

# Post cleans up after tornado

**Fort Rucker Public Affairs** Staff Report

Fort Rucker officials report that cleanup operations and repair work continue after a tornado hit the post without warning April 22 afternoon.

While the post sustained no injuries or significant damage, numerous trees and power lines were knocked down, and 11 housing units were damaged, including one where the family residing there had to be relocated to temporary quarters, report officials.

"It was impressive how the people of Fort Rucker and the surrounding communities came together to deal with the aftermath," said Col. Brian E. Walsh, Fort Rucker garrison commander. "It was a total team effort between post personnel and our off-post partners in the Wiregrass to get the post back up and running in a safe manner."

Immediately following the incident, the installation closed its gates so that damage assessment, repairs and cleanup operations could begin, according to Lt. Col. Scott Wile, director of the Directorate of Public Safety said.



PHOTO BY NATHAN PFAU

Crews work to remove debris April 23 from areas affected by the tornado that hit Fort Rucker April 22.

"We made it through the tornado without sustaining any injuries and we wanted to ensure that the same could be said during the recovery," Wile said. "We had military police, emergency responders, and Directorate of Public Works and Alabama Power personnel out dealing with the damage, and the less people we had on the roads, the safer they would be. They did great work out there ensuring no one needed any assistance, and getting the roads cleared and the power restored to the areas affected by the tornado."

Power was restored on post

a little after 8 p.m., and the post reopened and resumed normal operations, according to Mark Smith, director of the Directorate of Plans, Training, Mobilization and Security.

Since the severe weather season is just getting started, DPS officials want to remind people what to do if a tornado strikes the post again.

Staff Sgt. Wayne Shoemaker, DPS Operations NCO, said people should:

- Check the Fort Rucker Facebook and Twitter pages, along with the post website, for information instead of calling officials to keep the lines at the provost marshal office and installation operations center clear for emergencies only;
- Stay off the roads for their safety, and the safety of emergency, Directorate of Public Works, and other response and recovery personnel until word is put out that it is safe to do so;
- If traveling on the installation when a disaster hits, go straight to their quarters or to a safe location and keep the roads clear.

# HONORING HERITAGE

Kickoff event helps attendees travel across the world in a day

# **By Jeremy Henderson** *Army Flier Staff Writer*

Attendees can travel across the world without leaving the state during the Asian/Pacific American Heritage month kickoff event from 11:30 a.m. until 1 p.m. Friday at the post exchange food court. The month aims to celebrate the cultural traditions, ancestry, native languages, and unique experiences represented among more than 56 ethnic groups from Asia and the Pacific Islands, according to Sgt. 1st Class Matthew Castillo, 110 Aviation Brigade Equal Opportunity adviser, who added that he is working tirelessly to find representation for as many ethnic groups as possible.





The event will feature samples of many ethnic groups and cultural traditions, he said.

"It is important to celebrate not only Asian-Pacific Heritage Month, but cultures in general because we, as a country and a society, are built from many different cultures and demographics," he said. "It is important to step back and observe the contributions each culture has made to this society. We are one society. We live under one flag in one country. Whether we are cognizant or not, everyone contributes in some shape, form or fashion and their ancestors have also contributed to the development of this country."

PHOTO BY NATHAN PFAU

Shenglan Shi and Qiqi Liu, both of the Troy University Confucius Institute, perform a traditional fan dance during the Asian/Pacific American Heritage Month kickoff ceremony last year.

The event will feature cultural songs, dance performances, an educational expo by the Fort Rucker Education Center and traditional food sampling.

The event will also feature Chinese calligraphy and painting demonstrations at event that will provide an opportunity for attendees to participate.

"There will be representatives there from the Confucius Institute of Troy University. They will also donate some



Master Shifu and Po, characters from Disney's Kung Fu Panda, visit with family members during a previous Asian-Pacific American Heritage Month kickoff celebration at the post exchange.

food for the event as well as provide the lion head and the dragon for the traditional dance. We will provide the dancers," Castillo said.

According to Castillo, this is the first year Soldiers will take the stage for the dragon dance.

"We sent some Soldiers up [to the Confucius Institute at Troy University] to learn how to manipulate the dragon," he said. "This is the first year we've used Soldiers to perform that dance. They usually bring dancers from the institute to perform the dance, but they wanted to get the Soldiers more involved."

According to Castillo, involvement in the event will provide knowledge and exposure to new cultures and, in turn, help to erase the unknown and build a bridge to understanding those cultures.

"I also think it is important to be aware of the struggles they have endured to get to where we are today," he said. "This country has come a long way since way back when and we continue to strive to move forward. I feel that it is important to this so that we erase the unknown. People tend to fear the unknown."

Castillo added that the first step toward understanding cultures different from one's own is knowledge, and heritage celebration month events provide a perfect opportunity to introduce new minds

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COURTESY GRAPHIC

# **TEAM EFFORT**

# Army honors Fort Rucker for top-flight OPSEC efforts

# **By Nathan Pfau** *Army Flier Staff Writer*

Some things are better left unsaid and definitely better remaining unknown to adversaries.

And Fort Rucker is one of the best in the Army at operations security as evidenced by the installation being awarded third place in the Department of the Army OPSEC Installation of the Year awards for fiscal year 2017, an achievement that Terrance Clark, installation OPSEC manager, said is nothing to scoff at.

"When you look at all the Army installations across the U.S. (and across the world), third place is not bad for a little place like Fort Rucker," said the OPSEC manager. "The comment from the inspector was that we were the first installation in the last 25-30 years to get a grade of sustained across the board in every area of inspection."

OPSEC encompasses ensuring that units and organizations take the proper steps to guard and dispose of classified information, said Clark.

The inspection process was part of a U.S. Army Training and Doctrine Command inspection last year that looked over 11 areas, said the OPSEC manager. To be considered for the award, Fort Rucker had to submit a written narrative listing the installation's OPSEC accomplishments throughout the year, which

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# PERSPECTIVE

# **WWI CENTENNIAL:** German spring offensive of 1918 threatens Paris

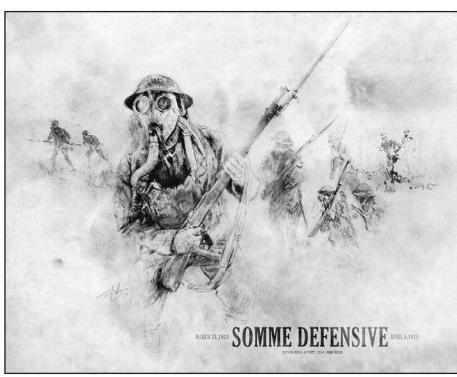
# **By David Vergun** *Army News Service*

WASHINGTON — U.S. Soldiers and allies on the Western Front in 1918 faced a dreaded but expected bloody German spring offensive, which the Germans referred to as the Kaiserschlacht, or Kaiser's Battle, according to Eric B. Setzkorn, a historian at the Center of Military History.

The World War I Spring Offensive, now exactly a century old, was anticipated, he said, due in large part to two events: the collapse of the Russian army on the Eastern Front and the deployment of American forces to Europe, following a year-long effort to recruit, train and ship them over. Victory in the east allowed Germany to shift divisions westward, and the Germans were particularly eager to employ them before the U.S. divisions could reach the front, he said.

The spring offensive began March 21, with just one American division, the 1st Infantry Division, at the line of trenches that marked the front line. The other divisions – the 2nd, 42nd and 26th – were still in their final phase of training by the French in a quiet sector away from the front. That meant that the majority of allied combatants on the Western Front were French, French colonials, British and Commonwealth forces.

With reinforcements drawn from the Eastern Front, the Germans were able to bulk up and send 192 German divisions to the Western Front, outnumbering the 180 British and French divisions there, Setz-korn said. After a massive enemy bombardment by more than 6,000 cannons, 72 German divisions smashed into the British in the Somme sector of the line in the north of France. That line of trenches extended from the English Channel in Belgium, through northern and eastern France to the



ARMY ILLUSTRATION BY TRAVIS BURCHAM

For U.S. Soldiers and allies on the Western Front in 1918, spring meant a dreaded but expected bloody German spring offensive, which the Germans referred to as the Kaiserschlacht, or Kaiser's Battle. Most of the fighting against the Germans occurred in the Somme River area of northern France and involved mostly British and French units. American involvement was more limited. Gas attacks by both sides occurred, thus the need to wear the masks, as illustrated here.

Swiss border.

German troops succeeded by using infiltration tactics that relied on small groups of elite infantry bypassing strong points and moving quickly into the rear of allied defenses, isolating frontline troops and disrupting communications, he said.

After a week of nearly constant attacks, the German army had advanced more than 40 miles, creating a huge salient in the line just north of Paris and inflicting more than 175,000 casualties on the British. The fact that the Germans advanced 40 miles was considered significant because for the preceding few years, the lines moved very little, if at all.

The German efforts to drive a wedge between the British and French armies and push the British back to the English Channel appeared to be working. Although British forces rallied to block the Germans at Amiens, France, the threat remained severe, Setzkorn said.

"For the first time since 1914, panic

gripped the allies, who feared that the channel ports or perhaps even Paris could be lost," he noted.

American participation in British defensive operations remained limited throughout the spring offensive, which lasted until April 6, he said. Altogether, just fewer than 3,000 Americans participated in this campaign.

The 12th and 14th Engineers maintained and operated light railways in the advance zone of the British Third and Fifth Armies and later helped to construct trenches north of Amiens, he said.

Elements from the 3d Division's 6th Engineers had been assigned to the British Fifth Army in February for bridge construction near the town of Péronne, France. When the Germans attacked, the engineers mined the recently-constructed bridges over the Somme River and withdrew with the British.

After rigging an engineer dump at Chaulnes for demolition and preparing new defensive positions at Démuin, the 545-man detachment of the 6th Engineers deployed to the front west of Warfusée-Abancourt on March 27. They were issued British rifles and joined British units to hold the line.

For four days, the British and Americans weathered intense shellfire and repulsed a German attack, suffering numerous casualties in the process. The 6th Engineers finally withdrew April 3, he said.

The 17th, 22nd, 28th, and 148th Aero Squadrons of the U.S. Army Air Service also served in the Somme defense, operating as part of the British Royal Flying Corps. Although the Spring Offensive ended April 6, the German 1918 offensives were far from over, he said. In the coming months, thousands of American Soldiers would be called on to join the battle to block follow-on German attempts to win the war.



Fort Rucker celebrated Denim Day April 25 where individuals from various units and organizations on post wore denim and teal in recognition of Sexual Assault Prevention Awareness Month. Why do you feel it's important to bring awareness to issues like sexual assault?



Kenya Austin, civilian

"I think it's very important, especially DoD and military wide because it happens in the Army. A lot of times it gets shushed, but a lot of Soldiers out there are going through this and they need to know we're here for them."



Meshae Richardson, civilian

"To let everyone and anyone know that they can speak out and that they have a voice, and to show that there is someone there to help them. We're here to listen and be there for them, and the community is providing avenues to help them through any issue like this."



Brandon Barrentine, veteran

"I think prevention has long been overdue in our community. We hear of so much that is not being reported and not coming out about it, so prevention is everybody's duty. Activities like this are what make the difference."



Pfc. Shauntae Jackson, Lyster Army Health Clinic

"I feel like it's important because it's an ongoing issue. If you don't bring awareness to it, no one knows about it. For those who have been assaulted, especially those who don't want to talk about it, if you have this awareness then they know they can talk and see there is someone who cares."



Spc. Rome Cooper, Lyster Army Health Clinic

"It happens – It can happen to anybody. If nobody brings awareness to it then it's never going to stop. It's important to allow this for a better community, a better kinship among people, and it's important that everyone trust each other."

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# SecArmy, SMA meet to discuss modernization, recruiting, retention

# **By Jim Garamone** Defense Media Activity

WASHINGTON — Quality trumps quantity when it comes to Soldiers, Army Secretary Dr. Mark T. Esper told reporters here April 20.

Esper and Sergeant Major of the Army Daniel Dailey briefed reporters on recruiting, retention and equipment during the Pentagon news gaggle.

The Army is addressing readiness issues, the secretary said, but it is still the most potent fighting force in the world. "If we got the call today, the Army would deploy, fight and win in any conflict," Esper said. "I am completely confident of that."

Readiness in the service is trending up, he said, and if the promised levels of funding continue "and demand remains stable, we'll be in good shape," he said.

The Army is growing and accessions to the service are strong. "Quality remains number one, we are not lowering standards in any way, shape or form, to meet recruiting numbers," Esper said. Officials up and down the command chain and in the Army Recruiting Command understand that message.

# EXCEEDING RECRUITING STANDARDS

Right now, the Army is exceeding standards – 95 percent of recruits are high school graduates, and less than 4 percent of recruits are in the lowest acceptable category, Army officials said.

"I have raised ... the standard

with regard to [category] 4s and directed the Army recruit no more than 2 percent moving forward," Esper said.

The goal for this year was 80,000 recruits. However, that goal dropped to 76,500 due to a less than planned for end strength for the Army and improved retention. Congress authorized an increase of 7,500 Soldiers this year and the Army had planned for 10,000. "We can't exceed end strength, so we had to drop the goals," Dailey said.

Typically, the service sees a retention rate of about 81 percent. It is at 86 percent. "That's good news," Esper said. "It tells me that our Soldiers like what they are doing and like their service in the military. This also lowers the numbers the service can recruit."

Esper noted that with active duty retention higher than anticipated, it may mean problems in the future with recruiting into the National Guard and the Army Reserve.

The higher numbers are needed for the senior service as the Army is the "most in-demand service" by combatant commanders, the secretary said. Between 50 and 60 percent of the requirements from the combatant commands involve the Army. "There is a mismatch between supply and demand," he said.

The active duty Army force is set at 483,500 service members this year, with another 4,000 Soldiers added next year. "My view is we need to be above 500,000 with associated growth in the Guard and Reserve," Esper said. "Once we get above that number it gives

with regard to [category] 4s and us a lot more breathing room to do directed the Army recruit no more what we need to do."

# HAMSTER WHEEL

The challenge right now is "you see our Soldiers on this hamster wheel of constant deployment churn," the secretary continued.

The Army is looking at ways to make combat formations more robust to deal with the possible high intensity conflict of the future. The Army is looking to add more engineers, artillery, cyber warriors and air defense to units, Army officials said.

The big deployments are over – there are no longer 200,000 troops in Iraq or 150,000 in Afghanistan, but there is still a lot of demand. At any one time, three armored combat brigades are deployed –one in Korea, one in Europe and one in Kuwait. "Then we are still rotating infantry brigade combat teams to Afghanistan and Africa," Esper said.

There is also demand for troops in Pacific Pathways missions, to work with partners in Asia. "Our soldiers are on the go all the time with named operations and with training," he said. "We like to say at any one time there are more than 100,000 Soldiers deployed around the world. If we can grow the force, it means we can put fewer soldiers on that hamster wheel."

The service is also increasing the lethality of the force it does have. The Army, Marine Corps and Special Operations Command are all working with the Close-Combat Lethality Task Force, commissioned by Defense Secretary James N. Mattis.



PHOTO BY DANIEL TOROK

Secretary of the Army Mark T. Esper tours the Medical Education and Training Campus and participates in a training scenario at Joint Base San Antonio, Texas, April 17.

The task force is helping the service define what the close-combat fight will need in the 21st century, Dailey said. "As we move forward, we need to synchronize our efforts with what the Marine Corps is doing, so we use all the capabilities our soldiers need," the sergeant major of the Army said.

# EQUIPMENT UPGRADES

Both Dailey and Esper have Infantry experience, and equipment upgrades are particularly dear to their hearts. "We're making progress now," Esper said. "We are going to seek a reprogramming to buy enhanced night vision goggles – binocular for the Soldiers that will give us enhanced lethality on the battlefield. This summer we will be contracting for the squad designated marksman rifle. We will begin prototyping soon the next generation squad weapon and the same time I have seen the production of the new helmet," he said.

"We are doing a number of things now through our Cross-Functional Teams to improve the survivability and lethality of the individual Soldier and the squad, which is totally consistent with the broader task force that this is nested in," Esper said.

And the process is moving quickly. "The biggest place you lose Soldiers on the battlefield is the Infantry and it is usually that last 500 meters," the secretary said. "That's why it is so important to the secretary of defense and important to us as Infantry to prepare our Soldiers and invest in them as much as we can so they are more capable, more lethal and survive better on the battlefield."

# DOD seeks to make civilian agencies more productive, efficient

# **By Jim Garamone** Defense Media Activity

WASHINGTON — The Defense Department is already looking at ways to make its agencies more productive and efficient, the deputy defense secretary told the Defense Writers Group here April 24.

Patrick M. Shanahan welcomed House Armed Services Committee Chairman Rep. Mac Thornberry's interest in the so-called Fourth Estate. The Texas representative has issued "discussion drafts" of legislation that calls for elimination of some organizations and reforms of others.



The fact that the chairman of the House Armed Services Committee is also approaching this issue gives support to DOD's efforts, Shanahan said.

# NOT A 'PEOPLE PROBLEM'

The deputy secretary said he doesn't want this effort to be viewed as a "people problem" or as a way to reduce the work-force.

"There is this assumption that there are all these people standing around with their hands in their pockets and not working hard," he said. "What we find is we have processes and management systems and [information technology] systems that have evolved over years and years that were never designed to scale to the size that we are, and so people are stuck in processes that ... aren't as productive as they could be."

Thornberry defines the Fourth Estate as civilian-dominated military agencies such as the Defense Contract Audit Agency, the Defense Information Systems Agency or the Defense Logistics Agency.

"The Fourth estate is an area I have been spending an awful lot of time in," Shanahan said. He believes there is tremendous opportunity for reform in DOD, he told the defense writers, adding that those reforms would tremendously boost productivity and modernization in the department.

The National Defense Authorization Act called for the creation of a department chief management officer position, and that person – John H. Gibson II – has been leading the effort that gets after reform in the Fourth Estate.

Shanahan said he looks at the Fourth Estate in three different segments: intelligence, acquisition, and business operations such as health care, information technology and so on. "The way I tend to think about it is, 'How do we restructure ourselves so we can be much more productive and much more responsive?"" he said.

PHOTO BY JIM GARAMONE

# Deputy Defense Secretary Patrick M. Shanahan answers questions at a Defense Writers Group forum in Washington April 24. The deputy secretary discussed reforms and re-engineering in the department.

That question has different answers, depending on the segment he said. On the intelligence side, he explained, it boils down to leveraging artificial intelligence to make better decisions with the volumes of information that comes to DOD.

Another organization in the Fourth Estate is the Defense Health Agency, which has hundreds of clinics. "How do we combine them in a way that drives cost down because there is a common procurement system?" he asked.

## SIX MAJOR AREAS

The DOD chief management officer is going after six major areas that need to be

re-engineered and consolidated, Shanahan said, noting that the biggest leverage there is real synergy at the DOD level.

"Today, we are parsed by service and we are leaving a lot of productivity on the floor," he said. "We have 10 different ways to do the same thing. These are issues that every large organization runs into."

In the world of Ellen Lord, the undersecretary of defense for acquisition and sustainment, Shanahan said, reform and reengineering are different, so she needs to understand how to make it easier to do business with the government. It also entails how the department picks the right industrial partners for modernization, he added. The Defense Information Systems Agency has a number of data centers, he noted, and if those are consolidated there will be a reduction in the number of people needed to run them.

"The art form here is, 'Then what do you do with the benefits?" he said. "The reason I hesitate to talk about it as a people issue is it is not a people issue. People are the solution, not the problem. From a management standpoint, the easiest thing to do is redraw the lines and boxes on an org chart, but it is actually the hardest thing to implement."

The department must look at processes, Shanahan said. There needs to be enough people to perform the mission, he added, and then an examination of back-office inefficiencies.

"It's our processes, not our people," he said.

# **NEWS BRIEFS**

## **Education center Spring Fling**

The Army Education Center Spring Fling is scheduled for April 26 from 11 a.m. to 2 p.m. next to Sgt. Ted E. Bear on Andrews Avenue in front of the A Company, 1st Battalion, 145th Aviation Regiment building.

For more information, call 255-2378.

## Heritage month kickoff

Fort Rucker will kick off its observance of Asian/Pacific American Heritage Month April 27 from 11:30 a.m. to 1 p.m. at the Fort Rucker Post Exchange Food Court. The event will include various cultural songs and dances, food and more.

For more information, call 255-2669.

## **Daddy-Daughter Dance**

The Protestant Women of the Chapel

will host the annual Fort Rucker Daddy-Daughter Dance April 28 from 5:30-7:30 p.m. at the Corvias Military Living Building at 2908 Andrews Avenue.

The event will feature refreshments, music, dancing and photos, according to organizers. Tickets are a suggested donation of \$10 per person.

For more information, including where to get tickets, call 255-2989 or 255-2012.

## **National Day Of Prayer**

The Headquarters Chapel, Bldg. 109, will host the National Day of Prayer Observance May 3 from 11-11:30 a.m. The sanctuary in Headquarters Chapel will also be opened from 8-11 a.m. and 1-4 p.m. for those who prefer to pray alone or in small groups during those timeframes.

For more information, call 255-2989.

## **Change of command**

The U.S. Army Warrant Officer Career College Headquarters and Headquarters Company will host a change of command ceremony May 18 at 11 a.m. at the WOC PRT Field. CW4 Tammy E. Richmond will assume command of the company from CW4 William J. Baker II.

People need to RSVP by May 1 by calling 255-9762.

## **Army Emergency Relief**

Fort Rucker is conducting its Army Emergency Relief fundraising campaign through May 15. The motto for this year's campaign is There for Those Who Serve, according to local AER officials. For more information, call 255-2341.

# Memorial Day Service

Fort Rucker will host its Memorial Day service May 25 at 8:30 a.m. at Veterans Park to pay tribute to the men and women who sacrificed their lives in defense of the country.

## PTSD group

A post traumatic stress disorder education group meets Tuesdays from 5-6:30 p.m. in the Fort Rucker Spiritual Life Center in Bldg. 8939 on Red Cloud Road.

The group follows the Veterans Affairs protocol PTSD Recovery Program and is for anyone interested in learning more about PTSD.

For more information, call 255-3903.

# Fort Rucker honors 29 retirees

**By Nathan Pfau** Army Flier Staff Writer

With a combined 675 years of service, 29 Soldiers retired April 20 at the Fort Rucker Quarterly Retirement Ceremony in the U.S. Army Aviation Museum. This quarter's retirees are listed below.

# LT. COL. PHILLIP G. JENISON

Jenison entered military service in 1988 as field artillery cannon crewmember. He served in combat in support of Operations Iraqi and Enduring Freedom. He said the highlight of his career was always being value added by doing more than what was expected throughout his career, and realizing early on in his career that servant leadership equals relationship. He and his wife, Melissa, have three children and plan to reside in Huntsville.

# LT. COL. MICHAEL A. TODD

Todd entered military service in 1994 as a field artillery officer. He served in two combat tours in support of OIF and Operation New Dawn. He said the highlight of his career was working with an outstanding team of Soldiers, Airmen and civilians as joint fires observers, and training over 3,000 joint service members in close air support procedures as many were preparing for deployment. He and his wife, Lisa, have two children and plan to reside in Middle Tennessee.

# **CW4 KEVIN N. FRANCISCO**

Francisco entered military service in 1990 as a UH-1 mechanic. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was providing instruction and mentorship to the next generation of Army Aviators. He and his wife, Margaret, have two children and will reside in Enterprise.

# **CW4 RAFAEL A. RODRIGUEZ**

Rodriguez entered military service in 1992 as a carpentry and masonry specialist. He served in combat in support of OIF. He said the highlight of his career was being the first technical assistance field team chief, instructor, and Aviation maintenance adviser assigned to the U.S. Office of Defense Coordination in Mexico. He and his wife, Glenda, have one child and will reside in Enterprise.

# **CW4 KEVIN P. BRILLHART**

Brillhart entered military service in 1992 as a Chinook mechanic. He served in multiple combat tours in support of OIF and OEF. He said the highlight of his career was being a standardization instructor pilot on Fort Rucker. He and his wife, Christy, have four children and plan to reside in Enterprise.

# **CW4 MAYNARD D. CAMPBELL**

Campbell entered military service in 1991 as a petroleum supply specialist. He served in multiple combat tours in support of OIF and operations in Bosnia. He said the highlight of his career was having over 5,000 accident-free flying hours. He plans to reside in Enterprise.

# **CW4 JAMES F. HAGERTY**

Hagerty entered military service in 1993 as a multiple launch rocket system fire direction specialist. He served



PHOTOS BY NATHAN PFAU

Sgt. 1st Class Curtis M. Harris, Staff Sgt. Arturo Ramirez. Jr., Sgt. 1st Class Jeffery S. Runion, Sgt. 1st Class Eric S. Vance, 1st Sgt. Christopher B. Rowley, CW4 Kevin P. Brillhart, CW4 Rafael A. Rodriguez, CW3 Jasen M. James, Sgt. 1st Class Alvin J.O. Paet and CW3 Adam S. Cox.



CW3 Chad D. McPike, Sgt. 1st Class Pawoo T. Teh, CW4 Kevin N. Francisco, Staff Sgt. William G. Johnson, Sgt. 1st Class Willis K. Hayes, CW3 Shawn D. Rodgers, 1st Sgt. Thomas C. Lane, Sgt. 1st Class Carmen L. Puente, CW4 Edward B. Perrone and Staff Sgt. John T. Darnell, II.



multiple combat tours in support of OIF and OEF. He said the highlight of his career was being a flight lead in support of Australian special operations in Afghanistan. He and his wife, Samantha, have two children and plan to reside in Enterprise.

# **CW4 EDWARD B. PERRONE**

Perrone entered military service in 1996 as a clarinet player. He served in multiple combat tours in support of OIF and OEF. He said the highlight of his career was being a theater-level personnel recovery director in support of joint operations in Jordan. He plans to reside in Macomb, Michigan.

# **CW3 JASEN M. JAMES**

James entered military service in 1992 as an armor crewman. He served multiple combat tours in support of OEF. He said the highlight of his career was being a gun pilot with the 1-101st Attack Aviation Battalion. He and his wife, Kristina, have three children and plan to reside in Enterprise.

# **CW3 CHAD D. MCPIKE**

McPike entered military service in 1994 as a signal support systems specialist. He served multiple combat tours in support of OIF and OEF. He said the highlight of his career was being an instructor in support of the Flight School XXI program here at Fort Rucker. He and his wife, Melissa, have two children and plan to reside in the Fort Rucker surrounding area.

# **CW3 SHAWN D. RODGERS**

Rodgers entered military service in 1991 as a combat medic. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was being the standardization officer in C Co., 3-25th General Support Battalion in Hawaii. He and his wife, Roselie, have two children and plan to reside in San Antonio, Texas.

# CW3 ADAM S. COX

Cox entered military service in 1998 as an armor crewman. He has served multiple combat tours in support in support of OEF. He said the highlight of his career was marring his wife, Shawna. He and his wife have five children and plan to reside in Enterprise.

# **CW3 HANZ L. WELO**

Welo entered military service in 1998 as an infantryman. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was participating in the airborne invasion of Afghanistan in 2001 and marrying his wife, Rebecca. He and his wife have three children and plan to reside in Birmingham. Sgt. 1st Class Kimberly N. Floyd, CW3 Adam S. Cox, CW4 Maynard D. Campbell, Lt. Col. Phillip G. Jenison, Lt. Col. Michael A. Todd and Staff Sgt. Antonio Montes Jr.

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# Heritage

Continued from Page A1

## to new experiences.

"You will hear a lot of people out in society who are doing the same thing we are doing," he said. "They stress diversity and the need to embrace our differences. I differ in opinion. I think we should embrace our commonalities first, get to know each other, see what we have in common, build that rapport and build that bridge first. We can then talk about our differences and embrace those differences after we embrace the commonalities."

Erasing fear of the unknown by sharing commonalities provides a much easier transition into accepting the new or different, according to Castillo.

# **OPSEC**

"The Army, the military as a whole, does a great job of supporting these events and bringing Soldiers together to learn about different cultures," he said. "These events demonstrate that we are of one race, in my opinion – the human race. I think it is important to send a reminder about that because I think we tend to forget. Some of us are Hispanic. Some of us are African American, but, at the end of the day, we are essentially the same."

Additional Asian-Pacific American Heritage month events include an observance ceremony May 4 from 11:30 a.m. to 1 p.m. at the Corvias Building on Andrews Avenue, a tour of the Confucius Institute at Troy University May 11 from 8 a.m. to 2 p.m. and an Asian/Pacific American Heritage story time event at the Center Library May 18 from

10:15-11 a.m.

All events are free and open to the public, except the Confucius Institute tour.

The tour is free and only open to military I.D. card holders and family members. Registration is currently open and limited to 30 guests. Attendees must bring money for lunch. The tour will include the Chinese History Center, the Asian Arts Park and a traditional tea ceremony. Individuals interested in the tour must send their name and contact information to jospeh.e.alba.mil@mail.mil.

The story time event will feature a book reading, arts and crafts, and other fun events designed for patrons of all ages to enjoy.

For more information, call 255-2669.

# Continued from Page A1

was compared to other installations across TRADOC, he said.

Also, during the inspection, Clark said the inspector was very thorough, even going through the waste of each unit and department to ensure no classified information was disposed of improperly.

"He pulled out his duffle bag and took out something like a Hazmat suit, and jumped right in to look through all of the trash," said the OPSEC manager. "We also took him through the recycling facility and gave him a tour."

Another area Clark said the inspector was impressed with was

with the Capabilities Development Integration Directorate.

"The CDID handles research and development that covers fixed-wing, cargo, rotor-wing and unmanned aerial vehicles," he said. "We have a very robust CDID programs, and he commented that our CDID program was spot on (when it came to OPSEC)."

Clark said that one of the ways he made sure the installation was well prepared was to make sure that the installation's OPSEC operators were all speaking the same language.

"When I took the program over, from March to September of last year, I instituted a program

for a one-on-one sit down with every operator on the installation to bring their materials in so we could mirror our criteria so that all of it would be the same," he said. "That way, it didn't matter which section you went to, it was all the same."

That preparation also helped check all the boxes needed for the inspection, but despite the installation's successful OPSEC program, Clark said it takes each operator and officer doing their job to make sure classified information stays safe.

"It takes a team effort and everyone doing their job," said the OPSEC manager. "My job is to make sure everyone has the tools they need to operate, so it takes everyone doing what they do on a daily basis to make the whole program a success."

Although being awarded third place for OPSEC Installation of the Year is a nice accolade to have, Clark said it's not the reason the installation works hard to keep up with OPSEC.

"Fort Rucker is unique," he said. "If you look across Fort Rucker, there is a lot here that (enemies) would be interested in, especially when it comes to aircraft and student training, because this is the home of Army Aviation.

"It's very important that we, on a daily basis, do our job to protect all classified information, from training doctrine to how we operate on a daily basis – all of that stuff is secure," he continued. "Especially in the world we live in now that makes it too easy to get information out. When we train people (on OPSEC), we make sure that they know that documents that are (for official use only) never lose their original classification. If it was FOUO in 1967, then it's still FOUO today, and you still have to keep those same security concerns for that document until it's downgraded or destroyed," adding that the award is a testament to the way people on Fort Rucker are trained when it comes to OPSEC.

# Retirees

## Continued from Page A4

# COMMAND SGT. MAJ. JAMES E. **JOHNSON**

Johnson entered military service in 1987 as a scout helicopter repairer. He has served multiple combat tours in Iraq and Afghanistan. He said the highlight of his career was marrying his wife, Tracy, and serving his country. He and his wife have two children and plan to reside in Florence, Montana.

# **COMMAND SGT. MAJ. STANLEY** L. WATTS

Watts entered military service in 1990 as a fuel and electrical repairer. He has served multiple combat tours in support of Desert Storm, Desert Shield, OIF and OEF. He said the highlight of his career was marrying his wife, Rechell, and having their two children. He and his family plan to reside in Wylie, Texas.

a bridge crewmember. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Joyce, and raising their six children. He and his family plan to reside in Bonifay, Florida.

# SGT. 1ST CLASS KIMBERLY N. FLOYD

Floyd entered military service in 1996 as an avionics mechanic. She has served multiple combat tours in support of OIF and OEF. She said the highlight of her career was being a production control NCO-IC at Fort Drum, New York. She plans to reside in Defuniak Springs, Florida. SGT. 1ST CLASS ERIC S. VANCE

Vance entered military service in 1996 as a Kiowa Warrior mechanic. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Gwendolyn, and having their three children. He and his family plan to reside in Enterprise.



# **1ST SGT. THOMAS C. LANE**

Lane entered military service in 1991 as an infantryman. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Rochelle, and having their five children. He and his family plan to reside in Longview, Texas.

# **1ST SGT. CHRISTOPHER B.** ROWLEY

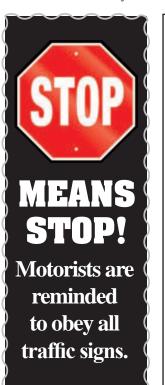
Rowley entered military service in 1997 as a combat medic. He has served multiple combat tours in support of OIF. He said the highlight of his career was marrying his wife, Sarah, and having their two children. He and his family plan to temporarily reside on Fort Rucker.

# SGT. 1ST CLASS PAWOO T. TEH

Teh entered military service in 1994 as an Aviation operations specialist. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Talysha, and having their two children. He and his family plan to reside in Enterprise.

# SGT. 1ST CLASS ALVIN J. O. PAET

Paet entered military service in 1998 as



# SGT. 1ST CLASS CARMEN L. PUENTE

Puente entered military service in 1996 as a combat medic specialist. She has served multiple combat tours in support of OIF four and nine. She said the highlight of her career was marrying her husband, Guillermo, and having two children. She and her family plans to reside in Alpharetta, Georgia.

# SGT. 1ST CLASS CURTIS M. HAR-RIS

Harris entered military service in 1997 as a Kiowa Warrior mechanic. He has served multiple combat tours in support OIF and OEF. He said the highlight of his career was serving as a crew chief on the OH-58 during a nine-month deployment to Bosnia. He has four children and plans to reside in Alabama.

# SGT. 1ST CLASS JEFFERY S. RUNION

Runion entered military service in 1998 as a cannon fire direction specialist. He has served multiple combat tours in support of OIF and OEF. He said the

USAPHC

http://phc.amedd.army.mil/

# Command Sgt. Maj. James E. Johson and CW4 James F. Hagerty. Not pictured is Command Sgt. Maj. Stanley L. Watts.

platoon sergeant in Afghanistan and marrying his wife, Stefanie, and raising their four children. He and his family plan to reside in Enterprise.

# SGT. 1ST CLASS WILLIS K. HAYES

Hayes entered military service in 1998 as an air traffic control equipment repairer. He has served multiple combat tours in support of OEF. He said the highlight of his career was training civilians to become warriors as a basic training drill sergeant. He plans to reside in Daleville.

# **STAFF SGT. ANTONIO MONTES** JR.

Montes entered military service in 1989 as an infantryman. He has served multiple combat tours in support of Desert Storm, Desert Shield, OIF and OEF. He said the highlight of his career was marrying his wife, Stephanie, and having their seven children. He and his family plan to reside in Tallassee.

# STAFF SGT. ARTURO RAMIREZ JR.

Ramirez entered military service in

highlight of his career was serving as a 1998 as a Kiowa helicopter repairer. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Jami, and being a father figure for his nephews. He and his wife plan to reside in the local area.

# STAFF SGT. JOHN T. DARNELL, II

Darnell entered military service in 1998 as a tank systems mechanic. He has served in multiple combat tours including Bosnia and in support of OIF. He said the highlight of his career was being selected to assist the U.S. Secret Service with VIP security for then-President Barrack Obama in 2010. He plans to reside in Lynchburg, Tennessee.

# STAFF SGT. WILLIAM G. **JOHNSON**

Johnson entered military service in 1998 as a UH-60 mechanic. He has served multiple combat tours in support of OIF and OEF. He said the highlight of his career was marrying his wife, Rexanne, and having their three children. He and his family plan to reside in Enterprise.

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\$229,500 **146 COUNTY ROAD 752** 

This seller has made so many improvements that you just need to make an appointment to see this home before it's GONE! Yard large enough to put in a pool, and the sprinkler heads in the back yard have been capped. Privacy fence with cedar trees lining the back fence and solar lights attached to give a little ambience in the vard at night in the back with recessed lights dawn to dusk on the front and sides of house. The garage features two doors with storage on each side and a door to the side.



\$289,000 **126 GRAYTON LANE** 

WOW!! This remarkable home is a MUST SEE in Cotton Creek Subdivision. Split bedroom floor plan with walk-in closets in all three rooms, very open grandroom to breakfast area and kitchen as well as a formal dining room. Separate laundry room w/sink and storage, and the garage features not only an insulated garage door, but screen door that lets you work or play in the garage without the bugs and a closet with the hot water heater. Also features an inhouse high pressure sprayer. Vinyl privacy fenced backyard.



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115 OAKLAND DRIVE: Newly renovated, 2400 SF, 4 Bedroom, 3 Bath home. Granite in Kitchen & aths; custom tiled walk in showers. New windows, flooring, Stainless Appliances, lighting, fans, USB outlets throughout, vinyl siding in 2017. Lg fenced in yard, 2 car garage, corner lot, inside to the local sector of the sec Seller is Licensed Realtor in the State of Alabama. CHERYL PICCININI, 390-9612



302 W HICKORY BEND RD: This 3 bed/2 bath home features an updated kitchen with quart. countertops and stainless steel appliances, a large master bedroom, an updated guest bathroom with tiled shower, a built in office nook, sunroom, wood and tile floors in the living and dining areas, carpet in bedrooms, and a wood burning fireplace. Outside you will find a great yard with lots of space for playing and entertaining, a large pool, seamless gutters, and more. All located in a desirable neighborhood attending Enterprise City Schools. SOMMER RAKES, 406-1286

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236 MCCOLLOUGH, COFFEE SPRINGS: Private 4/2 manufactured home sitting on 5 acres. brand new metal roof installed in oct 2017. Large office space, has great potential for a handy man. Stalled renovations in the bathroom will need to be completed. **EDITH HALL, 470-330-5959** 

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311 RIDGEWAY DRIVE: This cozy home in a quiet wooded neighborhood has a lovely view ront yard. Minutes to Rucker Blvd, shopping, schools & Ft. Rucker. Spacious master brick fireplace, mature shade trees in large back yard. Separate shed, privacy fence. New hot water heater 2014; new roof 2013. Updates throughout; well maintained, move-in ready. Ideal area to walk, jog, & enjoy the scenic views. Owner will consider assisting with closing costs with acceptable offer. Call today to see all this home has to offer. MARGE SIMMONS, 477-1962



200 JASMINE CIRCLE: New construction convenient to schools, shopping, golf, restaurant and minutes from Ft. Rucker. Security system, 2 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling n grandroom and fenced back yard. (Winterberry Plan) Owner is licensed residential home builder and REALTOR in the State of Alabama. BILLY COTTER CONSTRUCTION, 347-2600



## 41 COURTYARD WAY: Very clean 3 bedroom, 2 and a half bath town house. Tile floor downstairs and wood vinyl upstairs. This unit has a back drive entrance for extra parking and privacy. Community clubhouse, community fitness center, tennis courts, basketball court, and a community pool. Large bedrooms, master suite with double sinks, jetted tub. JACKIE THOMPSON,





303 JASMINE CIRCLE: The Cottages at @ Woodland Park--beautiful, well maintain move-in-ready like new cottage located conveniently to schools, shopping, restaurants & minutes to Ft. Rucker, Lot 63 & half of adjoining Lot 62 convey. Enjoy morning coffee on creened porch overlooking private, landscaped, fenced backyard w/10 x 15 workshop. House equipped w/security system, stainless appliance, natural gas heat /cooking/water header, irrigation system, 2<sup>o</sup> faux wood blinds, tray ceiling in living room, wood floors in living area. JUDY DUNN, 301-5656

## \$130,000



117/119 HULL STREET, OZARK: Great investment in this duplex with each side consisting of three ns and two baths, living room, dining area and kitchen with appliances. Split bedrooms separate laundry room. Live in one side and at present time the other side is leased. Large landscaped lot within a short distance of downtown. Call today. **EVELYN HITCH, 406-3436** 



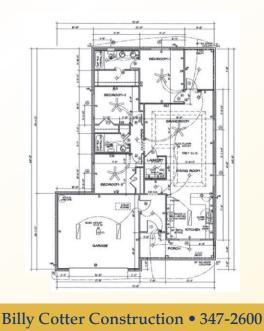
2 REINDEER TRACE: Gorgeous family home w/4450 sf ideally located convenient to Holly Hill Elem, Dauphin Jr. Faulkner Gate, Shell Field, Enterprise Country Club & Boll Weevil Circle Home features 6 bedrooms, 4 baths, an office, screened porch, deck, beautiful woodwork trim, awesome kitchen w/granite & stainless & a large laundry room w/natural light. The huge backyard on the 1.5 +/-acre lot has plenty of room for a pool or workshop. Two water heaters - 1 gas/1 electric. Beautiful stone gas log fireplace in the living room. JAN SAWYER, 406-2393



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# ARMY SAFE ARMY STRONG APRIL 26, 2018

# **'GAME-CHANGING'**

Army kicks-off new effort to improve unmanned Aviation

# By David McNally

U.S. Army Research Laboratory Public Affairs

ABERDEEN PROVING GROUND, Md. — The U.S. Army Research Laboratory and its new partners in academia and industry hope to solve the most difficult challenges in unmanned Aviation.

ARL officials unveiled the Center for Unmanned Aircraft Systems Propulsion April 2 with a ribbon-cutting ceremony at its Vehicle Technology Directorate at APG.

The partnership holds the potential to position the Army to be a leader in UAS propulsion. The center will enable the development of future technologies to support the Army's modernization priorities and the lab's essential research areas, officials said.

"I've heard words used like historic, monumental, even gamechanging," said ARL-VTD Director Dr. Jaret Riddick. "This is a real historic opportunity for the Vehicle Technology Directorate to showcase one of the rich research areas for the Army Research Laboratory and also for key Army stakeholders."

Increasing the performance of

AIR FORCE PHOTO BY TECH. SGT. GREGORY BROOK

The Gray Eagle system provides combatant commanders with real-time responsive capability to conduct long-dwell, persistent stare, wide-area reconnaissance, surveillance, target acquisition, communications relay and attack missions.

unmanned aircraft will lead to Vehicles; improvements in fuel efficiency, • Future Vehicles

noise reduction, increased range

and higher payloads, officials said.

Unmanned aircraft such as the

Gray Eagle, Shadow and Hunter

stand to benefit initially, but as

the relationship matures, center

officials hope to improve smaller

months, the Army's science and

technology community has been

synchronizing and aligning its re-

sources to the six Army modern-

• Long-Range Precision Fires:

· Next Generation of Combat

Over the course of the last eight

UAS, as well.

ization priorities:

- Future Vertical Lift Platforms;
- Army Network;
- Air and Missile Defense Capabilities; and
- Soldier Lethality.

"As we focus on those priorities and align our investments across the U.S. Army Research, Development and Engineering Command and across the S&T enterprise, we come back to Future Vertical Lift," said ARL Plans and Programs Director Todd Rosenberger. "Clearly that's a critical program for us as we move forward into the future."

The laboratory will support Fu-

ture Vertical Lift in a number of ways, Rosenberger said, but it's really about focusing on "spinning out near-term knowledge and understanding."

Center founder Dr. Chol-Bum "Mike" Kweon, who also serves as the lab's Propulsion Division chief, said having all the collaborators under one umbrella will help develop specific technologies.

"Most propulsion systems were adapted from ground systems," Kweon said. "There are challenges when you use ground systems in unmanned aircraft because the operating environments are totally different. In many cases, the components are not optimized and they're not designed for aircraft applications."

The lab has unique research tools such as the Small Engine Altitude Research Facility, which is one of four in the world.

"It's really the only one that has the kind of capabilities for the altitude and range of temperatures that are required to evaluate systems for the Army," Rosenberger said.

Additionally VTD has a Spray Combustion Facility to pursue combustion physics and understand the fundamental science associated with ignition and combustion in Army systems.

"All of these things, to include additional payloads for the platforms, are challenges that the Center for UAS Propulsion, or CUP, is going to focus on," Rosenberger said. "The premier centerstone for the center, though, is the Multi-Fuel Capable Hybrid Electric Propulsion Program. We will perhaps reduce the supportability/ sustainability requirements such that we don't have to take as much fuel with us and potentially use indigenous fuels wherever we're fighting."

SEE UNMANNED, PAGE B4

# Okla. Guard splashes down with TF One

**By Maj. Geoff Legler** Oklahoma National Guard

OKLAHOMA CITY — Members of the Oklahoma Army National Guard participated in water rescue



training last week over the waters of the Oklahoma River as part of a newly formed rescue task force.

Oklahoma Task Force One is comprised of members of the Tulsa, Verdigris, Norman and Oklahoma City Fire Departments, along with members of the Oklahoma Army National Guard. The Task Force One firefighters are certified rescue divers and paramedics who filled the roles of both the flood victims and rescue swimmers during the exercise.

Oklahoma Army National Guard helicopters and Guardsmen from Army Aviation Support Facility 1, in Tulsa, and AASF 2, in Lexington, spent most of the day hovering over the Oklahoma Riversport Complex in Oklahoma City, hoisting rescue divers from the water.

Task Force One, which officially began operations in October, specializes in rescuing civilians from deadly situations, which include open and rapid water, lost hiker, collapsed trench; roof top and postnatural disaster rescues, among others.

"[We] are deployable during state/local emergencies and regional to national emergencies similar to what [is] seen during our flood season in the spring, [periods of] heavy storm impact, even up to the hurricanes that we've seen as recent as last year in Texas," said Lt. Josh Pearcy, lead rescue swimmer for the Oklahoma City Fire Department.

Together, the firefighters and National Guard aviators comprise what is known as an HSRT, or Helicopter Search and Rescue Team, which is overseen, funded and dispatched by Oklahoma's Office of Emergency Management.

For this exercise, the Oklahoma Army National Guard employed two UH-60 Black Hawks and two UH-72 Lakotas. The aircrews, along with rescue divers, practiced open water rescue techniques utilizing both strop harnesses and rescue baskets.



PHOTO BY STAFF MAJ. GEOFF LEGLER

An Oklahoma Army National Guard UH-72 Lakota and crew conduct water rescue training over the Oklahoma River in Oklahoma City April 5.

PHOTO BY SPC. JOSHUA P. MORRIS

Paratroopers assigned to the 1-17th HARS, 82nd CAB, performed an aerial gunnery exercise on Fort Bragg, N.C., April 10. The training allowed paratroopers to hone in on maintenance, refueling and armory skills, which provided pilots the opportunity to gualify with their AH-64D Apaches.

# HELPING OUT 25th CAB Soldiers aid relief efforts in Hawaii

**By Staff Sgt. Keith Anderson** 25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD, Hawaii – Using two CH-47 Chinook helicopters, Tropic Lightning aircrews from B Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade joined the State of Hawaii and County of Kauai's multi-agency relief effort April 16.

"As America's Pacific Division, we routinely train to assist those across the Pacific region affected by natural disasters," said Maj. Gen. Ron Clark, 25th Infantry Division commanding general. "But in this situation, flood waters threatened our communities here in Hawaii, the only home the 25th Infantry Division has ever had. Working with our partners, we were able to combine our capabilities to support our neighbors here at home during this difficult time."

The 25th CAB's Soldiers also moved more than 40 emergency service personnel in support of the operation as well as emergency service vehicles and fuel. They were joined by partners from the Hawaii Army National Guard, U.S Coast Guard, Kauai Police Department, Kauai



PHOTO BY STAFF SGT. KEITH ANDERSON

Staff Sgt. Glen Babausta, flight engineer, B Co., 3-25th Avn. Regt., distributes hearing protection to civilians being evacuated from Wainiha, Kauai, April 17. Soldiers from the 25th Infantry Division joined police, fire, EMS, Hawaii National Guard and other state agencies to conduct relief efforts on the island of Kauai after severe rains, flooding and mudslides stranded hundreds of residents and tourists.

Fire Department, American Medical Response and the American Red Cross in a united effort to relieve those affected by flood waters.

Spc. Justin Cole, B Co., 3-25th Avn. Regt., was grateful for the opportunity to help the residents and

visitors of Kauai. "I haven't ever done anything like this before. I was happy to come out and help people felt accomplished," he said.

The Chinook crews returned to Wheeler Army Airfield the evening of April 17.

## **Army Flier Classifieds**

Thursday, April 26, 2018



personnel (Male/Female), DOD Civilians,

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# COMMUNITY C VETERAN'S **BEST FRIEND** Service dog lends war veteran a helping paw Story on Page C3 APRIL 26, 2018

# EARNING THEIR WINGS

# Event gives spouses taste of Aviation, Soldier training

# By Nathan Pfau

Army Flier Staff Writer

More than 40 spouses earned their wings as they got a small taste of what their Soldiers endure while training on Fort Rucker.

Fort Rucker spouses stepped into the boots of their Soldiers as they took on Spouses Aviation Day April 19 and tackled four different events that ranged from flying high in simulators to getting down and dirty as they worked together through obstacle courses before having their wings pinned on during a graduation ceremony at the U.S. Army Aviation Museum.

"You get to do some things here that you probably wouldn't have done at any other unit," said Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, during the graduation ceremony. "I think it's cool that you get to see what your spouse does.

"What we don't often do is get to say, 'Thanks,' to you," he said. "What you mean to us and what you mean to our nation's security is really important. This is, hopefully, just a fun little way to say, 'Thank you,' for what you sacrifice from a nation that is going to ask a lot of you in the future – but it's worth it."

Throughout the day-long event, spouses split up into four teams and had the chance to try their hand at flying various helicopter simulators at Warrior Hall, testing their shooting accuracy at the firing range simulators, testing their underwater survival skills with Helicopter Overwater Safety Training and gauging their team's ability to work together during the Leaders Reaction Course.

For Erin Allsop and Erin Bourgeois, military spouses, the day was an opportunity for them to better understand what their husbands go through while training here on the installation.

"As a new military spouse, this was a chance to see what my husband does as part of his Aviation training, get in the Army spirit and feel part of the greater Army family," said Allsop. "It was a chance to see things from (my husband's) perspective, which is always a way to be more supportive, and so it was a good chance to understand how grueling it is - I'm exhausted."

"I've only been an Army spouse for six months, so it was a chance to see what (my spouse) does, support him and get involved in the Army life," added Bourgeois. "This was really great and I'm glad we got the chance to do it - itwas a lot of fun."

For many of the spouses, the event was a good chance to meet other spouses and appreciate everything the Army has to offer families on the installation, said Allsop.

"I think it should be noted the amount of effort that went into this," she said. "This was not an easy task and they pulled it off seamlessly and made it a really fun, positive day. It was challenging, but there was no point where we were left to feel unsupported, so all-in-all it was a great effort on the part of the cadre and support staff.

"It was an experience like no other that I've ever had," she continued. "It was out of my comfort zone, but in a good way. It was a great team-building experience and a good chance to meet others, and meet the commanding general. It was a challenging day, but a fun day.

"It really is overwhelming how much they support military spouses," added Bourgeois, "and really just hearing that it is us that helps them get through all of this is comforting."



PHOTOS BY NATHAN PFAU

Erin Allsop and Talitha Fagen, military spouses, work together as they try to move an ammunition container across an obstacle at the Leaders Reaction Course during Aviation Spouses Day April 19.





Spouses practice marksmanship during a simulated weapons qualification event.



Spouses work together as they attempt to traverse an obstacle at the Leaders Meh Landers, military spouse, emerges from the wa-**Reaction Course.** 

ter during a HOST exercise.

# Event hosts stories on the go during Beaver Lake Trails hike

# **By Jeremy Henderson**

Army Flier Staff Writer

Storytelling will come to life along the scenic trails of Fort Rucker's Beaver Lake during StoryWalk May 5 from 9-11 a.m.

The event, an Army STRONG B.A.N.D.S. and Children's Book Week activity, is hosted in conjunction by the Center Library and the Fort Rucker Physical Fitness Centers.

According to Cameron Hill, Center Library youth librarian, the event will feature a reading of "You Give a Pig a Pancake" by Laura Numeroff along with other activities and a tent will be setup at the trail head to welcome attendees.

"Because it's a mile-long trail, I try to include another engaging activity to go along with the reading and strolling portion," she said. "This year, if they choose to, participants can take part in a scavenger hunt bingo game."

Hill added that Beaver Lake Trail pro-



vides the perfect location for a Saturday morning outing.

"It's a lovely, well-maintained trail, and it's mostly shaded," she said. "It's paved as well and is ideal for strollers."

Attendees should dress casually and wear their most comfortable walking shoes, Hill said

The event is open to the public and to all ages. Hill added that it is the perfect opportunity for families to get out of the house for a while and be active.

COURTESY GRAPHIC

"This StoryWalk is the perfect opportunity for parents to model a healthy lifestyle for their kids," she said. "It's a great way for everyone to get out and enjoy nature.

"The benefits of being active for young children include healthy growth and development, building strong bones and muscles, improving cardiovascular fitness, and improving balance, coordination, and strength," she added. "Moreover, any sort of physical activity can be stress relieving for any age."

StoryWalk was created by Anne Ferguson of Montpelier, Vermont, in 2007 and has developed with the help of Rachel Senechal of the Kellogg-Hubbard Library, according to the library's website. The event has since expanded to 50 states and 12 countries, including Germany, Canada, England, Bermuda, Russia, Malaysia, Pakistan and South Korea.

"When I created the StoryWalk Project in 2007, I knew I had a great idea – I just didn't anticipate how well it would be received across the country and beyond," Ferguson wrote in an official release on the library's website. "The idea was quite simple, actually. Take the pages from a children's picture book, attach each one to a stake and line them up along a path for folks to read and enjoy."

For more information about StoryWalk, visit http://kellogghubbard.org/storywalk.

For more information about the event, call 255-3885.



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

# The Landing Zone renovation

The Landing Zone kitchen is under renovation to help it better serve the Fort Rucker community, according to Directorate of Family, and Morale, Welfare and Recreation officials. During the renovation, The Landing Zone is closed; however, food and beverage operations will continue in the Legends room next to the main ballroom. Lunch and dinner operations will have a slightly adjusted menu during this time. The Coffee Zone is in the main lobby area of The Landing.

For more information, call 255-0768.

# Child care available

The Fort Rucker School Age Center has spaces available for before and after school care. The school age center is available for children kindergarten through fifth grade.

For more information, call 255-9638.

# WWI movie screening

The Center Library will present a free movie screening in honor of the centennial of the nation's entry into WWI April 26 at 4 p.m. The screening will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, visit the Center Library, or call 255-3885.

# **Employment readiness class**

The Fort Rucker Employment Readiness Program will host a workshop April 26 in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required.

For more information, call 255-2594.

# Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night April 26 from 4-6 p.m. 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.

# **Operation: Megaphone Worldwide Lock-In**

The Fort Rucker Youth Center will host its Operation: Megaphone Worldwide Lock-In from April 27 at 8 p.m. to April 28 at 6 a.m. The event will feature competitions throughout the night between other military installations, door prizes, giveaways, food, games and more. The event is open to child and youth services members only. There is a \$20 registration fee and people need to register by Friday.

For more information, call 255-2260 or 255-9638.

# Wear Blue Friday

People are encouraged to show support for Child Abuse Prevention Month by wearing blue each Friday in April in recognition of the observance.



PHOTO BY NATHAN PFAU

# Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night April 26 from 4-6 p.m. 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.

The Fort Rucker Center Library will be host a special story time May 4 from 10:15-11:00 a.m. to celebrate Star Wars Day. The event will feature Star Wars-themed stories and crafts, and attendees are encouraged to wear costumes. Open to authorized patrons and EFMP friendly.

For more information, visit the Center Library or call 255-3885.

# **Tex Mex Comedy Tour**

The Landing will host the Army Entertainment Tex-Mex Comedy Tour featuring Alex Reymundo and William Lee Martin May 4 from 7-9 p.m. Tickets are \$15 in advance at MWR Central, the Coffee Zones and The Landing. At the door, tickets will cost \$20. Doors open at 6 p.m. The event is open to the public for ages 18 and up.

For more information, call 255-9810 or 255-1749.

# School age center sneak peek

The Fort Rucker School Age Center will host a free afternoon of open recreation May 5 from noon to 4:30p.m. The event will feature a sneak peek of the facility's summer camp program, a Pokémon contest, skating, prizes every hour, activities in every room, a pizza party, cotton candy and popcorn. The event is open to all kindergar-



For more information, call 255-3359, 255-9647 or 255-9805.

# Mugs for Mom

The Fort Rucker Arts and Crafts Center is hosting a workshop April 28 and May 5 from 1-3 p.m. for children ages 3 and older to create custom coffee mugs for mothers. Children will be able to create original artwork to be placed on their mug, and upon completion, mugs will be available to be picked up May 9. The event is open to the public and cost is \$10.

For more information, call 255-9020.

# **Escape room**

The Center Library will host a free Harry Potter-themed escape room May 1 and 3 from 5:30-7:30 p.m. Teams of up to six will have 15 minutes to solve the perplexing puzzles and find the Golden Snitch, according to library officials. Registration is required. The event is open to authorized patrons.

For more information or to register, visit the Center Library or call 255-3885.

# Literature and the Veteran Experience

The Fort Rucker Center Library and the Alabama Humanities Foundation will host the Literature and the Veteran Experience group meeting May 1 at 5:30 p.m. The event is open to veterans, retirees and active-duty Soldiers. Registration is limited to 20 participants, and a meal will be included if registered by April 30.

For more information or to register, visit the Center Library or call 255-3885.

# W.I.N.D.

The Worthwhile Information Needing Distribution will hold its monthly meeting May 3 at Divots from at 9 a.m. The meeting provides senior spouses, commanders, FRG leaders and those who attend information about different services, events and programs on post.

For more information, call 255-3735. **Special Story Time** 

ten through fifth graders that are registered in child and youth services.

For more information, call 255-9108.

# Cinco de Mayo Fiesta

Mother Rucker's will celebrate Cinco de Mayo May 5 with Mexican-themed food and specials. For more information, call 255-3916.

# StoryWalk

As part of the Army STRONG B.A.N.D.S. program and Children's Book Week, the Center Library, in conjunction with the Fort Rucker Fitness Center, will host a StoryWalk May 5 from 9-11 a.m. along the Beaver Lake Trail. StoryWalk® is a way for children and adults to enjoy reading and the outdoors at the same time, according to organizers. Laminated pages from a children's book are attached to wooden stakes, which are installed along an outdoor path. As people stroll down the trail, they're directed to the next page in the story. This event will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, call 255-3885.

# Six Flags trip

MWR Central will host a day trip to Six Flags in Georgia May 5. Cost for the trip is \$75 per person and includes admission to Six Flags, an all-you-can-eat lunch served from 2-3 p.m. and transportation. People can sign up for the trip at MWR Central.

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

# **Stars and Strikes**

The Rucker Lanes Bowling Center will host Stars and Strikes May 6. People can enjoy 25-cent games and 50cent shoe rentals per person. The all-day event is open to the public.

For more information, call 255-9503.

# Hydroponics Gardening

Friday, April 27

The Fort Rucker Center Library will host a gardening workshop May 8 from 5-6:30 p.m. Tami Ziglar, master gardner, will provide attendees with details on how to garden without soil. The event is free and open to authorized patrons of all ages, and is EFMP friendly.

For more information, visit the Center Library or call 255-3885.

# **Mother's Day Craft**

Children ages 3-11 are invited to join the Fort Rucker Center Library for a Mother's Day craft May 8 from 3:30-4:30 p.m. Space is limited to the first 40 children registered and light refreshments will be served. The event is open to authorized patrons and is EFMP friendly. For more information, visit the Center Library or call 255-3885.



# FORT RUCKER MOVIE SCHEDULE — APRIL 26-29

# **Thursday, April 26**

<b>Love, Simon</b> ( <i>PG-13</i> )7 <i>p.m.</i>	Avengers: Infinity War Part 1 (PG-13)3 p.m. Avengers: Infinity War Part 1 (PG-13)7 p.m.
Saturday, April 28	Sunday, April 29
Avengers: Infinity War Part 1 (PG-13)3 p.m. Avengers: Infinity War Part 1 (PG-13)7 p.m.	Avengers: Infinity War Part 1 (PG-13)1 p.m. Avengers: Infinity War Part 1 (PG-13)4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

# Service dog lends war veteran a helping paw

By Air Force Tech. Sgt. Liliana Moreno 621st Contingency Response Wing

TRAVIS AIR FORCE BASE, Calif. -What if you are screaming for help, but no one can hear you? What if your life starts to crumble? Do you know where to turn or what options are available to veterans and service members?

That is exactly how retired Air Force Tech. Sgt. Brandon Jones felt as he reached a breaking point in his military career and decided it was time to reach out to military agencies to get the help he desperately needed.

Jones reminisced on his childhood days growing up in Fayetteville, Georgia, and his love for airplanes.

"My dad would take me to the store and ask what I wanted for my birthday," Jones said. "I would always pick an airplane. I just loved them so much."

# PTSD

His love for airplanes is what brought him into the Air Force where he honorably served for 11 years until he was medically retired due to post-traumatic stress disorder. The National Center for PTSD at the Department of Veterans Affairs describes PTSD as a mental health problem that some people develop after experiencing or witnessing a life-threatening event.

Jones served seven tours overseas as a logistics planner in support of operations Iraqi Freedom and Enduring Freedom.

"The level of stress that the combat tours bring takes a toll on you mentally, physically and psychologically," he said. "It was hard to come home and adjust."

Jones said he found himself coming home and being angry all the time. All he wanted was to be left alone."I'd often have nightmares and flashbacks about my comrades that didn't get to come home with me," he said. "I'd feel guilty, and I kept asking myself what I could have done differently?"

# SEEKING HELP

After years of silence, he decided it was time to seek help - he reached out to the local chaplain and visited the mental health office. "I desperately needed help," he said. "I was figuratively drowning and I needed a helping hand."

While searching online for answers or others who might be going through the same problems, Jones found the link to a website for service dogs. He reached out to Carol Borden, founder and executive director of Guardian Angels Medical Service Dogs in Williston, Florida, hoping he could find the answer he had been looking for.

"My medications weren't doing it for me, my counselors weren't doing it for me, and the therapy wasn't doing it for me," Jones said.



PHOTOS BY AIR FORCE TECH. SGT. LILLIANA MORENO

Retired Air Force Tech. Sgt. Brandon Jones and his service dog, Apache, pose for a photograph in front of Golden Bear, a C-141B Starlifter aircraft static display at Travis Air Force Base, Calif., March 30. Jones served 11 years in the Air Force until he was medically retired due to post-traumatic stress disorder. He credits his service dog, Apache, for saving his life. Apache is trained to alert him during PTSD triggers and helps him ease through those anxieties.



Individually trained medical service dogs can be obtained through nonprofit organizations such as Guardian Angels, Freedom Service Dogs, K9s for Warriors and many other organizations that rescue, raise, train and then donate these service dogs to veterans. After reviewing his application, Borden decided Jones was the right candidate to receive a service dog.

"I want to make it possible for people like Brandon to get the help they need through our amazing dogs," Borden said. "We custom train each one of our dogs to mitigate the challenges that someone might be having."

Jones visited the dog farm weekly while

# Jones and Apache play a friendly game of tug-of-war in a park at Travis Air Force Base, Calif., March 30.

waiting to be paired with the right service dog. He needed a service dog that could alert him during PTSD triggers and help him ease through those anxieties.

## **COMFORT, COMPANIONSHIP**

"Never did I think that I would have a dog that would help me get back to a stable life," Jones said. "If I'm having nightmares, he will literally come and lick me until I wake up. When he senses an anxiety attack, he will put himself on me and he will force me to pet him."

Jones credits his service dog, Apache, for saving his life.

"It's been a life-changing experience for me," he said. "He is the reason why I can go outside now. He is the reason why I can interact with people. And, most importantly, I can spend time with my family again."

Jones urges others who may be going through a similar situation to reach out to military agencies that can help them get PTSD treatment.

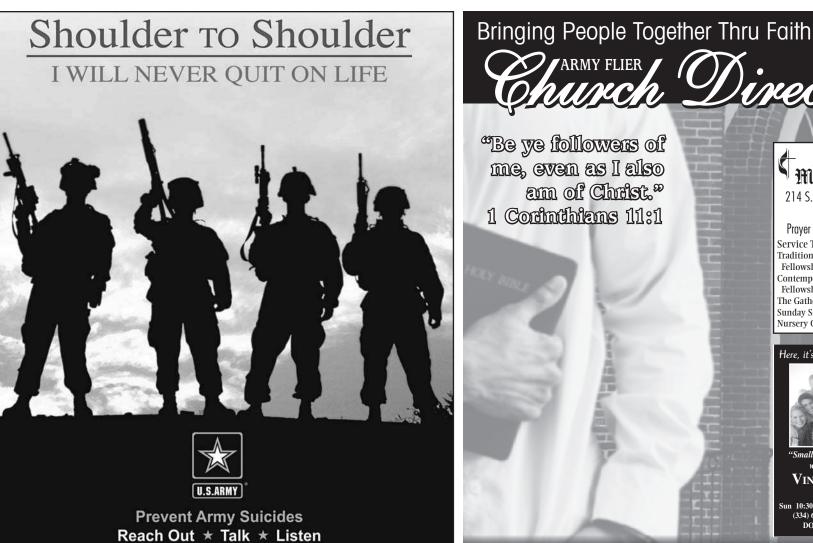
"If one option doesn't work, there is al-

ARMY FLIER

ways something else available," he said. "For me, the answer was getting a service dog. But every person heals differently. Find what works for you and know there is light at the end of the tunnel."

No matter where you live, PTSD treatment in the Department of Veterans Affairs is available. According to the National Center for PTSD, each medical center within VA has PTSD specialists who provide treatment for Veterans with PTSD and there are nearly 200 specialized PTSD treatment programs throughout the country.

irectory



Talk to your Chain of Command, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline. 1-800-273-TALK (8255)

"Be ye followers of me, even as I also am of Christ." 1 Corinthians 11:1

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# WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JEREMY HENDERSON WITH ALL THE DETAILS AT JHENDERSON@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.

# 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

**ONGOING** — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

**ONGOING** — American Legion Auxiliary Unit 12 hosts a pancake breakfast the third Saturday of each month. Pancakes will be served from 7-10:30 a.m. for \$6 for the general public, \$5 for military members and veterans and free to children 8 and under. Proceeds go toward helping veterans, military members and their families. The post is located at the intersection of S. Park Street and Hwy. 605 (Brannon Stand Road).

For more information, call 334-400-5345.

# ENTERPRISE

**APRIL 21** — The Friends of the Enterprise Public Library will hold a spring book sale from 9 a.m. to 2 p.m. at the library. Members of the Friends of the Enterprise Library organization are eligible to attend the friends-only pre-sale April 26 from 3-6:30 p.m. New memberships will be accepted prior to the sale and at the door. Popular fiction and nonfiction for all ages,

# **Beyond Briefs**

DVDs, CDs, books on CD, as well as vintage, signed and classic items will be on sale. Money raised by the sale funds library projects, as well as the purchase of materials for use by patrons. For more information, visit http://www.friendsofenterpriselibrary.org.

**ONGOING** — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church.

For more information call 447-8507.

# 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

**TODAY** — The next meeting for the Disabled American Veterans Wiregrass Chapter 99 will be held at 6 p.m. The meeting will take place in the New Brockton Senior Center.

For more information, call 334-718-5707.

**SATURDAY** — The Boy Scout Fish and Wildlife Management Workshop will take place from 8:30 a.m. to 2:30 p.m. at Boy Scout Camp ALAFLO on 1687 Coffee County Road 156 (Boy Scout Road). Cost is \$10, payable at the door, and includes a barbecue lunch. Pre-registration is required.

For more information and to register, call 334-389-1563.

# OZARK

**ONGOING** — The Friends of Ozark holds a monthly meeting on the second Monday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, send an email to jnbull@gmail.com, call 334-774-1127, send an email to mariel.l.clark@gmail.com, or call 334-777-1156.

**ONGOING** — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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

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

# 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

**MAY 10** — The U.S .Army Warrant Officers Association "Above the Best" Silver Chapter;s monthly meeting is 11:45 a.m. to 1 p.m. in Swartworth Hall Rm. 4 and 5 located on 5302 Outlaw on Fort Rucker. In addition to normal monthly meeting activity, attendees will discuss plans for the 100th anniversary celebration of the U.S. Army Warrant Office in July. Lunch and refreshments will be served. For more information, call Russ Smith at 703-665-7004 or visit https://www.facebook.com/AboveTheBestSilver-ChapterUSAWOA/.

**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.

**ONGOING** — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan.

For more information, call 718-4168 or 805-7335.

**ONGOING** — AMVETS Post 23 monthly meeting is held the second Thursday of each the month at 7 p.m. at the AMVETS Service Center, 203 MLK Dr., in Opp. For more information, call 334-493-0785 or visit www.amvetspost23.com.

Abba Day May 5 from 9 a.m. to 3 p.m. According to town officials, Yatta Abba is the Creek Indian expression for grove of dogwoods. The Abbe Creek derived its name from the Indian word, and hence the town of Abbeville. Each year, the community celebrates the beginning of spring and the blooming of the dogwoods with a local festival filled with entertainment, garden items, art, crafts, children's activities and lots of food vendors. An antique car show will also be held. A street dance the night before at the community center kicks off the event. Bluegrass, gospel, pop and country music will fill the air, and local businesses and restaurants will open their doors to the community and to visitors.

### Dino Dig

The Montgomery Zoo will host its Dino Dig April 28 from 10 a.m. to 2 p.m. Junior explorers will get to experience an archaeological dig, discover bones from the past and learn about creatures that roamed the earth millions of years ago, according to zoo officials. Dino Dig is geared towards children ages 4-10 and is an educational program packed with a classroom lesson plan, real dig time, live animal presentations and everyone leaves with a takehome, keepsake goody bag. Cost is \$25 per child ages 4-12 and \$18 for Montgomery Zoo members; \$15 for accompanying adults ages 13 and older and free to zoo members. Advanced reservations are required by April 27 at 9 a.m.

For more information, visit www.montgomeryzoo.com/announcements/dinodig.

## Hampstead Fishing Rodeo

Montgomery's Hampstead Lake will host its third annual Hampstead Fishing Rodeo April 28 from 9 a.m. to noon. The family event brings pros together with beginners to learn the basics of fishing, according to organizers. Prizes will be awarded to children in a variety of categories at 11 a.m. People are welcome to bring their own fishing rods or us one of the cane poles provided at the event.

For more information, call 334-270-6730 or visit www.facebook.com/ events/870394243121678/?active\_ tab=about.

## **Gulf Coast Hot Air Balloon Festival**

Foley will host the Gulf Coast Hot Air Balloon Festival May 4-5. Balloon pilots from across the U.S will participate in the festival that will include balloon glows Friday and Saturday nights, the world famous Disc-Connected K-9's Frisbee Dog Show, carnival rides, arts and crafts vendors, and other entertainment. The festival grounds, located at 18507 US Highway 98 West in Foley, will be open Friday from 2-10 p.m. and Saturday from 6 a.m. to 10 p.m.

For more information, visit http://gulf-coastballoonfestival.com/.

## Yatta Abba Day

Abbeville will host its annual Yatta www.alabamajubilee.net/.

For more information, visit https://www.facebook.com/yattaabbaday.

## Flimp Festival

The Montgomery Museum of Fine Arts' annual celebration of imagination, creativity and good humor, the Flimp Festival, will be held May 5 from 10 a.m. to 2 p.m. The event will feature artrelated activities and entertainment, including a sidewalk chalk art competition and a writing competition. There will also be interactive demonstrations with museum store artists, a scavenger hunt and concessions, according to museum officials. The festivities will kick off with the Do-Dah Pet Parade. The event is free for all MMFA members, activeduty military and their immediate families. Tickets can be purchased the day of the event and are \$5 for adults and \$3 for children.

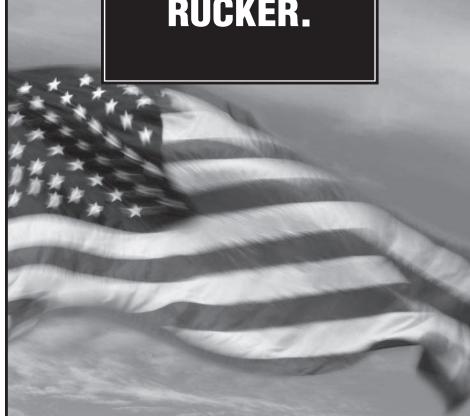
For more information, call 334-240-4333 or visit mmfa.org/discover/flimpfestival/.

# Alabama Jubilee Hot Air Balloon Festival

Decatur will host the Alabama Jubilee Hot Air Balloon Festival May 26 from 6 a.m. to 10 p.m. This festival is one of the largest free hot air balloon gatherings in the southeast, featuring more than 60 balloons with races, key grab, tether rides and a balloon glow, according to organizers. The event also features arts and crafts and food vendors, an antique car and tractor show, musical entertainment and children's activities.

For more information, visit http://www.alabamajubilee.net/.

# APPRECIATE FORT RUCKER.



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.





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# Gold Star children take on business world thanks to TAPS

# **By Shannon Collins** Defense Media Activity

WASHINGTON — With the help of a Tragedy Assistance Program for Survivors initiative, 12 Gold Star children participated in a variety of life-enhancing activities April 11-15 in New York City.

They met Wall Street executives on the floor of the New York Stock Exchange for the opening bell, toured CBS News headquarters with producers and news anchor Jeff Glor and visited National Football League headquarters with Commissioner Roger Goodell.

"I got to see a new perspective of the world," said Chelsea Briggs, from Kapolei, Hawaii. Gold star children have lost a parent while he or she was serving on active duty. Briggs is the daughter of Air Force Staff Sgt. Raymond Briggs, who died in an accident Dec. 1, 2010.

Briggs said being a member of TAPS and participating in events like this have helped her.

hard, just graduating from high school and starting college," she said. "My dad was always the one to talk to me about going to college or how to do certain things in life when I get older. For TAPS to fill that void, it's very special for me because I still have that connection. I have that part of my life where I can get that advice I need about growing up without my dad."

"In the beginning, it was really

# BRIDGE FROM CHILDHOOD TO ADULTHOOD

The young adults were outfitted in business attire by stylists at Macy's. This was TAPS' way, sponsored by the NFL, to help establish the bridge from childhood into adulthood for those who must face that challenge without the guidance of their missing parents, said Bonnie Carroll, TAPS president and founder.

"We have to go through life differently. We're no longer normal children. We don't have that dad to teach us how to tie a tie," said Wesley Greene, from Washington, D.C., surviving son of Marine Corps Lt. Col. David Greene, a helicopter pilot who was killed in Iraq on July 28, 2004.

At every stop, the 12 Gold Star children met with professionals in the careers they hope to pursue, and they spoke about the importance of public and government service as a leadership skill. These 12 Gold Star children are known as "legacy mentors." They were chosen from hundreds of applicants, and they are now mentoring others.

"Legacy mentors are extraordinary young adults who have sacrificed so much for our country, and it is inspirational that they have chosen to give back to grieving military children in a way only they can," Carroll said. "They are living legacies of American service and sacrifice, and they honor their parent's life by turning their grief into compassion for others. They are wonderful examples of resilience who will go on to do great things for our country." TOCK

COURTESY PHOTO

A New York Stock Exchange executive explains operations to two Gold Star children at the opening bell in New York City, April 12. The Tragedy Assistance Program for Survivors provided the opportunity for young adults who lost a parent who was serving on active duty in the military to meet with professionals in careers they hope to pursue.

# FORT RUCKER RELIGIOUS SERVICES

# **WORSHIP SERVICES**

Except as noted, all services are on Sunday

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

Main Post Chapel, Bldg. 8940 8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday) 4 p.m. Catholic Confessions (Saturday) 5 p.m. Catholic Mass (Saturday) Wings Chapel, Bldg. 6036 9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service) 11 a.m. Latter-Day Saints

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

# **BIBLE STUDIES**

TUESDAY Crossroads Discipleship Study (Meal/Bible Study) Wings Chapel, 6:30 p.m. **Protestant Women** of the Chapel Wings Chapel, 9 a.m. and 6 p.m.

Adult Bible Study Spiritual Life Center, 6:30 p.m.

WEDNESDAY Catholic Women of the Chapel Spiritual Life Center, 9 a.m.

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

**1-14th Avn Regt Bible Study** Hanchey AAF, Bldg. 50102N, Rm. 101 11:30 a.m. **164th TAOG Bible Study** Cairns AAF, Bldg 30501, 11:30 a.m.

**Precepts Bible Study** Soldier Service Center, 12 p.m.

**Kingdom Kidz** & Youth Group Bible Study Spiritual Life Center, 6 p.m.

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

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



# **Army Aviation Center Federal Credit Union**

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\*APR=annual percentage rate. Quoted rates are lowest available rates, reflect all possible discounts and are effective April 26, 27 and 28, 2018 only. As low as rate on auto loan is for 48 months. The as low as boat, motorcycle and RV rate is for up to 72 months. Your rate will be based on your credit and may be higher. Rates and terms subject to change based on market conditions and borrower eligibility. ^90 days with no payments offer available only for purchases made at the sale April 26, 27 or 28, 2018 financed with AACFCU. AACFCU will finance up to 120% MSRP (new) or NADA (used) on autos and up to 100% on boats and RVs. Offer good for a limited time with approved credit for loans new to AACFCU only. Other restrictions may apply. Contact us for full details







CLOSE BOND Wounded troops share stories, strength

Story on Page D3

# HONORING THE FALLEN

APRIL 26, 2018

Hundreds show support to Gold Star families during survivors run

# By Nathan Pfau

Army Flier Staff Writer

Hundreds of Soldiers, retirees, family members and civilians gathered to run in honor those who have fought and fallen in service to the nation, as well as the families they left behind.

The Directorate of Family, and Morale, Welfare and Recreation hosted the 2018 Survivors and Fallen Heroes 5k run April 21 to keep the memory of those who sacrificed in service alive, and to remind people what they fought for.

During the run, runners were invited to wear gold stars with the names of service members they wished to honor, and for many, like Donna Hallock, Gold Star Family member, it's something that helps her cope with the loss of a family member.

Hallock attended the run in honor of her brother, Sgt. 1st Class William T. Butts, who was killed during Desert Storm when his helicopter was shot down over Iraq in 1990.

Although Hallock didn't participate in the run, there were two who ran in honor of her brother: Sgt. 1st Class Sarah Whatley, NCO Academy NCO in charge, and her husband, David.

"It was great to have them run in honor of my brother," said Hallock. "Last year, some of the students from the academy wore the star (in honor of him), and when I came to this (run) I found out that (the Whatleys) had T-shirts made in his name and I almost cried because it was so awesome that they did that."

It's the support that Hallock continues to get from her Army family, as well as Survi-



PHOTO BY NATHAN PFAU

Runners, clad with gold stars representing fallen service members, make their way through the course during the Survivors and Fallen Heroes 5k run April 21 at the Fort Rucker Physical Fitness Center.

vor Outreach Services, that helps her cope with the loss. It also inspires her to reach out and provide support, as well, she said.

"Tommy and I were really close and it bothered me quite a bit (when he passed), and I had to go seek (therapy), because back then they didn't really have much in terms of outreach for us," said Hallock. "This is my outlet now and SOS is such a great thing to have.

"They (staff at the NCO Academy) involve me in everything, too," she said. "They send me emails to come to different events they have with the students, and the SOS has me involved in everything that they do.

Hallock is involved in many of the events that SOS puts on and said she wants to involve herself more in the healing process for other families, as well.

"I want to get involved more with newer (Gold Star Family members) with counseling or just talking with them and sharing experiences because it also helps me cope with the loss," she said. "Even though it's been 20 years, it's still fresh sometimes."

In addition to having Soldiers and family members support each other during the run, many other people attended to show their support as the runners sprinted off the line.

"We support (the Soldiers) because they're defending our country," said Butch Moody, veteran and member of the Patriot Guard Riders. "We're still free because of those people down there and we attend these events to support our military."

# Fort Bliss Soldiers evaluate proposed combat readiness test

By Staff Sgt. Kelsey Miller

1st Stryker Brigade Combat Team 1st Armored Division Public Affairs

FORT BLISS, Texas - Soldiers assigned to 1st Stryker Brigade Combat Team, 1st Armored Division participated in the evaluation of the proposed Army Combat Readiness Test on Ready First Field here, April 16-17. The proposed ACRT is part of the Army's effort to optimize Holistic Health and Fitness and improve Soldier readiness. First Brigade was chosen as the first Forces Command (FORSCOM) active duty unit to assist the Army with this pre-decisional testing that is pending senior Army leadership staffing and approval.





PHOTO BY MASTER SGT. LANCE CHEUNG Airmen and Soldiers practice breathing and relaxation during their off duty time in a deployed location.

Although the ACRT was evaluated here, it is only a small portion of the over-arching holistic system.

"The holistic health and fitness system contains five pillars, or five elements," said Dr. Whitfield East, a research physiologist at the United States Army Center for Initial Military Training. "Those are governance, programming, facilities and equipment, personnel and leader education."

Each battalion selected Soldiers from a wide array of military occupational specialties to participate in the two-day evaluation. Day one of the evaluation introduced Soldiers to the test events of the proposed ACRT in preparation of executing the actual test April 17.

The ACRT assesses different components of physical fitness to include aerobic endurance, muscular endurance, muscular strength, power, speed, agility, flexibility, balance, coordination and reaction time.

"We have based this off of warrior tasks and battle drills," said Sgt. 1st Class Samuel Enriquez, a research and analysis noncommissioned officer at the United States Army Center for Initial Military Training and administrator of the test.

"Because we have an Army Physical Fitness Test, we train for the APFT. Because we have missions, we train for the mission. So, you have infantrymen practicing road marches, you have artillerymen practicing gunnery, where they're moving 100-pound rounds left and PHOTOS BY STAFF SGT. KELSEY MILLER

Soldiers assigned to 1st Stryker Brigade executed the proposed Army Combat Readiness Test as part of the Army's effort to optimize holistic health and fitness, and improve Soldier readiness.



right, but we have a test that doesn't have any of those demands in there. What we are trying to do is come up with a test that mimics those demands," said Enriquez.

Unlike the current APFT, the ACRT has six proposed events which include a deadlift, standing power throw, T push-up, 250-meter sprint-drag-carry, leg tuck and a 1 ½-mile run. The grading scale remains to be determined, but will include a minimum baseline standard which aligns with the fitness

required to perform high physical demand Soldier tasks.

"I think it is a great test to really understand the muscle strength of a Soldier, as well as their overall fitness," said Staff Sgt. Michael Clausen, the master fitness trainer for Headquarters and Headquarters Company, 1st BCT and ACRT evaluation participant. "It gives a very in-depth look at how fit a Soldier is and how prepared they are to handle the rigors of combat. It was definitely an eye opener for me."

# READY, SET, FOCUS

Finding calm in a storm through the power of breathing

# Military Health System Communications Office Staff Report

FALLS CHURCH, Va. — While circling over foreign seas in bad weather one night, Air Force Maj. William MacVittie and his co-pilot considered whether to return to base or continue on their mission. Fuel was dwindling and the chatter remained constant from the radio.

MacVittie took deep breaths; the ability to focus helped him maintain control of the situation and make critical in-the-moment decisions, he said.

"By focusing on my breathing, clearing my mind on what I had coming up, and calming my heart rate in such a manner, I found I was able to move forward and be successful at whatever my task was," said MacVittie, a former flight commander.

According to Harvard Medical School, stress response can suppress the immune system, and the buildup of stress can contribute to anxiety and depression. Air Force Lt. Col. Jannell MacAulay, director of human performance and leadership for the 58th Special Operations Wing at Kirtland Air Force Base, New Mexico, said by taking controlled, deep breaths, people can lower their heart rate, retain focus, and alter their mindset.

"You can't hyperventilate and take deep breaths at the same time," said MacAulay, who holds a master's degree in exercise physiology and a doctorate with work in the field of strategic health and human performance.

Stress is a perceived emotion and when people say they are 'stressed,' they're often overwhelmed by their perceived circumstances, said MacAulay. In stressful situations, the body's sympathetic nervous system response, also known as the fight-or-flight response, can be triggered. This response is intended to prepare the body for a dangerous or high-stress situation, but it can also happen in normal, less-monumental moments, like being stuck in traffic or studying for an exam.

Deep breathing, or diaphragmatic or abdominal breathing, allows the air coming in to fully fill the







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Just Like Cats & Dogs by Dave T. Phipps HONEY, THEY SAY IGNORANCE IS BLISS, SO I FIGURE YOU GOTTA BE THE HAPPIEST GUY ALIVE. 0 A



1. ART: Which artist from Iowa painted the iconic "American Gothic"?

2. BUSINESS: Where is the Target store's headquarters?

3. GEOGRAPHY: What is the longest mountain range in North America?

4. LANGUAGE: What is the meaning of the Latin term "ad infinitum"?

5. GENERAL KNOWLEDGE: When does winter begin in the Southern Hemisphere?

6. NOBEL PRIZES: Who was the only prime minister to win the Nobel Prize for Literature?

7. FOOD & DRINK: What are the ingredients in a Moscow Mule?

8. ANATOMY: What is the most common blood type in human beings? 9. ANIMAL KINGDOM: What is

the largest rodent in North America? 10. LITERATURE: How many lines

are in a Shakespearean sonnet?

See Page D3 for this week's answers.

# Weekly SUDOKU by Linda Thistle 8 5 9 2 1 4

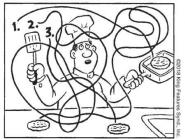
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See Page D3 for this week's answers.

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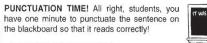
See Page D3 for this week's answers.

# KID'S CORNE



CALVIN, THE SHOWOFF CHEF, is lucky if he can flip one out of three burgers into the pan. See if you can guess which was the lucky patty!

Answer: Number two was the one that made it to the grill.



Answer: It was "and," | said, not "or."

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



Illustrated by David Coulson

Answers: Top to bottom, left to right: Soot, soon, sown, sows, sewn,



# A "PURRFECT" WORD PUZZLE!

A perfect score on this quiz will "catapult" you to the head of the class. To the left is a stack of eight words, each of which con-tains the word "cat." Using the following hints, see if you can pounce on them in less than five minutes.

- 1. To find by searching.
- To leave a job.
   A list of things.
- A type of mimic.
   To provide knowledge.
- 6. Storage area for odds and ends.
- 7. To shorten by cutting off.
- 8. Two boats in one.

Answers: 1. Locate. 2. Vacate. 3. Catalog. 4. Copycat. 5. Educate. 6. Catchall. 7. Truncate. 8. Catamaran.

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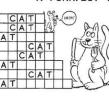
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the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

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# Wounded troops share stories, strength

# By Army Sgt. 1st Class Doug Roles 28th Infantry Division Public Affairs

CAMP ARIFJAN. Kuwait - Eight wounded service members returned to Afghanistan April 3 as part of the 24th iteration of Operation Proper Exit to bring a message of hope and resiliency to soldiers deployed here. The event facilitated frank discussions about the best outcomes for some of the worst injuries soldiers face.

The panel discussion addressed post-traumatic stress disorder, suicide prevention, Department of Veterans Affairs services and rehabilitation. It also allowed the audience to discover how to interact with brothers in arms who have lost limbs, been shot multiple times or struggled through anxiety and depression after returning home from combat. An initiative of the Troops First Foundation, OPE seeks wounded service members who are thriving in recovery and are capable of returning to theater so that they may leave on their own terms.

"It's a distinct honor and privilege to be able to host you today," said Army Brig. Gen. Stephen Radulski, the 28th Infantry Division deputy commander for operations, as he welcomed the group to a gymnasium on post. "You're on a journey of discovery and closure and we're proud to be a part of that process. I hope you find the healing you seek."

The Pennsylvania Army National Guard's 28th Infantry Division's headquarters battalion hosted the first stop of the group's weeklong tour through the Middle East and Afghanistan. Eight soldiers from the battalion were paired with wounded troops to serve as sponsors during their stay.

"I believe in what they're doing here. I believe it's helpful," said Army Staff Sgt. Mark Milanovich, a sponsor from the 28th Infantry Division's Headquarters Support Company. "It shows a lot of courage for these guys to do this. It's an honor to be one of the sponsors. There's so much you can learn from these guys."

# **'BIG PERSONALITIES'**

Another sponsor, Army Staff Sgt. Russell Blankenship with the company's chaplain section, said he worried that meeting his assigned soldier would be awkward. But that proved not to be the case.

"These wounded warriors have big per-

# Power

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lungs, raising the lower belly. This exchange helps the body exchange oxygen, which slows the heartbeat and lowers blood pressure. Most people don't use the



PHOTO BY SGT. 1ST CLASS DOUG ROLES

Retired Sgt. Franz Walkup poses for a photo with Pennsylvania Army National Guard Sqt. Mai. Stephanie Armstrong, with **Headquarters and Headquarters** Battalion, 28th Infantry Division, following an Operation Proper Exit town hall meeting at Camp Arifjan, Kuwait, April 3.

sonalities. They make fun of themselves a lot. They're pretty open about their injuries," Blankenship said. "I thought being a sponsor would be a good opportunity to help soldiers, as part of our unit ministry team. And I thought it would be a good experience to see what they've gone through and maybe make me be better able to help soldiers later."

OPE participants have the opportunity to return to the medical facility where they were treated, if not the actual site of their combat injury. The meet-and-greet events at various forward operating bases give currently deployed soldiers an opportunity to honor them and hear their stories. For most participants, it's a final opportunity to put on the uniform, though some wounded soldiers are able to remain in the service through programs such as the Army's Continuation on Active Duty program.

"When I lost my arm in 2008, I thought my career was over; I actually reenlisted and stayed active duty for five more years,"

said Medal of Honor recipient retired Army Master Sgt. Leroy Petry. He was shot through the thighs and had his right arm severed below the elbow in Afghanistan in 2008 when an enemy grenade exploded in his hand as he attempted to throw it away. He now works as a military liaison for the Troops First Foundation and travels with OPE groups.

# STAYING IN THE FIGHT

Many of this group saw action at the height of fighting in Afghanistan. Army Sgt. Jonathan Harmon is among them. On June 7, 2012, a pressure plate-activated improvised explosive device mangled his lower body, causing a double above-the-knee amputation.

Standing near the entrance of the gym with other soldiers before the start of the event, his injuries are not obvious. Then he taps on his leg and the sound is metallic.

Like many wounded troops, his injuries don't keep him from pursuing physical activities. He is a powerlifter who has a goal of pursuing a degree in nutrition, as well as building a house and having children.

"I'm really humbled and appreciative of you coming out and supporting us and Operation Proper Exit," Harmon told the audience.

He also has a goal to get promoted. After a lengthy rehab, he took an assignment as a liaison at Walter Reed National Military Medical Center for the 82nd and 101st Airborne Divisions.

"Don't let your injury define you," Harmon said. "I reached a point during my medical board where I realized I wasn't ready to not put on the uniform every day."

# 'I SHOULDN'T BE HERE RIGHT NOW'

Wounded Warriors share common experiences, such as coma, multiple surgeries and years of physical therapy. They've had to move through some dark places to learn to accept the support of caregivers.

Retired Army Spc. Justin Lane is one of those who had a long road ahead of him. An IED explosion in Afghanistan July 2-3, 2011, caused a double leg amputation. When he came out of a coma his future included 28 surgeries. He and several others credited their faith for getting them to where they are now. The warriorsalso said part of their recovery process was to find a

purpose, be it furthering their education or finding employment in a field they love.

"I got prosthetics and I learned to walk again," says Lane, whose identity now includes being the only double amputee who is the lead singer of a band. "Every day is a blessing from God. I shouldn't be here right now."

# **INVISIBLE WOUNDS**

Some of the wounded soldiers are quick to show people their prosthetics, which feature the latest electronics and design technology. But some of this group's participants have wounds that don't show.

Retired Army Staff Sgt. Jaymes Poling deployed three times to Afghanistan and was engaged in multiple firefights. His story is that he always wanted to be a soldier and to see action.

"I always wanted to fight," he says, but processing the carnage and the death of friends -- on the battlefield and back home - hardened him and made him suicidal.

"That toughness turned me into being callous to the people around me," Poling said.

He said the key for him was to find a process through PTSD. Today he writes about veteran issues and is co-founder of a nonprofit that generates dialogue between civilian and veteran communities.

Navy Cmdr. (Dr.) William Danchanko also participated in the OPE program because of PTSD. In his years as a caregiver in Afghanistan at a Role Three Multinational Medical Unit, -- a trauma center -he treated soldiers, enemy combatants and civilians, including children. He says he struggled to come to terms with what he saw. He encouraged soldiers to lean on each other for support and to not be afraid to seek help.

"Everybody's been dealt a hand. Everyone is fighting a battle. Some of it is more public ... some fight it internally," Danchanko said. "The things you are doing matter. Support each other."

One of the most common questions asked of the soldiers is if people treat them differently because of their experiences. Petry and others on the panel said they welcome opportunities to educate people.

"We don't want anyone to feel sorry for us," Harmon said. "I lost my legs doing exactly what I always wanted to do my whole life, and that was being an airborne infantryman."

MacAulay was 13 years into her career, juggling growing responsibilities, success, and family, when she decided she needed a way to manage it all. Turning to yoga, she found an outlet to release stress and learned how to bring awareness to her

at the time. She taught her airmen how to be aware of their stress responses, as well the impact of those responses on decision making and communication. "It really changes the way you interact with others, the way you connect and the way you

the cloud' at first, the practice soon gained traction among others in the squadron, and results were visible, said MacVittie. Being centered and using controlled breathing helps people perform at a higher level, he added.

full capability of their lungs, usually taking more shallow breaths, said MacAulay.

The ability to be present - and mindful – can alter a person's mindset, level of focus, and ability to communicate, said MacAulay.

"Mindfulness is bringing an awareness to your thoughts, feelings, and emotions, but not allowing them to distract you from the present moment," said MacAulay, who recommends taking a minute to stop, take a deep breath, and be present for 10-12 minutes a day, whether it's all at once or broken down in to 10 one-minute segments.

breathing.

MacAulay started practicing meditation and taking deep breaths when she was in a stressful situation at work or at home, and it became a powerful force in her life. She started calling the moments of practice as "going to the cloud," or pausing for a minute, taking deep breaths, and being present in the moment.

"I started implementing it into my own life and realizing how powerful it could be, so I wanted to share it," said MacAulay, who was the 305th Operational Support Squadron commander at Joint Base McGuire-Dix-Lakehurst in New Jersey

build teams.

Over time, she taught them to 'go to the cloud' whenever they felt their stress responses gearing up. She also introduced the "mindful minute" into weekly staff meetings, flights, physical training sessions, and commander's calls.

"I had learned the power of being still with your breath when I was young, but Colonel MacAulay brought the science to it," said MacVittie. MacAulay also put a name to the practice and helped MacVittie refine it.

While there was some hesitation about the effects of deep breathing and 'going to

"We spend a lot of time training service members to perform in stressful fight-orflight situations, which is controlled by our sympathetic nervous system," said MacAulay, adding that people have everything they need within them to calm themselves and use their breath in a positive way.

"We also need to focus on the recovery interval, and teach our military how to practice their parasympathetic responses as well. We have the opportunity here in the Air Force to start this mental fitness trend to make the best and most effective warfighter."

# IEO R'E RUCEKER SPORKS

## **Indoor pool**

The Fort Rucker Physical Fitness Center Indoor Pool will have limited lap lanes available for lap swimming Mondays-Thursdays from 4-7 p.m. due to programming. Recreational swimming will also not be available during this time. For additional information, call 255-2296.

## **Gobbler Classic Turkey Hunt**

Outdoor recreation is hosting its Gobbler Classic Turkey Hunt through April 30. The entry fee is \$25 and participants must have an Alabama State All-Game License, Fort Rucker Post Hunting Permit and hunter education completion card. Alabama State Regulation and Fort Rucker 215-1 regulation apply. The turkey

must be harvested on Fort Rucker to qualify. The overall winner will receive a cash prize payout.

People can register at ODR or MWR Central. For more information, call 255-4305 or 255-2997.

## **Youth Fishing Tournament**

Fort Rucker Outdoor Recreation will host a youth fishing tournament April 28 from 7-11 a.m. at Parcours Lake. Entry fee is \$15. The event is open to the public for youth ages 3-15. Live bait is permitted, but no minnows. Prizes will be awarded to first, second and third place winners. Bait, snacks and a few fishing gear items will be available for purchase by cash only. People can register for the tournament at ODR or MWR Centeral.

For more information or to register, call 255-4305 or 255-2997.

# **CG's Golf Tournament**

The Commanding General's Golf Tournament is scheduled for April 28 at Silver Wings Golf Course. The format is four-person team scramble and begins at 9 a.m. There will be \$10 door prize tickets available for purchase. Entry fee is \$60 for non-members and \$50 for members. Entry fee includes tournament course fees, 18 holes of golf, range balls, carts, breakfast and lunch, and prizes. Prizes go to the longest drive, closest to the pin, Top 3 teams, and the highest scoring team.

For more information, call 255-0089.

