Fanning; and
- Snapchat: Follow SecArmy.

The 2016 U.S. Army Olympians are also Soldier-athletes and represent the Army's best. They're resilient. They're ready. They're Army Strong. They represent the best of the Army and the country on the world stage. And because they're Soldiers first, it's no surprise they also demonstrate the competitive spirit, physical skill and mental toughness that make America's Army great.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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



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AUGUST 18, 2016

ALL IN THE FAMILY

Cairns Tower staff, family build esprit de corps

By Jeremy Henderson
Army Flier Staff Writer

What began in 2013 as a gathering of Cairns Tower staff who loved running, soon evolved into a tight-knit team and a first-place finish in the Fort Rucker 10-Mile Relay three years later.

Anyone who travels up the steps of Cairns Tower can see the ribbons and trophies team members have helped earn, beginning in 2014 with the Black History Month 5K and culminating at the top of the tower with 2016's current achievements.

Scott Wuerbler, Cairns Tower air traffic control specialist and team manager, is hesitant to call the routine gathering of runners from Cairns Tower a team — he admits claiming first place in the 10-Mile Relay was a goal.

"We always want to have fun," he said. "But we wanted to win the relay. We gathered our best runners and trained hard leading up to the race. It was a great moment and we are very proud."

However, Wuerbler insists the running group has always been rooted in esprit de corps, and serves as a way for the Cairns Tower family to have fun and learn more about each other.

"We open it up to anyone who is associated with Cairns Tower," he said. "We've had current staff, former staff, wives, girlfriends and even people who will soon



COURTESY PHOTO

Cairns Tower staff members display team banners and team trophies from every Fort Rucker-sponsored running event during the 2015-2016 running season. Pictured are, front row, from left: Staff Sgt. Timothy Murray, Spc. Sean Cary, Scott Wuerbler, Spc. Rick Vazquez; middle row: Pfc. Taylor Newman, Spc. Alex Stammeyer, Spc. Brandon Cook; top row: Spc. Makayla Hopkins, Spc. Johan Orozco, Sgt. 1st Class Stepfon Griffin. Not pictured: Staff Sgt. Ryan Barquist and Spc. Ashlee Saalfeld.

report for duty.

"It is really just a way for everyone to get to know each other a bit better, enjoy camaraderie, get fit and compete together," he added.

Spc. Alex Stammeyer, B Company, 1st Battalion, 11th Aviation Regiment, team member who

joined last year and helped lead the team to its first place 10-Mile Relay finish this year, echoed Wuerbler's sentiment.

"I think it is about forming a close-knit family at Cairns Tower," he said. "We can gather and have fun while doing something healthy. It's been a great experi-

ence."

According to Wuerbler, the team competes in as many races as possible and hopes to continue adding to the floor-by-floor displays.

"Someone commented that we keep getting more and more banners," he said. "It used to be



PHOTO BY JEREMY HENDERSON

Achievements and medals earned by the Cairns Tower team adorn a few levels of the staircase leading to the top of the tower. The team's 2016 achievements, pictured here, are the last thing passersby see before entering the tower's control room.

that, when they saw the banners, it meant you were almost to the top of the stairs."

Although Wuerbler currently serves as the team's manager, he is adamant about where it all began.

"Sgt. Raquel Alvarez was instrumental in 2013 when Cairns Tower started our team 5K tradition," he said. "The Cairns Tower 5K team was a non-starter before her arrival at Cairns Tower and would have remained an unrealized aspiration without her motivation and enthusiasm. Like many of the Soldiers that have left, she remains interested in the ongoing success of the team. We are glad that she and many of the others still consider themselves part of the Cairns Tower family."



ARMY PHOTO

Col. (Dr.) David Haight (right), chief of family medicine and primary care sports medicine director at Madigan Army Medical Center at Joint Base Lewis-McChord, Wash., is caring for Team USA athletes at the Rio Olympic Games along with Dr. Dave Weinstein (left), the head team physician for the 2016 Olympic team.

Army doctor attends to Olympic athletes behind the scenes

By Tim Hipps

U.S. Army Installation Management Command Public Affairs

RIO DE JANEIRO — Former U.S. Army World Class Athlete Program physician Col. (Dr.) David Haight had no idea of the essential role he would play during the opening ceremony of the Rio Olympic Games.

Haight, a physician currently serving as the chief of family medicine and primary care sports medicine director at Madigan Army Medical Center at Joint Base Lewis-McChord, Washington, said he was honored when he was asked to join Team USA's march into Maracana Stadium Aug. 5.

"Day in and day out, we are surrounded (in Rio de Janeiro) by past and future Olympians. It is an amazing experience," Haight said. "But when I changed into the Ralph Lauren Opening Ceremonies outfit and walked downstairs into the crowd of Olympians ... I really felt like I was a part of something special."

Haight said he is accustomed to being around world-class athletes, but he had never been among so many amateur and professional athletes all mingling together.

"We have athletes being treated in the medical treatment facility and watching other athletes on the TV," he explained. "It's really surreal to have athletes from different disciplines cheering for the other athletes and going on about their heroes."

On their way to the stadium, Haight decided to introduce some of the stargazers to the stars.

"For opening ceremonies, I got on one of the buses with the fencing team and, like many of the other athletes, they were gushing about players from the NBA (who were) standing outside," Haight said.

SEE DOCTOR, PAGE D3

DOUBLE TRAP

Army marksmen narrowly miss Olympic final

By Tim Hipps

U.S. Army Installation Management Command Public Affairs

RIO DE JANEIRO — Sgt. 1st Class Joshua Richmond just missed making the finals with a seventh-place finish, and five-time Olympian Sgt. 1st Class Glenn Eller finished 14th in men's double trap Aug. 10 at the 2016 Olympic Games.

Richmond missed his 12th target in a three-way shoot-off for the last spot in the finals, while Eller struggled with conditions that were dark, cloudy, windy and rainy before finishing strong — but not quite strong enough — which left him talking about gunning for a sixth Olympics in 2020.

Both Soldier-athletes are members of the Army Marksmanship Unit at Fort Benning, Georgia.

Richmond's qualifying score after five rounds of shooting 30 clay pigeons was 135, tied with Hu Binyuan from China and Fehaid Aldeehani, who was born in Kuwait and competed as an independent athlete under the Olympic flag.

Binyuan was eliminated after missing his seventh target in the shoot-off. Richmond missed his 12th shot. Aldeehani then blasted two more clay pigeons to advance to the final.

"This range, I've been to now three

times, and every time I've come down here I've been in a shoot-off or missed something by one (clay pigeon), so I thought maybe this was my chance for the range to pay me back," Richmond said. "But it just had other ideas in mind."

Aldeehani is one of the few marksmen Richmond knows personally who has medaled in both Olympic trap and double trap shooting. Their relationship illustrates the value of international friendships developed through sports.

"Although he's a little older than me, he's definitely a force to be reckoned with," said Richmond, 30, of Hillsgrove, Pennsylvania. "He's in the Kuwait army. He's a good friend and very good guy. I knew it was going to take me a while to get through him if I could. I was confident that I could. Maybe I sped up just a little bit."

Richmond hit 27 of 30 targets in his first two rounds, 23 in the third round, and finished strong with 29 connections in his fourth and fifth stanzas.

"The first two rounds went off as well as planned," Richmond said. "I've had a tough time this year getting started in my events and been finishing strong. In that third round I just got a little overconfident and a little bit of anxiety started creeping up and my timing sped up between shots."



PHOTO BY TIM HIPPS

Sgt. 1st Class Joshua Richmond of the U.S. Army Marksmanship Unit finished seventh in the men's double trap shotgun shooting event August 10 at the Rio Olympic Games in Rio de Janeiro.

Richmond said he chose accepted his missed targets to focus on what he could still control: his next two rounds. He regrouped with his Team USA shooting coaches, which included retired Army Sgt. 1st Class Todd Graves, a 25-year Army veteran and bronze medalist at the 2000 Sydney Games and a two-time U.S. Olympic shotgun team coach.

"He was able to calm me down pretty quickly today and focus on getting us at least a chance at a medal," Richmond said. "Knowing that he knows the struggles that we go through with Army life and everything that comes with wearing that uniform, it's just a great fit."

After discussing some timing issues, Richmond took a deep breath and shot his way into finals contention. He focused on his training and his confidence returned.

"Positive vibes started coming back. Once I got a hold of that in the fourth round, I just caught fire. I got real hot, and it felt good," Richmond remembered.

It took much longer for Eller, the gold medalist at the 2008 Beijing Olympic Games, to feel at ease on the shooting range. He hit 48 of his last 50 targets, but the damage was already done.

"I finished strong — didn't start strong," admitted Eller, 34, of Katy, Texas. "I just couldn't find it, couldn't figure out what was going on. We haven't shot in this weather condition since I've been here. I haven't trained in it the last two months."

He was nonetheless grateful to be living his lifelong dream of pursuing Olympic gold.

"What the Army does is amazing," Eller said. "They take care of me and I'm able to do what I love."

Richmond echoed the sentiment, while professing that he will do everything he can to make the team to compete in Tokyo at the 2020 Olympics.

"I surely would not be standing right here today without the U.S. Army," he said. "I consider this a win, for sure, and I will be back, for sure."

National Intrepid team cares for people with traumatic brain injuries

By Shannon Collins
Department of Defense News

(Editor's note: This is the fifth in a five-part series on the National Intrepid Center of Excellence in Bethesda, Maryland.)

BETHESDA, Md. — Explosive blasts, sports injuries, automobile accidents, falls — any of these can lead to traumatic brain injury, the cause of a third of all injury-related deaths in the United States.

In the United States, an estimated 1.7 million people suffer a TBI annually. Of them, 52,000 die, 275,000 are hospitalized and 1.365 million — nearly 80 percent — are treated and released from an emergency department. At the National Intrepid Center of Excellence in Bethesda, doctors and specialists make it their mission to treat service members and their families who have TBIs.

NICOE, a directorate of Walter Reed National Military Medical Center, helps active duty, reserve, and National Guard members and their families manage their traumatic brain injuries and accompanying psychological health conditions through diagnostic evaluation, treatment planning, outpatient clinical care and TBI research.

Primary care physician

Dr. Gene Casagrande, team coordinator and primary care physician, served in the Air Force as a major before joining NICOE five years ago. He is the primary care physician for the service members and completes a medical examination and follow-ups with their medical testing and laboratory evaluations. He also coordinates their medical care between their various specialists.

Casagrande said that on Monday mornings, he can't wait to get to work.

"My wife's never seen me so happy," he said. "This is a wonderful place to work. It's the environment of the people I work with. Each one of us experiences that joy of watching someone turn that corner, of watching someone see some hope, of improving their overall health, whether it's a reduction in headaches, an improvement in their energy level or an improvement in their sleep. To me, sleep is such a big, important part that we provide here but all of that creates that personal growth and a rewarding part of why I want to be here."

He said the most rewarding part is seeing patients grow in their healing from week one to week four.

"The most important part is the instilling of hope," he said. "I tell everyone, 'I can't promise you we're going to make you better, but we're going to do our darnedest to try.' And we all do."

Deputy director

Dr. Louis French has been the NICOE's deputy director for about a year and a half, and has worked in the field of military traumatic brain injuries for more than 16 years. He oversees all of the clinical and research



DOD PHOTO

The National Intrepid Center of Excellence, a directorate of the Walter Reed National Military Medical Center in Bethesda, Md., helps active duty, Reserve, and National Guard members and their families manage their traumatic brain injuries and accompanying psychological health conditions through diagnostic evaluation, treatment planning, outpatient clinical care, and TBI research.

operations related to traumatic brain injury care at NICOE.

Early in the war, he was on the team that wrote the first theater concussion management guidelines and then worked with the Army surgeon general to survey the state of TBI care in the military.

"I've seen a lot in these years — sad things, exciting things," he said. "There are a lot of people who have sacrificed and I want to attach some meaning to that. The meaning, for me, is learning as much as we can from that as possible. So, I want to do the research. I want to do the clinical care."

"I want to advance the science so the sacrifices and the pain and everything else these people went through mean something in terms of the larger picture of healthcare in the military, and that's what drives me with this," he added. "People come in sometimes very hopeless, and to be able to turn that around and to let people see what it's like to recover and what it's like to think about the next 70 years of their lives, what they're going to do, it's very gratifying."

Art therapist

Melissa Walker has been an art therapist and healing arts program coordinator at NICOE for more than five years. She is one of the clinicians who use art therapy as a form of psychotherapy to communicate with the patients about their experiences and their specific traumatic memories they may be working through.

Walker said working with the service members at NICOE is an honor.

"I like to say every day in this space is a gift, and for service members to be sharing these stories with a civilian who's never experienced anything like they have and will never completely understand, I'm grateful that they are helping us understand in creating this artwork that inches us this much closer to what they've been through in their truths. I love that they can open up in this space."

Walker said most of the patients can use the artwork to express their emotions, and it springboards them into speaking about dif-

ficult things. This helps them better interact with other providers at NICOE, and vice versa, she explained. Sometimes, she added, if the patients have opened up in their treatment sessions, they, in turn, express it in their artwork.

Walker said she was an artist growing up and believes all art forms are beautiful, but that she especially enjoys it at NICOE.

"If a piece is actually telling a story and means that much to a person, it's incredible to be surrounded by that. This space really is special," she said. "I'm very fortunate to be surround by color and the art making itself and to hear the brushes on canvas and to see them using their hands in such a tactile manner to work through trauma. It's incredible for an artist to see that kind of process occurring."

Neurologists

Navy Cmdr. (Dr.) Grant Bonavia has been the interim chief of NICOE's research department and the chief of neuroimaging and measurement devices since late last year. He oversees the neuroimaging devices such as the PET CT, CT magnetoencephalography — MEG for short — and a number of other devices used to diagnose patients with TBI.

"It really is a rewarding experience," he said. "You get to work with a unique population of patients who've put a lot on the line for the country, and I like the science. Being able to work with combat veterans and hear their stories and what they've done for their country, it's an honor. We appreciate what the service members have done for us, and

want to do what we can to help."

Dr. John Hughes, director of the MEG lab, served 25 years in the Navy and has been at NICOE for more than two years. He's been a neurologist since 1994. He said he originally joined the Navy for a scholarship for medical school, but stayed in for more than that.

"There was a financial incentive, but that was long, long ago, and I long since have paid my time for that, so I've had the opportunity to have patients who have done extraordinary things, particularly the few years I spent with the Marines at Camp Lejeune (in North Carolina) who were always going on deployments," he said. "This was before Iraq and Afghanistan. I had great admiration for them, and I really regarded it as a privilege and honor to be able to care for them and keep them fit for duty, so it became clear to me that a career in the Navy Medical Corps was for me."

He obtained three subspecialties in neurology, cognitive neurology, clinical neurophysiology and sleep medicine while he was in the Navy. He said he continues to work in the field because of the science.

"I just have a tremendous passion for what I do, so for the neuroscience and neurology and also to be in this wonderful place at Walter Reed and NICOE," he said. "I'm also attached to the Naval Medical Research Center, which is also a wonderful place doing tremendous research."

Hughes said all of his fellow doctors and specialists are focused on providing care for those with TBIs and encourage anyone in the military who may think they have one to seek help.

"All of the health care providers are really passionate about helping people who have experienced TBI," he said.

Service members should first seek help from their home station's primary care physician or mental health professional, and then can be referred to the NICOE's range of treatment options. These include the four-week intensive outpatient care treatment program, the one-week assessment track, ongoing outpatient care services, inpatient consultation, and a range of individual, non-packaged diagnostic and evaluative options.

The benefit of coming to NICOE is that service members will have access to any one of these treatment options, depending on the need, with a streamlined evaluative pathway where many of the providers and services are on hand at the same location.

Doctor

Continued from Page D1

One of the women on the fencing team was on the verge of fainting with excitement, Haight remembered.

"I walked out and asked (NBA stars) Carmelo Anthony, Kevin Durant, Kyle Lowry, Harrison Barnes and Jimmy Butler to come over to the bus," Haight said. "It was absolutely hilarious to see the reaction from the bus. It was one of my prouder moments."

Haight later put his medical expertise to use when he realized the uniform shoes Team USA wore for opening ceremonies weren't exactly designed for comfort. For the nearly four-hour show, Haight carried some basic taping supplies and limited over-the-counter medications into Maracana Stadium.

"I was pretty proud that I was able to help out several athletes and even one team physician with timely tape applications as we walked in," he said.

When one athlete approached him complaining of a severe migraine caused by the glaring lights and camera flashes, Haight

pull out his sunglasses from his pocket to reach for some Motrin, but she grabbed the sunglasses instead and thanked him.

"I hadn't planned on using my sunglasses as a medical device, but was glad to be able to help her through the opening ceremony," he said.

Haight said the lion's share of the treatment of athletes during the Olympics is conducted by the exceptional physical therapists, massage therapists and chiropractors of the U.S. Olympic Committee and national governing bodies of the respective sports.

However, in Haight's role as the primary care physician for the Olympic Village, he manages respiratory and gastrointestinal issues as well as mosquito-borne infections. While most of the teams have physicians assigned to them, Haight gets to help care for the triathlon team, as well.

"I'm really looking forward to that, as I was a triathlete back in the day," said Haight. "These folks are on a different level."

SPORTS BRIEFS

Color run

The Fort Rucker Physical Fitness Center will host a 2-mile color run Saturday at 8 a.m. The run will not be a timed event and all participants will receive a medal. There will be no separate fun run and children under age 12 may register for free and complete all or any part of the 2-mile course. Participants should wear white. The cost is \$15 for individual entry and race entry with shirt is \$25, while supplies last. Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Fort Rucker Festival Fields. Refreshments will be provided. The event is open to the public.

For more information, call 255-2296.

Fort Rucker Hog Hunt

Fort Rucker Outdoor Recreation will host a hog hunt today through Sept. 22. Team categories include: two-man trapping and two-man weapon. Entry fee is \$70 per team. Cash prizes for first-third places and for the biggest hog. Cash prizes are based on total entry fees: 40 percent for first place, 30 percent for second place and 10 percent for third place for each category. A cash prize will also be awarded to the team that harvests the biggest pig.

For more information, call 255-4305 or visit rucker.armymwr.com.

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FIGHTING FLU

Army prepares to administer 1.6 million flu shots

By Ellen Crown
*Army Medical Materiel Agency
Public Affairs*

WASHINGTON — The Army estimates it will use about 1.6 million doses of the injectable influenza vaccine this upcoming flu season to keep Soldiers, civilian staff and family members healthy.

That's more than half of the total number of doses ordered by the Department of Defense annually.

For the 2016-2017 flu season, the Army will offer injectable flu shots to Soldiers, federal civilians and beneficiaries. In accordance with effectiveness recommendations by the Centers for Disease Control and Prevention, the Army will not be offering live attenuated influenza vaccine, known as FluMist.

The Army's flu shot supplies



ARMY PHOTO

The Army estimates it will use about 1.6 million doses of the injectable influenza vaccine for the 2016-2017 flu season.

are expected to arrive at military medical treatment facilities as early as September. The goal is to immunize with flu shots at least 90 percent of service members and health care professionals by

Dec. 15.

While most people may worry about flu vaccines only during the fall and winter months, Army Flu Manager Miguel Rivera Jr. said that, for the Army, preparing for

flu season is a yearlong mission.

Each year Rivera, who is assigned to the Army Medical Materiel Agency, a subordinate organization of the Army Medical Research and Materiel Command, works with other preventive medicine experts and logisticians to estimate the number of vaccines needed for the upcoming season.

The calculation starts in February to allow the Defense Logistics Agency enough time to tally the total number of doses needed across the DOD and order supplies.

August is National Immunization Awareness Month, which is sponsored by the National Public Health Information Coalition to encourage people of all ages to make sure they are up to date on the vaccines recommended for them.

"If people do not get their flu

shots by December, we still encourage them to get immunized," said Lt. Col. Charlene L. Warren-Davis, USAMMA's pharmacy consultant and distribution operations center director. "The flu vaccine is usually viable until June 30."

According to the CDC, the risks of getting vaccinated are significantly lower than the benefits in most cases. Getting vaccinated also protects others who are more vulnerable to serious flu illness, such as older adults, people with chronic health conditions and young children — especially infants younger than six months old who are too young to get vaccinated.

Vaccination has also been shown to make the flu milder for individuals who do get sick, which may reduce the risk of more serious flu outcomes such as hospitalizations.

PUZZLE ANSWERS

Super Crossword

POWER	AMP	ODESSA	TRIER
ANALOGUE	BIG	TOE	HENCE
REVILED	THE	GOODS	ETHOS
TITLE	FAY	OOO	SOU
IONIA	GIG	REDIPS	WOMAN
NOGS	INS	SAT	WAKERS
KNIT	STO	HIGH	HEAVEN
YEN	REC	STS	RBI
KIMCHI	DECA	FFACTS	SISI
STAR	HOAGIE	EYORE	
LIVED	WITH	ABLUE	DRESSON
OBAMAS	BMINOR	MAST	
MINED	JEANS	TSETSE	
OATS	ADA	PEI	III
STROPS	SILL	USTRATED	
ISOBAR	ALF	LEO	DALE
STRAW	ANDALL	CUR	SARAN
RAINY	ORR	GAL	SEPTS
ATONE	LAMINAM	MAGNETISM	
EULER	TWOWAY	TEUTONIC	
LEERS	ENROBE	ENGORGES	

Weekly SUDOKU

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

TRIVIA

- Answers
1. The Borden Dairy Co.
 2. Pancreas
 3. Tina Turner
 4. Japan
 5. 1869
 6. Victoria
 7. Honda
 8. Camel, also in the Camelidae family
 9. Prince Edward Island
 10. Emily Dickinson

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