

ARMY FLYER

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PHOTO BY STAFF SGT. CHRISTOPHER STEWART

CW2 Kenneth Goethe, assigned to B Company, 1st Battalion, 214th Aviation Regiment, and Capt. Andrew Pfeiffer, commander of B. Co., 1-214th, part of 12th Combat Aviation Brigade, fly a CH-47 Chinook in formation with another over Northwestern Turkey Aug. 13. The 12th CAB is supporting aerial firefighting efforts in the region.

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Parker Elementary welcomes students back for 2021-22 school year

By Jim Hughes

Fort Rucker Public Affairs

More than 600 children returned to Ellis D. Parker Elementary School Aug. 9 for the first day of the 2021-22 school year.

While teachers and staff members remain committed to their mission to educate, empower and engage Fort Rucker students, this year, again, they are also focusing on safety during the ongoing COVID-19 pandemic, according to Dr. Vicki Gilmer, school principal.

“The first day was amazing! It was so nice to see the students entering the school and you could just feel the excitement,” Gilmer said, adding that school started this year in the same manner it ended last year. “We have all our COVID-19 protocols in place, and we are diligent in our processes that help us maintain a safe and healthy environment.”

Department of Defense Education Activity officials and garrison leadership visited the school Aug. 10 to welcome the children back and to tour the school.

Dr. Christy Huddleston, Southeast District superintendent, and Dr. Lisa B. Coleman,

Georgia/Alabama Community superintendent, along with Gilmer, hosted Col. Robert J. Holcombe, Fort Rucker garrison commander – who was making his first visit to the school since assuming command in June – and Command Sgt. Maj. Raymond P. Quitugua, garrison command sergeant major, on a tour of the school while classes were in session.

Holcombe was impressed with the practically brand-new facility, but even more so with the people charged with educating and developing Fort Rucker children.

“This building is amazing – I don’t think I’ve ever seen a school as nice as this one,” the commander said. “But even more important is what’s inside the school. The great teachers and staff, the students, how they interact, all of the resources that are available – those things impressed me the most.”

“We’re so happy that the students are able to come back in person,” Holcombe added. “It’s great to see the community back together again – the school is really the heart and soul of the



PHOTO BY JIM HUGHES

DODEA and Ellis D. Parker Elementary School officials host Col. Robert J. Holcombe, Fort Rucker garrison commander, and Command Sgt. Maj. Raymond P. Quitugua Jr., garrison command sergeant major, on a tour of the school Aug. 10.



COURTESY PHOTO

Children arrive for the first day of the 2021-22 school year at Parker Elementary School on post Aug. 9.

SCHOOL cont.

post because our kids get to grow and develop together as part of that community.”

Quitugua, whose spouse works at the school, agreed, adding that he’s comfortable with the DODEA COVID-19 mitigation and safety strategies in place at Parker Elementary.

“The ability to offer in-person instruction while complying with COVID mitigation strategies is great because it allows parents to feel comfortable knowing that their kids are taking

part in in-person instruction, which is so much more effective than digital learning, while at the same time knowing the teachers and staff are doing their part to keep the students and themselves safe from COVID. It’s great for the entire family dynamic at Fort Rucker,” Quitugua said.

He also had a message for the students.

“Welcome back to school – we know you’re excited to be here and see your friends, and you’re parents are probably even more excited

you’re out of the house and here learning as well,” Quitugua said. “But don’t forget to protect yourself – continue to wear your mask, wash and sanitize your hands frequently, and enjoy yourself for the rest of the school year.”

At the end of last year, Gilmer hosted the teachers and staff for a “championship season celebration,” and she said the Patriots team plans to repeat and build on that success.

“The students are very excited to be back on

campus and back in the groove,” the principal said. “I am just so glad to see them – we are going to continue to do great things.

“It will definitely be a repeat,” she added. “We began the year with a motivational speech by Coach (Nick) Saban (head football coach at the University of Alabama) and in it he stated, ‘Can you have the discipline to execute day-in and day-out?’ That is our mission – to execute day-in and day-out for our students.”

BACK *to* SCHOOL



Stay alert for children walking to and from bus stops.



Watch for school buses while they drop off and pick up kids.



Don't be distracted! Slow down, pay attention and stay off cell phones.



USAARL GEMS

makes real-world impact on Fort Rucker, area youth through virtual setting

By Jim Hughes
Fort Rucker Public Affairs

The U.S. Army Aeromedical Research Laboratory held its Gains in the Education of Mathematics and Science program in June and July in the virtual world for the second straight year, but improved it even more by taking participant feedback to heart.



COURTESY PHOTOS

Forensics GEMS student measuring density using his graduated cylinder to analyze the differences between plastics and glass.

While GEMS' first foray into the virtual world last year was a resounding success, many participants said they missed that face-to-face interaction they had in-person, so USAARL organizers incorporated live courses instead of last year's mostly pre-recorded courses, according to Amy Baker, GEMS program coordinator, and science, technology, engineering and mathematics education administrator at USAARL.

GEMS is a science, technology, engineering and math education outreach program hosted by the Army Education Outreach Program, she added.

"It is an opportunity for us to provide extracurricular STEM opportunities for students in our area here," Baker said. "Its purpose is to engage students in hands-on experiments to help them focus on STEM career fields and help them understand all of the opportunities that are out there for them."

The annual GEMS program is open to fourth-11th grade students as participants, and near-peer mentor positions are available for high school seniors and college-aged students, she said, adding that this year more than 200 students took part – about 15% of them were from Fort Rucker, and the rest from the Wiregrass area.

"Last year we did a lot of pre-recorded videos because we weren't sure how we were going



Forensics GEMS student preparing to test the blood spatter experiment using biology, physics, and mathematics.

to be able to teach the content," Baker said. "The students, mentors and teachers all said that they missed the connection, the mentoring and the teambuilding that happens when we're all face to face."

So Baker and the USAARL staff went to work figuring out how to bring some aspect of that back for the 2021 version, she added.

"Our goal this year was to provide, as best we could, those extra pieces that are so important and so critical in our program – knowing

that we have to have a screen in front of us," Baker said. "So, we did live instruction in three sessions every day, Mondays-Fridays, and it was spectacular because students could log on, utilize Google Classroom, and have that time with the mentors and teachers to walk through their experiments, step by step.

And it paid off, Baker said.

"It was awesome," she said. "Everyone commented about just how much fun it was this year because we had that piece back, that

GEMS cont.

interaction, that connectivity – it was great. We could feel the energy from the students. It was very successful, we were all pleased and thrilled, and yet a little sad when it was over because of how much fun we had.”

During GEMS, fourth and fifth graders took part in the simple machines program to learn about basic engineering and conduct experiments with screws, pulleys, inclined planes and more, Baker said.

Sixth and seventh graders took part in a forensics program where they had the opportunity to help solve crimes, learn about fingerprints and obtain information from simulated blood spatter, Baker said.

Eighth and ninth graders took part in robotics by utilizing mBots to learn about coding, as, for the second straight year, GEMS staff decided not to offer its course that turns cockroaches into robots because of concerns about

what parents might think of roaches being in the students take-home kits, Baker said, adding that students were able to keep the robots they created.

While they drew the line at roaches, the GEMS staff were able to provide sheep organs for the 10th and 11th graders to use in the medical module, she said. “They did blood typing, they learned how to do phlebotomy, and they did some dissections on sheep hearts, kidneys and brains.”

Students were also given fake arms to practice phlebotomy on to ensure younger siblings did not become test subjects, Baker said. “There were kits in the home supply bag set up for teaching using fake blood with a fake arm. We stressed to the students to not use their on brothers or sisters!”

“Medical students also learned about suturing and after they did their dissections they were able to practice on those organs, so it was really cool,” she added.

Medical students also were treated to four guest speakers, two from the Navy, who spoke about aerospace medicine, according to Baker.

Feedback was overwhelmingly positive from students, mentors and teacher, she added.

“They loved it. Most of them said they can’t wait for the next one and hope they’re face to face next year – we hope we are too, but the reality is we don’t know,” Baker said. “But we’re encouraged because conducting a very successful virtual program for two years in a row tells us that we can deliver a phenomenal product either way we end up going.”



Forensics GEMS student examining his fingerprints to determine if the patterns are characterized as loops, whorls, or arches.



Forensics GEMS student launching her parachute during the egg drop experiment to determine if her design was effective.

That decision for 2022 will need to be made this fall, she added.

People interested in GEMS for 2022 can visit the USAARL web site at <https://www.usaarl.army.mil/index.cfm/stem/gems>, and also sign up for news on the program by sending an email to usarmy.rucker.usaarl.mbx.stem@mail.mil.

Aviation Soldier departs Fort Rucker for GREEN TO GOLD

By Kelly Morris
USAACE Public Affairs

Just a few days ago, Staff Sgt. Cortney A. Moore was a small group leader at Fort Rucker's Noncommissioned Officer Academy, where she taught unmanned aircraft systems operators to become leaders.

Today, she is all set to hit the books for the next two years as part of the Army ROTC Green to Gold Program - Active Duty Option. The program provides eligible, regular Army enlisted Soldiers an opportunity to earn their first bachelor's or graduate degree, and earn a commission as an officer.

Moore said she loved being part of the UAS community and mentoring enlisted leaders at the NCO Academy, and welcomes the chance to use her enlisted experience to make an even bigger difference as an officer and servant leader.

"I'm very excited," Moore said. "I think I'm going to set the bar higher, so people can really see the expectation of what it means to take care of your Soldiers. I think I can help coach a lot of people into being able to understand what it means to be even just in the Army, whether it's enlisted or officer, I think I'll have the impact to really drive both," she said.

Moore's Army journey started when she was in her third year of college, and decided to make a "right-hand turn" into a recruiter station to enlist.

"I saw the movies, I saw the camaraderie, and it's something I wanted to be part of,"

Moore said. "I decided I didn't want to live with any regret."

She served as a UAS operator with the Army's Military Intelligence branch, and eventually re-classed to a much larger platform, the MQ-1C Gray Eagle.

She also has under her belt a deployment to Kandahar, Afghanistan, as a Hunter UAS operator in 2015.

At the Fort Rucker NCO Academy, Moore focused on instructing team leaders to become squad leaders for the UAS community.

She summed up what she enjoyed about the academy in one word.

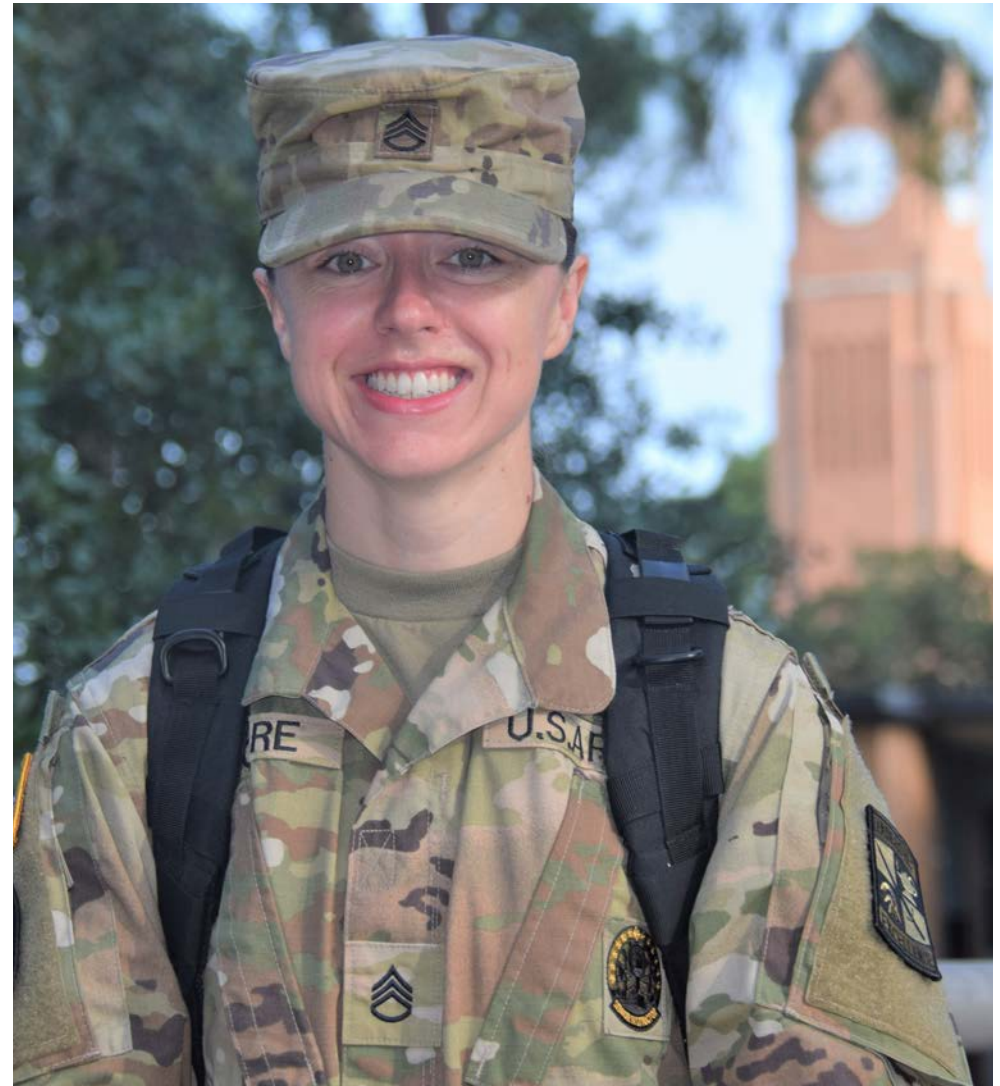
"Everything," she said. "The people. I've never been cared for in my entire career like I have here. The workload is extreme, but it's very rewarding."

Moore enjoys taking care of Soldiers and the teamwork that they build, and teaching comes naturally to her, she said.

"It's pretty easy for me to understand people's backgrounds, where they came from, why they are the way they are, and how they learn," Moore said.

Moore hopes to instill qualities like empathy in Soldiers she leads, and create a meaningful framework for them.

"Understanding others' perspectives, the passion for what they do ... and really the 'why we're here.' I like to instill those things within my Soldiers because they need to



COURTESY PHOTO

Staff Sgt. Cortney A. Moore stands for a photo on campus at Columbus State University. The Aviation Soldier will now focus on collegiate study for two years as part of the Army Reserve Officer Training Corps Green to Gold Active-Duty Option Program, on her path to becoming a commissioned officer.

know the reason why they are doing what they're doing, and they are more likely to follow," she said.

Moore began preparing for the Green to Gold - Active Duty Option board back in June of 2020. She applied to the university

and was accepted, and knew she qualified based on credit hours, so then she could focus on other aspects like her application, letters of recommendation and personal statement.

Of the 2,600 Soldiers Army-wide who be-

GREEN TO GOLD cont.

gan the Green to Gold program application process, Moore was one of approximately 390 Soldiers whose packets were approved by a board in the first phase of the process to move on to the next phase. After completing a physical and submitting additional required documents, Moore received her award letter.

Sgt. 1st Class Eric G. Pantoja-Torres, branch chief at the NCO Academy, said over the three years he had Moore on his team, she grew to become one of the best leaders in Army Aviation.

“Green to Gold is the perfect opportunity

for a Soldier of Staff Sergeant Moore’s caliber. She will make an outstanding commissioned officer and share her experiences as an NCO with everyone she comes into contact with,” Pantoja-Torres said.

“Working with Staff Sergeant Moore and seeing her progress through personal and professional goals is without question one of the most significant experiences of my career. I can honestly say, I feel like I have learned more from her than she has from me,” he said.

Attending Columbus State University will allow Moore to be collocated with her

husband, Staff Sgt. Jeremy A. Moore, who serves as a drill sergeant at Fort Benning, Georgia, and also provide more extracurricular options for their daughter.

Moore said she is thankful for her family, a team leader who first talked to her about the Green to Gold program years ago, and the NCO Academy senior leadership.

“Nothing we ever do is our own success. We are always a member of a team, no matter where we are and no matter what we are doing,” she said.

With some college credit already under her belt, Moore now plans to focus on a

bachelor’s degree in health sciences.

With the Green to Gold Program - Active Duty Option, Moore maintains her active duty status throughout the two-year program, which includes an ROTC requirement. Upon completion of the degree program, she will commission as an active duty 2nd Lieutenant.

For more information on the Green to Gold Program - Active Duty Option, visit <https://www.goarmy.com/careers-and-jobs/current-and-prior-service/advance-your-career/green-to-gold/green-to-gold-active-duty.html>.



The U.S. Army has partnered with the Army & Air Force Exchange Service (AAFES) to create the **Digital Garrison** mobile app. **Digital Garrison** is a one-stop information source for Army communities. The app puts real-time information into Soldiers’, families’, and civilians’ hands and keeps military communities connected – a key part of readiness and resiliency.

DOWNLOAD DIGITAL GARRISON TODAY FROM THE APPLE APP STORE OR GOOGLE PLAY!



'LITTLE BIT OF EVERYTHING'

Museum offers portal into Army Aviation history

By Jim Hughes

Fort Rucker Public Affairs

More than 100,000 people visit the U.S. Army Aviation Museum each year to get a glimpse into the history of Army Aviation and learn from its past.

But as much as patrons are able to see what the history of Army Aviation holds, there is much more than currently meets the eye when it comes to the museum's vast collection.

"Currently, in the existing museum, we are limited by space, so we have to have displayed what was actually in the Army's operational inventory," said Bob Mitchell, U.S. Army Aviation Museum curator. "When grandpa brings his kids and grandkids in here to show them the helicopter he flew, we have to have it in here, which means that there is a lot of stuff that we have that we can't really put [on display]."

Currently there are about five storage facilities that house a slew of prototype aircraft and equipment, as well as many aircraft that are slated for restoration in the future to be exhibited on the museum floor, and although the current museum has about 120,000 square feet of floor space, it's not enough to be able to display everything that is housed in the museum's storage units, said Mitchell.

From the first XH-40 prototype helicopter that paved the way for the famous Huey helicop-

ter to a Boeing-Sikorsky RAH-66 Comanche, an aircraft that never quite made it into the Army's operational inventory, the museum has something for everyone, said Mitchell.

The Comanche, which is one of the museum's biggest attractions, allows visitors to see just how far the evolution of Army Aviation has come from aircraft that flew more than 100 years ago, which can also be seen within the museum's walls. There are about 50 aircraft on display in the public galleries at any one time throughout the museum, but the entire collection encompasses over 160 airplanes, helicopters and other vertical flight aircraft, according to the museum's website, www.armyaviation-museum.org, most of which is found in storage out of public view.

Of the vast collection of aircraft and memorabilia that the museum houses, the unseen artifacts encompass more than two thirds of the museum's entire collection, said Mitchell. The collection has been accumulated over the last 60 years, and due to space constraints, the museum is typically limited to showcase aircraft that were in the Army's operational inventory, but that doesn't negate the importance of the pieces sitting in storage.

"Fort Rucker's museum is the showcase



COURTESY PHOTO

for Army Aviation," Mitchell said. "When non-military personnel and veterans come to Fort Rucker, they generally come to see the museum. It's basically Army Aviation's house, so we want to make sure the visitors have a pleasurable visit (and that) they understand the mission of Army Aviation and its rich heritage.

"Most people who interact with Fort Rucker and the museum will walk away with the opinion of the Army based on the museum," he added. "It is very important we conduct ourselves in a professional manner, the exhibits are correct and people leave here understanding Army Aviation."

The museum is set up in a way to try and take people on a journey through the history of Army Aviation as they walk through various exhibits, said Mitchell.

"They can expect to find examples of Army Aviation dating from the Wright Brothers' production of the Army Wright Model B flyer

through World War I and World War II, the Korean Conflict, Vietnam War and the global war on terrorism," he said. "It is important to understand that the U.S. Army is the reason for the modern-day helicopter. The Army paid the money, and conducted research and development to get the helicopter where it is today.

"We have a little bit of everything in here," he added. "We have an original Newport 28 from World War I. There are only a handful of those that survived. We also have a Super 68 from the Battle of Mogadishu, as seen in the movie 'Black Hawk Down,' and pretty much a sampling of everything in between."

The museum is open to visit Mondays-Fridays from 9 a.m. to 4 p.m. and Saturdays from 9 a.m. to 3 p.m. It is closed on federal holidays, except for Memorial Day, Independence Day and Veterans Day.

For more information about the museum, visit <http://www.armyaviationmuseum.org/>.

SEE SOMETHING, SAY SOMETHING

Army observes Antiterrorism Awareness Month

By Devon L. Suits

Army News Service

WASHINGTON – Terrorism continues to be a persistent threat, as violent extremist organizations and individuals with radicalized ideologies are still a known danger to Army installations and personnel, an antiterrorism expert said Tuesday.

August is Antiterrorism Awareness Month and an opportunity for all Soldiers, civilians, and family members to increase their understanding about extremism, terrorism, insider threats, and cybersecurity vulnerabilities, said James Crumley, the antiterrorism deputy division chief for the Office of the Provost Marshal General.

"Each member of the Army community should be actively involved in combatting against these threats through sustained vigilance and prevention," Crumley said. "These efforts support the Army's top priorities of people and readiness."

The threat to national security is becoming increasingly more dynamic and complex, Secretary of the Army Christine E. Wormuth wrote in a letter to the force to highlight the 12th annual monthlong observance and call to action.

The Army's protection efforts and personnel must evolve to match the ever-changing threat, Wormuth added.

Army leaders must commit to eradicating extremist activity across the force and apply deterrence efforts, all while empowering personnel to speak up and report a potential risk, Crumley said.

"Lessons learned from past terrorist and extremist attacks revealed at least one bystander that had observed a pre-attack indicator failed to report. If you see something, say something," Crumley added.

Crumley said that timely reporting is critical to the investigation process and allows military and civilian law enforcement a chance to verify a potential threat.

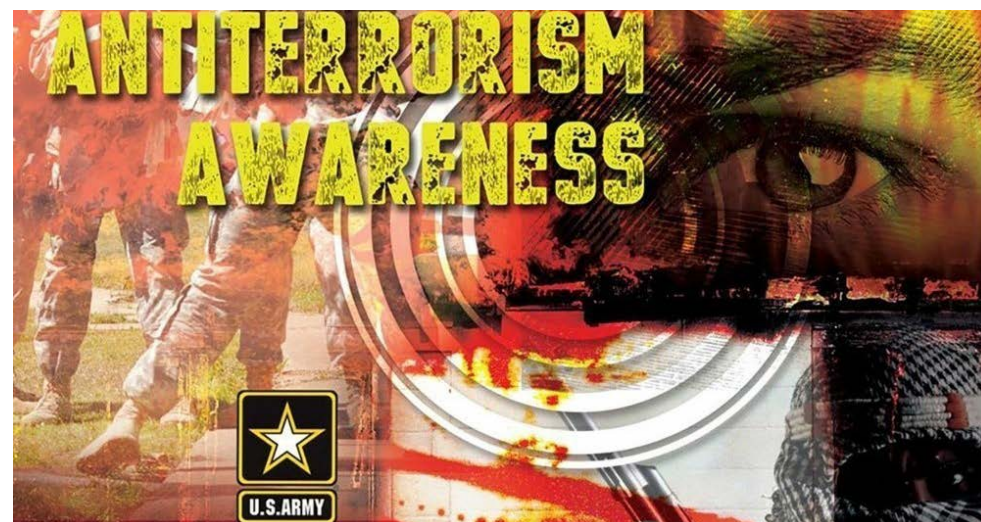
"An actively involved community is key to preventing a terrorist or extremist attack or an insider threat," the secretary wrote. "Please take time during Antiterrorism Awareness Month to review your protection plans and empower your communities. Every person is a sensor in our protective network."

Cyber threats are constantly changing in both complexity and scale. Adversaries continue to develop and employ a range of methods to try and bypass cybersecurity systems to gain access to the Army's networks, Crumley said.

To stem this growing risk, the Army has implemented an array of cybersecurity measures, coupled with proper and sufficient training, to thwart off attacks on the Army's networks, he added.

"Whether we are in our workspace or teleworking, the Army community still has to protect our cyber-related information from the enemy. We cannot afford to have this critical information compromised," Crumley said.

While online, personnel should be watchful and avoid links or attachments from unknown or unsolicited sources. Individuals should only



ARMY GRAPHIC

use trusted websites and inspect all web addresses before selecting them on their internet browser, he said.

Adversaries also employ various tactics through social media and other websites to try to misinform or disinform the Army community, he added. Individuals are reminded to check the facts and sources of all materials and verify information with multiple legitimate sources when possible.

"You don't want to take action on something and cause harm or damage to yourself or the Army because you acted on misinformation," he added. "If it sounds outlandish, then you probably need to check if the information is valid."

Insider threats pose a risk to the Army's resources and personnel. Actions by an individual or a group could include espionage, terrorism, unauthorized disclosure of information, and the loss or degradation of assets and capabilities, the letter read.

Early identification and intervention measures help protect the Army's people, information and critical assets, Crumley said. Personnel who have any information about an insider threat should report it immediately to

their chain of command or law enforcement officials.

Crumley acknowledged the complexity behind identifying and reporting an insider threat. In some cases, these individuals could be co-workers, leaders, peers, or friends, he said.

"Allow the chain of command or other leadership to do what is necessary to verify [an insider threat]. At the end of the day, you may be saving lives or protecting critical Army information and assets," he said.

Terrorism, extremism, or insider threat reporting can be completed through the Army's [iSALUTE](#), [iWATCH](#), or [Criminal Investigation Command](#) websites.

The Army's iWATCH program includes antiterrorism awareness resources to help service members and their families identify and report potential activity. The iSALUTE site allows personnel to report threat incidents, extremist behavioral indicators, and other counterintelligence matters.

Individuals can also report a crime or submit a crime tip through the Army CID website, or on a smartphone using the CID Crime Tips mobile application.

TRADOC aligns cadet talent to meet Army Junior Officer requirements

By Maj. James Barr
TRADOC Officer Accessions

FORT EUSTIS, Va. – One of the most important decisions an Army cadet will make is the selection of what branch they want to serve in as a second lieutenant. To enhance the branch education process, the U.S. Army Training and Doctrine Command developed Virtual Branch Outreach.

Through its partnership with Gabriel Enterprises, an industry leader in developing virtual event and training technologies, TRADOC developed a user-centric virtual learning environment that is collaborative, immersive, intuitive, and brings the branch selection process into the 21st Century.

VBO is a public facing virtual environment designed to provide branching education and assistance to Senior Reserve Officer Training Corps Cadets and Cadets from the United States Military Academy at WestPoint. As Cadets consider what branches they want to assess into, they must consider many questions, including location options, daily life in the branch, and compatibility of the Cadet's talent profile to branch requirements. Cadets must also consider if they want to serve in the Active Component, Army National Guard, or Army Reserve. These questions are critical in assessing Cadets into the right branch, maximizing their leadership potential while assisting with Army retention goals.

"VBO, as a response to the COVID environment last year, has accelerated Officer Branching education and brought it into the digital age," says Mr. John Bessler, Officer Accessions Division Chief and Interim TRADOC Accessions Director. "Rather than limited engagements during Cadet Summer

Training at Fort Knox or during 'Branch Week' at WestPoint, cadets become empowered to browse, interact, connect, discuss, and take charge of their branching research to make what is arguably one of the most important decisions of their lives to date."

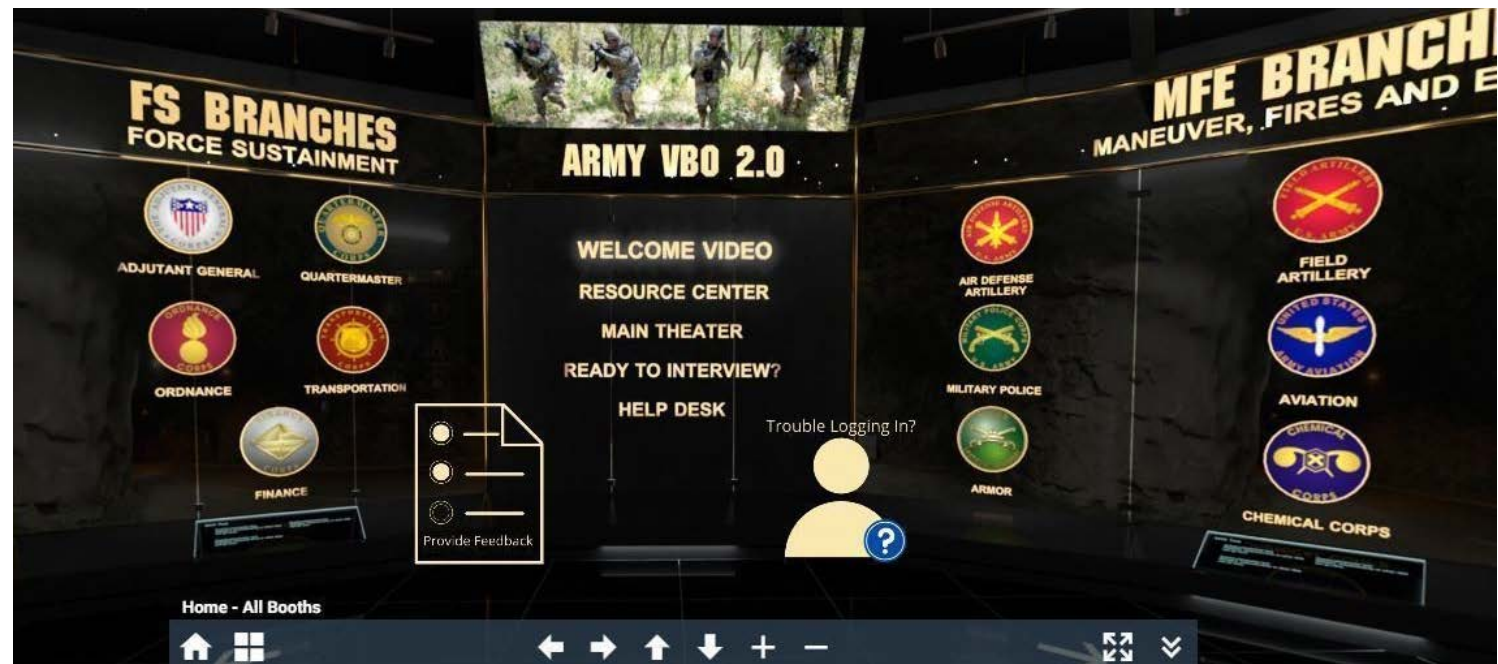
Though branches and sources of commission play an active role, VBO puts Cadets in the driver's seat. With VBO, cadets can identify their talent profile, schedule interviews, and ask questions to inform their branching decisions. It works with the Talent Based Branching model that emphasizes placing the right leader in the right occupational spe-

cialty based on talent and propensity to succeed within the branch. Though the tool is available to the public, Branching Cadets can take the experience further by registering for an account, which grants secure access to chat features, live webinars, branch meetings, and convention style live virtual events that bring all branches together at one time for scheduled webinars, keynote speakers, and peer networking.

In the past, branch education took place during CST or "Branch Week", which are limited, especially for SROTC Cadets who only have a few hours to visit branches. It is also costly and time consuming for branches and staff. As the Army navigates fiscal constraint and adjusts to the new normal of a post-pandemic environment, VBO is an

opportunity to reduce costs while increasing Cadet exposure to branch education and interaction. It's done conveniently from home or through any smart phone or mobile device, keeping Cadets safe and socially distanced. It will save hundreds of thousands of dollars for the branches as they scale back in-person events in favor of the virtual platform while also putting valuable time back into the training strip during CST. Finally, it standardizes branch education opportunity across both Sources of Commission and across all branches.

VBO is now live with live virtual events expected to begin in the near future. For more information visit, <https://army.slatevix.us/>.



Health officials advise people to stay hydrated for optimal performance

By **Claudia Sanchez-Bustamante**
Military Health Systems Communications

You may have heard that dehydration can occur before you feel thirsty. That's true – but thirst is only one way your body lets you know you're low on H₂O.

Whether you're conducting operations, working out, or simply spending a lot of time outdoors in high-heat, extreme-cold, high-altitude, dry or humid climates, keeping hydrated is paramount to optimal performance.

"Water is essential for survival," said Jonathan Scott, a registered dietitian and assistant professor of military and emergency medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

"It plays many critical roles in the body, including regulating our body temperature, moistening tissues in the eyes, the nose, the mouth," said Scott. "It protects our body organs and tissues. It carries nutrients and oxygen to the cells in our body, lubricates joints, helps keep the kidneys and liver functioning properly by flushing out waste products."

Water comprises about 60% of our body weight. As a result, it also "helps to dissolve vitamins and minerals and nutrients to make them more accessible to your body," said Scott.

Losing as little as 2% of your body weight through sweating, urinating, and breathing can affect your mental and physical performance. Once you become dehydrated, you may start to feel lightheaded, dizzy, disoriented, fatigued or irritable.

"Feeling thirsty is an indication that there is

a fluid imbalance within the body," added Scott.

That means the amount of fluid you take in versus that which you lose are not in proportion, upsetting your body's fluid balance. And while you can also take in too much water, dehydration occurs when you lose more fluid than you take in, he said.

However, thirst doesn't let you know how dehydrated you may be. That, Scott said, depends on a variety of factors, including how long you've been feeling thirsty, environmental factors, etc.

"Dehydration is a common issue among our military population," said Navy Lt. Karla Eslinger, an environmental health officer at Naval Hospital Twentynine Palms in California.

A good way to check your hydration level is through your urine.

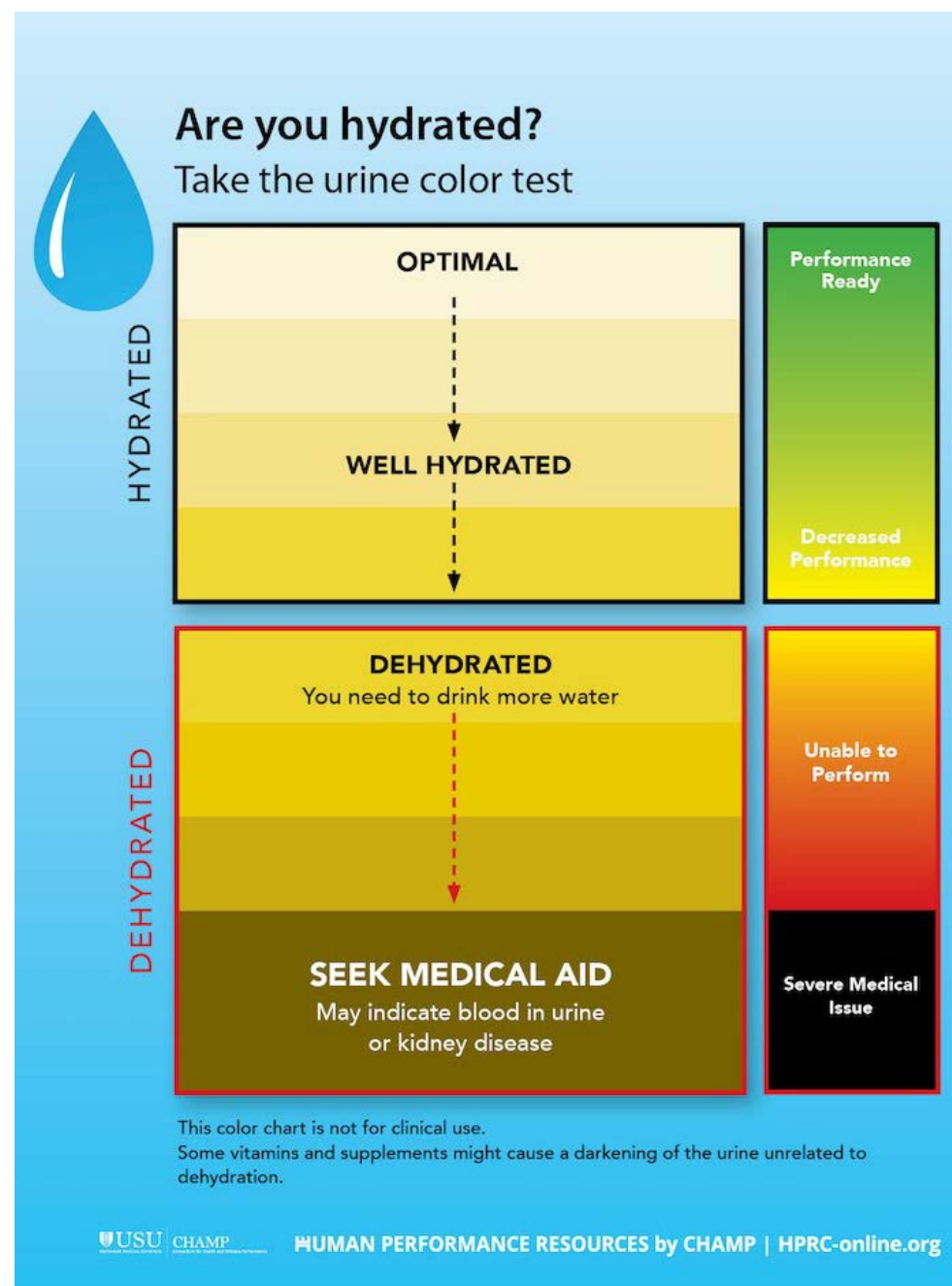
Although Scott warned there are foods — such as beets and certain dietary supplement ingredients — that can alter the color of your urine, typically, your urine should be straw-colored (light) and clear when you're well hydrated, said Eslinger.

"Darker and more concentrated urine suggests dehydration," she said.

This is important, because "long-term consequences of dehydration can include urinary tract infections, kidney stones, even kidney failure, and on the extreme end of the spectrum, seizures, and ultimately death," said Scott.

Having a battle buddy is important, he said.

"It's usually somebody else who notices



GRAPHIC BY HUMAN PERFORMANCE RESOURCES BY CHAMP

HYDRATION cont.

something about you before you notice it yourself,” he said. “A buddy might point out you’re dragging behind or seem clumsier, ask if you’re okay, and remind you to drink something.”

HOW MUCH IS GOOD ENOUGH?

To be fully hydrated, drinking small amounts of fluids constantly throughout the day is best.

Eslinger highlighted that most people need several hours to drink enough fluids to replace what they have lost through sweat.

“The sooner you get started, the less strain you place on your body from dehydration, a primary contributor to heat exhaustion,” she said. “Drinking at shorter intervals is more effective than drinking large amounts infrequently.”

And while the ideal amount of fluids varies by individual due to body weight, activity, environment, and other factors, Scott suggests that a good rule of thumb is aiming “to consume half your body weight in pounds in fluid ounces daily” as a starting point.

According to his suggestion, an individual weighing 150 lbs. should consume about 75 oz. of liquids daily from food and beverages — equal to almost 9.5 cups. But that’s under normal circumstances and activities. If you exert yourself more than usual, such as exercising or working in the heat, you should aim for more.

The Human Performance Resources by CHAMP at USU’s Consortium for Health and Military Performance, recommends aiming for 16-32 oz. of fluid every hour, but no more than 48 oz. per hour, during exercise or high-exertion activities. Likewise, hydrating with water during activity under one hour in duration is sufficient. However, for activity lasting longer than one hour, research supports consuming sports drinks that contain electrolytes and carbohydrates.

In addition, many fruits and vegetables are

rich in water and minerals, including melons, berries, peaches, oranges, cucumbers, celery, and lettuce. Milk is also an effective rehydrating option, too, Scott said.

“Dairy milk, for those that tolerate dairy, is one of our best hydrating beverages,” he said. “It naturally contains both of those electrolytes (sodium and potassium), and it’s predominantly made up of water.”

What’s even better, chocolate milk is not only rehydrating, he said, but it also helps to replenish some of the carbohydrates that your body burns during prolonged exercise.

During those types of activities, “your body uses carbohydrates stored in the liver and muscle in the form of glycogen as its predominant

fuel source,” said Scott.

“Chocolate milk has carbohydrates, which helps replenish some of those glycogen stores; protein, which we know is important for the repair process; calcium and vitamin D, which we know are crucial for bone health,” he said. “So, it really is a complete deal.”

WHAT TO DO DURING DEPLOYED OPERATIONS?

In a deployed environment, options may be limited during operations. In that case, Scott said, “consuming foods and beverages that replace fluids and electrolytes (sodium and potassium) will typically work out better than just plain water alone, but it’s important to incorporate those fluids throughout the entire day.”

To make it easier, Eslinger recommends hydrating before work, during work, and after work — especially for people working regularly in high-heat climates, like the desert.

In general, Scott recommends taking rest breaks from high-exertion activities, keeping track of work-to-rest ratios, and using hydration tables based on different heat categories.

Years of military operations in extreme climates has yielded lessons learned for optimal hydration, such as monitoring the Wet Bulb Globe Temperature. Similar to the heat index, this tool is useful in measuring the heat stress on the body and can help “reduce the number of heat stress injuries for participants and leadership,” concluded Eslinger.

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ARMY SUPPORT

DOD officials say U.S. could evacuate up to 9,000 a day from Afghanistan

By **Jim Garamone**

DOD News

Air operations at Hamid Karzai International Airport in Kabul, Afghanistan, continued through the night, getting between 700 and 800 people out of the country, said Army Maj. Gen. William D. "Hank" Taylor, the Joint Staff's deputy director for regional operations.

Taylor spoke alongside DOD Press Secretary John F. Kirby at the Pentagon. The men said the airport is under U.S. control, and there are about 4,000 U.S. troops on the ground in Kabul.

The evacuation operation is ramping up, and Kirby and Taylor said the U.S. effort could be airlifting between 5,000 and 9,000 people a day. Taylor said he anticipates one aircraft in and out of the airport each hour.

Throughout the night, nine C-17s arrived at the airport delivering equipment and about 1,000 U.S. troops. Seven C-17s departed with between 700 and 800 passengers including 165 Americans.

The airport is open to military aircraft and limited commercial flights, Taylor said.

American troops have worked with Turkish forces to secure the airport. They are aided by some Afghan security forces. Outside the airport is the Taliban. "We've had no hostile interactions, no attack and no threat by the Taliban," Taylor said. "We remain vigilant. I want to reinforce that we are focused on the present mission to facilitate the safe evacuation of U.S. citizens, [special immigrant visa personnel] and Afghans at risk -- to get these personnel out of Afghanistan as quickly and as safely as possible."

U.S. commanders in Kabul are in contact with Taliban commanders outside the air-

port, Kirby said. "There is communication between them and us," Kirby said. "And I would just let the results speak for themselves: ... There's been no hostile interactions from the Taliban to our operations at the airport."

This is a dynamic situation, and many things could change — security, availability of aircraft, even just the weather, Taylor said. Army Maj. Gen. Christopher Donohue, the commander of the 82nd Airborne Division, is going to Kabul to take command of the airport. The overall mission remains under Navy Rear Adm. Peter Vasely, the commander of U.S. Forces Afghanistan-Forward.

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