

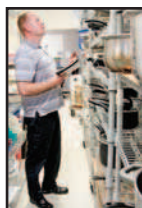
SPRING FLING
Education center
highlights opportunities
at event

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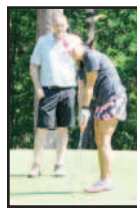
PEACE OF MIND
Lending Hangar helps
relieve moving stress

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FORE!
Silver Wings Golf
Course hosts CG's golf
tournament

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ARMY FLYER

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

VOL. 68 ■ NO. 17

FORT RUCKER ★ ALABAMA

MAY 3, 2018

MEETING DEMAND

Aviation balances global demand, training for LSCO, modernization

By Kelly P. Morris

U.S. Army Aviation Center of Excellence
Public Affairs

Though the focus was largely on materiel at the 2018 Army Aviation Mission Solutions Summit in Nashville, Tennessee, April 25-27, Army Aviation's branch chief highlighted the many other ongoing efforts of the Aviation enterprise.

"There's so much work going on across the branch and the enterprise that I don't want those great efforts to be lost in just modernization," said Maj. Gen. William K. Gayler, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, to hundreds of industry representatives, Soldiers and Army Aviation supporters gathered inside the Gaylord Opryland Hotel and Convention Cen-

ter April 26.

The efforts of the branch proponent run the gamut of changes to doctrine, organizational structure, training, leader development, facilities, policy and personnel.

Gayler recognized the senior leaders across the Aviation enterprise for "the critical work they're doing across the spectrum of every Aviation issue we have," he said. "I'm humbled and proud to be part of this group of professionals. It's truly amazing," he said.

With Army Aviation 84 percent committed on a daily basis, Aviation Soldiers are busy serving on an operation, returning from an operation, on assigned missions like global response force missions, training for approximately 20 combat training

SEE DEMAND, PAGE A3



PHOTO BY KELLY P. MORRIS

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks about ongoing efforts of the Army Aviation enterprise at the 2018 Army Aviation Mission Solutions Summit in Nashville, Tenn., April 26.

“That makes it now a balancing act between meeting demand, training for larger scale contingency, and then also balancing modernization.”

— MAJ. GEN. WILLIAM K. GAYLER,
U.S. ARMY AVIATION CENTER OF EXCELLENCE AND FORT RUCKER COMMANDING GENERAL

DENIM DAY

Community commits to fight against sexual assault

By Nathan Pfau

Army Flier Staff Writer

As Sexual Assault Awareness Month approached its end, people on Fort Rucker committed to combating sexual assault year round as representatives from various units and organizations across the installation, clad in teal and denim, walked to Sgt. Ted E. Bear for Denim Day April 25.

Each of the units and organizations marched from their respective locations to converge at the Bear in order to bring recognition to the ongoing issue and pledge their commitment to continue the fight.

Lt. Col. Latonya Walker, deputy commander of nursing at Lyster Army Health Clinic, explained the significance of the day and why it's important to recognize it.

"How did we get to Denim Day?" she asked. "Denim Day grew out of a 1999 Italian supreme court decision that overturned a rape conviction because the 19-year-old victim wore jeans on the day she was assaulted."

Walker explained that during the assault, the 45-year-old perpetrator was able to wrestle the victim's leg out of her jeans, which enabled him to rape her. The victim was able to escape her attacker, and with the help of her parents, pressed charges.

SEE DENIM DAY, PAGE A3



PHOTO BY NATHAN PFAU

People from various organizations and units sign Sgt. Ted E. Bear during Denim Day April 25 to show their support in the fight against sexual assault.



PHOTO BY NATHAN PFAU

Soldiers from the 1st Battalion, 11th Aviation Regiment, perform a dragon dance during the Asian/Pacific American Heritage Month kickoff at the post exchange April 27.

Post celebrates Asian/Pacific American Heritage Month

By Nathan Pfau

Army Flier Staff Writer

The Army is made up of Soldiers from all corners of the globe, and Fort Rucker celebrates that diversity by honoring the different cultures within its ranks.

The installation kicked off Asian/Pacific American Heritage Month with a celebration at the post exchange to highlight the contributions that Asians and Pacific Islanders have made throughout history, as well as provide a taste of the culture to the local community.

During the event, people were able to sample authentic Asian cuisine, learn about the history of Asian/Pacific Islanders throughout American history, and enjoy traditional music and dance performed by volunteers from the community.

People were even able to try their hand at Chinese calligraphy, which was something Trina Mendheim, military spouse, said was one of the more interesting aspects of the event.

"I always think writing is something people always take for granted," she said. "It's one of those things as you get older that you don't think about because for most people it just comes naturally.

"It's just fascinating to me because of how different our languages are, especially with the writing," said Mendheim. "We only have to use 26 letters to write in our language, but Chinese has thousands of characters in (their written language), and that's just something that is so difficult for me to even fathom. It's a great lesson in how languages and even writing evolves over time."

For many, the kickoff was a way to not just highlight the contributions of a single culture, but a means to see how diverse not only the military is, but the U.S., as well.

"People always say (the U.S.) is a melting pot because we have so many different cultures here," said Jeff Tanda, retired military. "I've been all over the world in my military career, and it's difficult to find another place in the world where the people are so diverse."

Tanda said it's because of that diversity that he feels it's necessary to continue to highlight the contributions of other cultures.

"That's what makes our country so unique, I think," he continued. "We can draw from so many different cultures and look at everything from varying points of view. There is no one way

to do things, and in order to grow as a country or even as people, we have to be able to embrace what makes us different, and more importantly understand it.

"Once people can understand that it's our differences that can bring us together through learning, then the world will be better off," he said. "We have to learn from each other — otherwise what's the point of living in the greatest country on Earth?"

Bringing people together to understand the various cultures is exactly what observance months like Asian/Pacific American Heritage Month are about, said Sgt. 1st Class Matthew Castillo, 110th Aviation Brigade Equal Opportunity adviser.

"It's important to celebrate not only Asian/Pacific American 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 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."

PERSPECTIVE

CID: ‘Sextortion’ Scams continue to occur – don’t give into scammer’s demands

U.S. Army Criminal Investigation Command
Public Affairs Press Release

QUANTICO, Va. — The U.S. Army Criminal Investigation Command’s Computer Crime Investigative Unit continues to caution the Army community to be on the lookout for all types of sextortion scams where criminals will use any dishonest method to make contact with potential victims and then attempt to blackmail them.

“To avoid falling prey to a sextortionist never send compromising photos or videos of yourself to anyone, whether you know them or think you know them,” said Special Agent Daniel Andrews, director of CCIU. “Turn off your electronic devices and physically block web cameras when you are not using them.”

Officials describe “sextortion scams” as cyber sexual extortion where perpetrators conduct schemes that leverage online sexual acts for financial gain or other forms of blackmail.

In addition, when using a legitimate online dating site, victims are more apt to provide personal information and or participate in online compromising acts; however, CID officials are warning the Army community to be very cautious of their online communications activity and not share intimate, personal information with strangers or people you have never met in person.

“These criminals will try to get unsuspecting service members to engage in online sexual activities and then demand money or favors in exchange for not publicizing potentially embarrassing information or turning them over to law enforcement,” said Andrews.

Once the Soldier sends a compromising photo or participates in a video chat, the perpetrator threatens to send those images to the Soldier’s command, family, and friends unless “ransom money” is paid, according to CCIU officials. One recent scam is where the criminal will claim that the Soldier sent sexual images to a minor, who has now become the alleged victim, and threatens to report the Soldier to law enforcement unless a monetary fee is paid.

“If you meet a person on a legitimate online dating site there is very little chance that you are actually communicating with an underage person,” Andrews said. “It is therefore very unlikely that you sent or received child pornography or provided your images/videos to a minor. If you met someone online who later claims to be underage you should immediately cease all communications with that person and notify Army CID.”

“It is important to also keep in mind that law enforce-



ARMY GRAPHIC

ment, to include Army CID, will never agree not take legal action if you agree to pay [ransom] money to the alleged victim or to the alleged victim’s family,” he said. “If law enforcement gets involved early on, there are investigative steps that may help identify the perpetrators responsible for victimizing Army personnel.”

Another way that the criminals attempt to extort money is to claim that they are a lawyer working on behalf of the alleged victim. The scammer will request payments are made for things such as counseling for the alleged victim and to replace electronic devices that now contain child pornography. If these demands are not met the person alleging to be the lawyer threatens to report the incident to law enforcement.

Andrews said legitimate organizations will not contact you and ask for money in lieu of reporting you to law enforcement and typically law enforcement will not attempt to make contact with you over the phone. If you are contacted via telephone, always request validating information such as an agency email address and offer to meet in person at a law enforcement facility before proceeding with giving out your personal information.

“Stop communication immediately with these individuals and do not send money because it will not stop

the criminal from demanding more money from you,” CCIU officials said. “CCIU is aware of instances where scammers threatened to release videos unless a second or even a third payment is made.”

Unfortunately, these incidents continue to occur on the internet across the globe, and sextortion victims are encouraged to seek the assistance of law enforcement. Army CID agents say they can help if you find yourself in any of these types of predicaments.

“Victims are at risk of further exploitation, that can include demands for additional payments, more sexual images, sensitive military information, or access to U.S. Army systems and facilities, so early notification to law enforcement is important,” CID agents emphasized.

For more information on how these scams unfold and how to identify sextortion red flags, see the Joint Service Sextortion brochure.

If you have been the victim of sextortion, adhere to the following.

- Do preserve whatever information you have from the scammer(s), such as social networking profile, email accounts used, where money was directed to be sent, etc.
- Do notify CCIU at usarmy.cciuintel@mail.mil to report being a victim if you are a service member or an Army civilian employee. If you are not associated with the military, report the crime to your local police department, DHS Homeland Security Investigations at Assistance.Victim@ice.dhs.gov, or the FBI’s Internet Crime Complaint Center at www.ic3.gov.

Victims can seek information on rights and assistance from:

- Army Victim/Witness Liaison Program – VWL will assist victim in contacting agencies or individuals responsible for providing necessary services and relief;
- Command chaplains;
- Family advocacy center/Army Community Service; and
- If victims are not eligible for military services, or where military services are not available, the VWL can provide liaison assistance in seeking any available nonmilitary services within the civilian community.

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID CCIU website at <http://www.cid.army.mil/cciu-advisories.html>.

Public Notice – Environmental Assessment of the Real Property Master Plan Projects at Fort Rucker, Alabama

Notice is hereby given that the U.S. Army, Fort Rucker, Alabama, has prepared a Final Draft Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) for the Real Property Master Plan Projects in accordance with the National Environmental Policy Act (NEPA). Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Boulevard, Daleville, Alabama, 36322, phone number 334-503-9119; and the Fort Rucker Center Library, Building 212, 5th Ave., Fort Rucker, Alabama, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker website at: <https://www.fortrucker-env.com/> under the Programs tab and then the NEPA tab. The EA will be available for review and comments for 30 days starting on May 3, 2018. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN: IMRC-PWE, Building 1121, Fort Rucker, Alabama, 36362 or leigh.b.jahnke.civ@mail.mil. Comments will be addressed and incorporated into the Final EA.

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If you would like to contact the Army Flier by e-mail, please contact the editor at jhughes@armyflyer.com.

ACE suicide intervention

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

Care for your buddy

- Remove any means that could be used for self-injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

SPRING FLING

Education center highlights opportunities at event

By Nathan Pfau
Army Flier Staff Writer

In today’s competitive job market, the importance of education can’t be understated, and the Fort Rucker Education Center is making sure Soldiers and families know what is available to them on post.

The center hosted its Spring Fling education fair April 26 where more than 20 educational institutions were on hand to meet and greet with prospective students, and answer any questions people might have.

“Education fairs are just a chance for community members to come out and talk to other institutions that are here to find out what they may offer them,” said Randy McNally, education center supervisory education specialist. “One of the benefits of education is that it’s evidence that an individual can complete long-term commitment, and we want Soldiers to go out there, got to school and continually be here so we can support them through their long-term commitments.”

For many who attended the fair, it was an opportunity to explore



PHOTO BY NATHAN PFAU

Second Lt. Hayden Francher and 1st Lt. Zachary Lee, both of 1-145th Avn. Regt., speak with a DeVry University representative during the Fort Rucker Education Center Spring Fling April 26.

options and ask questions from various institutions that better allowed them to make decisions when it came to education prospects.

For Pvt. Ahyasha Bolden, 1st Battalion, 145th Aviation Regiment, who hopes to go into nursing, the fair provided her the opportunity to inquire about different

paths to reach her goal.

“I just wanted to branch out and look at different schools and options, so this was the best thing for me to be able to come out and

look while I’m in the military,” she said. “Having all of this out here is a good way for everyone out here on post to get to interact with different (institutions) and get an idea of where they might want to go with their education and see where they are.”

The fair was also a great opportunity for those who might not be sure where they want to focus their studies, like Sgt. Chris Ivy, 1st Bn., 145th Avn. Regt., who hasn’t decided on a major, but wanted to come out to explore his options.

“I’m just out here trying to gauge what I might be interested in,” he said. “Continuing education is always must, because if you want to survive in this world, then you’ve got to be able to compete, and in order to compete, you’ve got to get an education.”

That upper hand is exactly what McNally said the center hopes to be able to provide Soldiers and families on the installation.

“We want to move people forward, hopefully as early as possible in their military career,” he said. “Regardless of when they plan on getting out, they need to start today.”

Demand

Continued from Page A1

center rotations per year, and participating in a rotational force in the Pacific or Europe, he said.

“That is today, that is every day. That global demand (for Army Aviation) is a no-fail mission,” Gayler said.

After 16 years, Aviation is “phenomenal” at counterinsurgency operations, he said, but the focus needs to shift now to Large Scale Combat Operations.

Because budget realities over the past decade resulted in the Army choosing a strategy of incremental modernization, aircraft those fielded units need in order to train must be taken away to feed a remanufacture line to produce upgrades.

“That makes it now a balancing act between meeting demand, training for larger scale contingency, and then also balancing modernization,” he said.

To Gayler, existing challenges are an opportunity to take a holistic look across the branch in an attempt to identify areas to improve, with a primary focus on doctrine.

A quick reaction test of techniques and systems in a high-threat environment found areas to correct, he said.

“We learned a great deal from that. The power of the enterprise is literally within

two months of the test we had produced the training support package in an (Army Techniques Publication) 3-04.2 classified manual and populated it to the field. That has been a superb document to help units train to that level,” Gayler said.

One goal is a common battlebook of standard operating procedures for all formations in all Army components (active Army, Army National Guard, and U.S. Army Reserves), which Soldiers will become acquainted with as early as during flight school at Fort Rucker, rather than waiting until they get to their unit.

“That way, when an aviator shows up to flight school to learn to fly they immediately learn what a battlebook is, how we use (those) and what criteria we use to select a certain technique,” he said.

The intent is for a better informed aviator and a smoother transition to the unit.

“We’re also going to take a very hard look at what we teach and what we evaluate inside of Professional Military Education at Fort Rucker, to include flight school,” Gayler said.

The Aviation Captains Career Course and Basic Officer Leader Course devote training time to higher echelon aspects such as the Military Decision Making Process, but not much time to training how to do troop leading procedures which is more

appropriate for their level of what they will do inside of a brigade, according to Gayler.

The branch may potentially assess whether the current Combat Aviation Brigade “one size fits all” structure may need to be modified (for example, whether CABs should be tailored in the future to the role and mission of the division they support).

An emphasis on the Aviation Warfighting Initiative will ensure the focus of Aviation content is not overly technical when it should be tactical, he said.

“This isn’t a license to know less. This is a responsibility to know more. You will know more about your branch and how to fight, because that’s what our nation is going to ask us to do,” Gayler said.

While the future focus is modernization, the immediate focus is training.

No single technology is “more important than our units training with frequency and repetition under tough realistic conditions,” Gayler said.

Future battlefield challenges that will drive how Aviation thinks about modernization include challenges with potential access to theater, operational maneuver, tactical maneuver and common situational understanding, he explained.

“(The Army’s) Training and Doctrine

Command has done a very good job of explaining and conceptualizing the Army Operating Concept, and then we have turned that into Multi-Domain Battle as a strategy or means to achieve success on that future battlefield. Now we have to build and operationalize Multi-Domain Battle,” he said.

As the Army looks to make Soldiers more lethal in the future, it means more than just munitions. It must include the ability to sense, see, identify, geolocate, share, target and kill; and the network is a critical enabler.

“We will be contested, and we cannot maneuver without long range precision fires,” Gayler said.

Modernization priorities include improvement to Aircraft Survivability Equipment, Future Vertical Lift, and Advanced UAS.

One thing remains constant: the Aviation Soldier’s sole focus to support the commanders and Soldiers on the ground.

“An aviation soldier is needed, trusted and valued to that ground force,” Gayler said. “Our soldiers are and will continue to be professional, demonstrating character, competence and commitment to our branch and to our nation. They will be expert in that doctrine I was describing, and they will be expert at warfighting.”

Denim Day

Continued from Page A1

The perpetrator was arrested, convicted of rape and sentenced to jail, but after an appeal, his case made its way to the Italian supreme court where the verdict was overturned and the charges dismissed, allowing the perpetrator to go free.

“In his statement, the chief judge argued that because the victim wore very, very tight jeans, she had to have helped (the perpetrator) remove them by taking her leg out, and so because she helped him, it was no longer rape, but consensual,” said Walker. “Enraged by the ver-

dict, within hours the women in the Italian parliament launched into immediate action and protested by wearing jeans to work. This call to action motivated and emboldened the California senate and assembly to do the same.”

Since then, wearing jeans became an international symbol of protest against myths surrounding sexual assault, she said, adding that since 2011, more than 2 million Americans have participated in Denim Day.

After the march to the bear, each unit and organization expressed what they will be doing to continue the fight against sexual assault throughout the year and signed

their name to the bear to pledge their commitment.

“I feel like it’s important because it’s an ongoing issue,” said Pfc. Shauntae Jackson, LAHC. “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.”

“It happens and it can happen to anybody,” added Spc. Rome Cooper, LAHC. “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 can trust each other.”

NEWS BRIEFS

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.

Better Hearing and Speech Month

The Lyster Educational and Developmental Intervention Services will host a Better Hearing and Speech Month Event that features free speech and language screenings for children up to 3 years of age. The event will be held May 9 from 9:30-11:30 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. Space is limited.

For more information or to schedule a screening, call 334-255-7237.

Exercise class

The Army Wellness Center will host

an Exercise Prescription and Goal Setting Class May 14 at 12:30 p.m. The class will take place in the Lyster Army Health Clinic Preventive Medicine Department. The class is free to all Soldiers, family members, retirees and Department of Defense civilian employees.

For more information, call 334-255-3923.

Clinic closure

Lyster Army Health Clinic will close at noon May 16 for training.

Change of command

The U.S. Army Warrant Officer Career College Headquarters and Headquarters Company will host a change of command ceremony May 16 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.

Healthy cooking class

Lyster Army Health Clinic will host a healthy cooking class May 23 at noon. This month’s recipes include easy gluten-free meals.

Yoga classes

Lyster Army Health Clinic offers free

Yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, in the clinic. Participants are encouraged to bring their own mat.

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.

Tobacco cessation program

Lyster Army Health Clinic’s tobacco cessation program consists of four weekly sessions each month. Each class is one hour. Classes are Wednesdays from 11 a.m. to noon. For more information, call 334-255-7930.

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204 CHOCTAW ROAD: Super nice 3/2 on a corner lot with just installed wood privacy fence. Cathedral beamed ceiling in living room. Updated kitchen with 3 year old stainless appliances and beautiful countertops w/backsplash. Windows replaced about 2 years ago. All bedrooms have walk-in closets and all are nicely sized. A beautiful new pergola type covering over the patio leads the way to a large, level back yard perfect for cookouts and lots of summer fun! Sellers are offering a one year home warranty w/ American Home Shield. **JAN SAWYER, 406-2393**

NEW LISTING • \$124,900



133 WINTERBERRY WAY: Open concept one story townhouse is conveniently located to the high school and downtown shopping. Large split bedrooms on either side of living & dining area. Seller highly motivated. **EDITH HALL, 470-330-5959**

NEW LISTING • \$58,000



251 HAZELWOOD DRIVE, OZARK: Huge Beautiful Corner Lot. This 3 bedroom is a great starter home or investment idea. Privacy Fence and huge bonus room gives this home a lot of charm. **CHRIS ROGERS, 406-0726**

NEW LISTING • \$95,000



503 JANICE STREET: Tri-level on large wooded, landscaped lot with deck off the family room downstairs. Enter front foyer to living room on the left, staircase to upstairs bedrooms and bath, and through to the dining area/kitchen, or down the stairs to a fourth bedroom and bath, along with the family room. Could use the downstairs for a master suite using the fourth bedroom for a nursery or office and use the family room for a bedroom as it does have a closet. Being sold "AS IS." **EVELYN HITCH, 406-3436**

NEW LISTING • \$175,000



104 TOM MORRIS LANE: Beautifully updated home in Tartan Pines. 2 bedroom, 2 bath with new carpet, new roof, and freshly painted walls throughout. This home has lots of windows throughout to provide natural light, and the back patio overlooks a beautifully wooded scene. Owner is licensed residential home builder and REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION, 347-2600**

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NEW LISTING • \$178,500



104 LONGLEAF LANE: New Construction in The Cottages at Woodland Park. This 3 bedroom, 2 bath home features coffered ceilings, granite countertops, custom cabinets, 2 inch blinds throughout, wood and tile flooring with carpet in all bedrooms, as well as an irrigation system and privacy fence. Owner is licensed residential home builder and REALTOR in the State of Alabama. **BILLY COTTER CONSTRUCTION, 347-2600**

NEW LISTING • \$299,000



6544 S HIGHWAY 27: Your entire family will enjoy the splendor & comfort of this wonderful split-level 5 bedroom, 3 bath uniquely styled home on 5 plus acres & located only a few miles south of town. With its large landscaped yard, mature shrubs & trees, covered patio, pool, barn & fenced pasture for horses it's a wonderful family retreat. Detached 2-story building w/workshop and upstairs 'pool house'. Over 4,400 sq ft of living space with large living areas, bonus room, office and breezeway connecting to 2 car garage. **JUDY DUNN, 301-5656 & NANCY CAFIERO, 389-1758**

NEW LISTING • \$182,500



112 LAKESIDE DR, DOTHAN: Must see this beautiful 4 BR, 2 Bath brick traditional home with a fireplace, high ceilings, salt water pool, covered back porch with an amazing view of the lake and big enough for entertainment and grilling. Great location, easy access to shopping areas, schools and all amenities in town. VA foreclosure to be sold "as is". Alabama Right of Redemption will apply. **NANCY CAFIERO, 389-1758 & BOB KUYKENDALL, 369-8534**

NEW LISTING • \$29,100



151 COUNTY ROAD 550, NEW BROCKTON: An Investor's dream! 3 bedroom, 1.5 bathroom brick home with 1100 square feet, on a corner lot; just waiting for an investor or energetic family to make new again. Exterior doors have been replaced, windows repaired or replaced, and tons of potential. Storage room of the carport for laundry room or lawn equipment. Nice open floor plan. Home is being sold AS IS. Home is Brick shell and perfect for a DIY "Flipper". Seller will entertain all offers. **SHERI SIEGEL, 910-229-0017 & CHERYL PICCININI, 390-9612**

\$174,250



200 JASMINE CIRCLE: New construction convenient to schools, shopping, golf, restaurants 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 in 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**

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OPEN SUNDAY, MAY 6TH • 11:00AM-2:00PM



118 BROOKWOOD • \$277,000

Newer 4 BR, 2.5 BA, on .44 Acre lot w/Pool & privacy fence. Granite throughout, Stainless appliances in kitchen, to include convection oven. 4th BR is a generous upstairs loft. Huge Master retreat w/pine, tray ceiling. Master Bath boasts clawfoot tub, walk in shower, 2 vessel sinks, granite, & His & Her closets. Fenced backyard w/brick floor & a large laundry room. Upstairs there are 2 more bedrooms w/en suite baths & walk-in closets and a walk-in attic that could easily become another bedroom/bath or playroom. Lovely built-ins, trim & moldings throughout the house. Lot leads down to Sand Creek. No backyard neighbors.

DIRECTIONS: Boll Weevil Circle to Highway 84, follow Highway 84 towards Santa Fe Restaurant, turn left into Brookwood, right on Brookwood Drive, follow road around the bend, home is on the right.

OPEN SUNDAY, MAY 6TH • 2:00PM-4:00PM



106 E SAND CREEK • \$299,000

Custom built 5 bedroom/5.5 bathroom home w/room to spare. Two master suites downstairs, another bedroom w/its own bath, a formal dining room, living room, huge eat-in & unique kitchen, a bonus room, lovely sun room w/brick floor & a large laundry room. Upstairs there are 2 more bedrooms w/en suite baths & walk-in closets and a walk-in attic that could easily become another bedroom/bath or playroom. Lovely built-ins, trim & moldings throughout the house. Lot leads down to Sand Creek. No backyard neighbors.

DIRECTIONS: Dauphin St to Northside Dr. Cross bridge, take 1st right on E Sandcreek. 2nd house on right. Or Shell Field Rd to Beam Rd to right on W Sandcreek. Cross Northside to E Sandcreek. House is 2nd on rt.

MAY 3, 2018

CARRYING THE FIGHT

Vietnam helicopter pilots, crewmembers memorialized



PHOTO BY C. TODD LOPEZ

The Vietnam Helicopter Pilot and Crewmember Monument was dedicated April 18 in Arlington National Cemetery.

By C. Todd Lopez
Army News Service

WASHINGTON — Nearly 5,000 helicopter pilots and crewmembers lost their lives conducting aerial operations in Southeast Asia during the Vietnam War. On April 18, a monument to those service members was dedicated in Arlington National Cemetery.

The Vietnam War was “the helicopter war,” said now-retired Maj. Gen. Carl H. McNair. “Over 12,000 helicopters -- Army, Navy, Air Force, Marine Corps -- carried the fight to the enemy.”

McNair was a helicopter pilot during the Vietnam War. He served in theater from June 1967 to May 1969, and retired in 1987, after having served as the chief of staff for U.S. Army Training and Doctrine Command.

Of the more than 12,000 helicopters operating in Vietnam, more than 5,000 were destroyed by combat or accidents. Helicopters were used in more than 850,000 medi-

cal evacuation missions conducted during that war and were responsible for boosting survival rates for the wounded to as high as 99 percent, according to the Vietnam Helicopter Pilots Association, which sponsored placement of the Vietnam Helicopter Pilot and Crewmember Monument at the cemetery.

The granite monument bears an engraving that depicts the UH-1 Huey aircraft, which was used by all branches of the service in Vietnam.

“It was only fitting that our monument be dedicated today, bearing the iconic symbol of the UH-1, the Huey,” McNair said. “Over 10,000 were built for that war, and over 7,000 saw service in theater, flying over 7.5 million flight hours -- more combat time than any other aircraft in the history of warfare. Over 3,000 of those aircraft did not return.”

SEE PILOTS, PAGE B4

CUTTING EDGE

Army engineers discover technique to make adaptive materials

By Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, MD. — Engineers at the U.S. Army Research Laboratory and the University of Maryland have developed a technique that causes a composite material to become stiffer and stronger on-demand when exposed to ultraviolet light.

This on-demand control of composite behavior could enable a variety of new capabilities for future Army rotorcraft design, performance and maintenance.

ARL’s Dr. Frank Gardea, a research engineer, said the focus of the research was on controlling how molecules interact with each other. He said the aim was to “have them interact in such a way that changes at a small size, or nanoscale, could lead to observed changes at a larger size or macroscale.”

Dr. Bryan Glaz, chief scientist of ARL’s Vehicle Technology Directorate said, “an important motivation for this work is the desire to engineer new structures, starting from the nanoscale, to enable advanced rotorcraft concepts that have been proposed in the past, but were infeasible due to limitations in current composites. One of the most important capabilities envisioned by these concepts is a significantly reduced maintenance burden due to compromises we make to fly at high speeds.”

The reduced scheduled maintenance of future Army Aviation platforms is an important technological driver for future operating concepts.

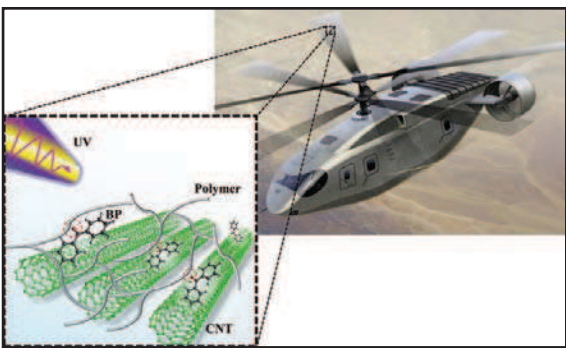
“The enhanced mechanical properties with potentially low weight penalties, enabled by the new technique, could lead to nanocomposite based structures that would enable rotorcraft concepts that we cannot build today,” Glaz said.

The joint work, recently published in *Advanced Materials Interfaces* (DOI: 10.1002/admi.201800038), shows that these composite materials could become 93-percent stiffer and 35-percent stronger after a five minute exposure to ultraviolet light.

The technique consists of attaching ultraviolet light reactive molecules to reinforcing agents like carbon nanotubes. These reactive reinforcing agents are then embedded in a polymer. Upon ultraviolet light exposure, a chemical reaction occurs increasing the interaction between the reinforcing agents and the polymer, thus making the material stiffer and stronger.

The researchers said the chemistry used here is generally applicable to a variety of reinforcement/polymer combinations thereby expanding the utility of this

SEE ADAPTIVE, PAGE B4



U.S. ARMY ILLUSTRATION

Army researchers imagine a rotorcraft concept, which represents reactive reinforcements that when exposed to ultraviolet light will increase the mechanical behavior on-demand. The engineers said control of mechanical behavior could potentially lead to increased aerodynamic stability in rotorcraft structures.



NIGHTWATCH

PHOTO BY SGT. GREGORY T. SUMMERS

A CH-47 Chinook crewmember with B Company, 2-227th Aviation Regiment, 1ACB, 1st Cavalry Division, waits to start a night assault mission at Hohenfels Training Area, Germany, April 23. CH-47 flight crews of the battalion took part in the U.S. Army Joint Modernization Command’s Joint Warfighting Assessment 18, an exercise that increases training readiness, future force development and interoperability with NATO allies.

10th CAB pushes boundaries with exercise

By Michael Strasser
Fort Drum Garrison Public Affairs

FORT DRUM, N.Y. — Providing 10th Combat Aviation Brigade Soldiers with the most realistic training scenarios required planners to think outside the box - and outside of Fort Drum. That was accomplished with Falcon’s Peak, a 10-day Aviation exercise that simulated a rapid readiness deployment of air and ground troops from their home station in the North Country to Camp Ethan Allen and Camp Johnson in Vermont.

“Falcon’s Peak was an exercise designed to challenge the Aviation brigade using real-world distances and simulated threats that replicate the future of warfare, particularly as we see it in multi-domain battle” said Col. Clair A. Gill, 10th CAB commander.

Maj. Joshua Meyer, 10th CAB operations officer, said that the idea for Falcon’s Peak was conceived while the 10th CAB was deployed on a nine-month deployment in Europe last year, where they participated in Saber Guardian 17 and Falcon’s Talon exercises.

In planning Falcon’s Peak, Meyer said that it would allow them to exercise all of their key annual training requirements.

“Expanding the training area and expanding the routes via air and ground really increased our capabilities,” Meyer said. “It kept us on our feet the whole time. Just the fact that we had to go through a rapid emergency deployment readiness exercise, leave Fort Drum in five days - and that’s not just packing vehicles and helicopters - it’s all the briefings and planning that goes into that as well.”

The exercise involved roughly 850 Soldiers, 17 AH-64 Apache and UH-60 Black Hawk helicopters and nearly 250 vehicles. The Aviation unit tested its low-to-the-ground flying, using the ter-



COURTESY PHOTO

Soldiers from the 10th CAB conduct a troop air insertion as part of the Falcon’s Peak Aviation training exercise April 17 at Sexton Field on Fort Drum, N.Y.

rain in northern New York and parts of Vermont to avoid detection and counter simulated air defense artillery threats.

“What was uniquely different than typical battalion- and brigade-level training exercises at Fort Drum is that we pushed out into the surrounding communities to challenge our logistical supply lines and mission command systems over distances beyond the geographic boundaries of Fort Drum,” Gill said. “The exercise absolutely challenged those areas we wanted - and needed - to be stressed.”

Soldiers also conducted logistical operations to include supply movements, water purification and medical evacuations. Maj. Derek Martin, 10th CAB simulations officer and lead exercise designer, said that training objectives on the ground were just as crucial as those in the air.

“It’s not just a drive. They move in a tactical manner, seize the ground they’re coming into and quickly establish a defense and support area where

they logistically support the aviation side of this organization,” he said.

The 277th Aviation Support Battalion completed a convoy live-fire exercise following an eight-hour convoy from Fort Drum. First Lt. Jessica Abbott said the intent was to validate gunnery crews and test their convoy efficiency.

“It’s important to practice our skills and our gunnery tables in convoy live-fire exercises because we have to protect our own classes of supplies as we transport it to these line units on the front line in supporting them throughout the fight,” she said.

Abbott said that 10th CAB Soldiers benefited from training outside of the familiar ranges at Fort Drum.

“We’re not always going to be right in our backyard and know what the training area looks like,” she said. “So we have to get there, assess the area, set up and continue the mission.”

SEE 10TH CAB, PAGE B4

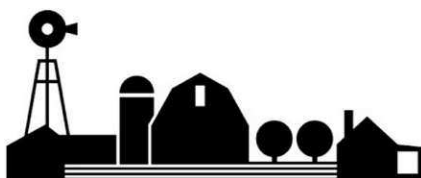
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with 110' water frontage, paved road, water meter, gentle slope to water, Lot #9 Lake View Drive, White Oak Shore in Henry County. \$200,000 Call 478-953-3020 or (cell) 478-442-4190.



RECREATION

BOATS

2005 Pro Craft 181 Combo Fish & Ski Boat, 18ft, 4 stroke 200HP Mercury ERI engine, 115 hrs on motor, trolling motor, bimini top, tilt steering, tow bar, half seats for fishing, break away trailer with new tires, blue tooth radio, lots of accessories included for skiing and tubing, used 6-7 times a year. Excellent condition. Asking \$13,000 OBO. Call or Txt 334-618-8116



2013 Bass Tracker:
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AUTOS FOR SALE



2006 Jaguar XJ8-L, burgundy w/tan interior, Vogue tires, only 78,300 miles, great gas mileage. Look like a million for just REDUCED \$9900. Call: 334-701-6565



Buick 2007 Lucerne CXL, 3.8 V-6, Loaded, Leather, Like New, 56,000 miles, \$7995. 334-790-7959



Cadillac 1972 Deville:
Sedan, 4 DR, Coffee color. AC/ Electric windows and seats. Mileage 37,669. Good condition, leather seats \$7,000 334-774-3474

Chevrolet 2014 Corvette Sting Ray Coupe, 6.2L engine, crystal red metallic tintcoat with Kalahari interior, 3040 miles, options include: 2LT package, chrome wheels, 6 speed paddle shift trans, exhaust multi mode performance and Chevy MyLink navigation \$46,825 Call 334-308-5672

Chevrolet 2014 Cruz, under warranty, must sell. \$200 down \$219 per month. Call Ron Ellis 334-714-0027.

Chevrolet 2014 Impala, white with black interior, new tires, 25k miles, excellent condition, fully loaded, \$12,900 Call 334-237-1039

AUTOS FOR SALE

Honda 2013 Civic, rated best buy, all power, door locks, windows, AM/FM/CD, great coge car, better than 40 miles per gallon. \$250 down, \$250 per month. Call Steve Hatcher 334-791-8243.

Honda 2016 Civic LX, 4 door, fully equipped, full warranty, must sell. \$200 down, \$269 per month. Call Ron Ellis 334-714-0028.



Kia 2015Forte LX Popular sedan, 4 cyl, automatic, loaded, clean, 62,000 miles, \$8700. 334-790-7959



Mazda 2011 MX-5 Miata, bright cherry red, 5 speed manual, 112K miles (mostly hwy miles), brand new high quality cloth top installed by Whitehurst in Dothan last season, brand new BF Goodrich G-Force tires, brand new Rain-X wiper blades, brand new NGK iridium spark plugs, garage kept, clean title, excellent condition. You won't find a another toy like this one! Sporty and fun to drive, you'll love this vehicle! **Price Reduced \$10,000 Call or Txt 334-432-5334.**

Pontiac 2009 G3, automatic, 4-door, power windows & locks, AC, cd player, 1.4 liter cyl. 28600 miles, red in color, very good condition! \$5000. 334-714-1237.

PT Cruiser 2006, white Touring edition, 123K miles, good condition REDUCED \$3500. 334-237-2964 or 334-793-3012. Leave Message.

Toyota 2018 Camry SE: Silver w/Black interior. Showroom new w/less than 200 miles; kept garaged. Absolutely No Issues! Clear title; all paperwork, manuals, etc. included w/vehicle. Dealer list: \$30,000; sell for \$26,000 firm. Call 334-699-5855

Volkswagen 2014 Tiguan SE SUV, blue w/off white leather interior, appearance package, well equipment, 51k miles, good tires and luggage rack. \$16,000 Call: 334-393-3320 or 334-470-8218

MOTORCYCLES

2009 Goldwing CSC Trike, excellent condition 24k miles, titanium grey, asking \$25,900 Cycle Wear Available: jackets, vest, rainsuits, helmets, new heated suit and boots. Call 334-790-6595

SPORT UTILITY



Lexus 2004 GX470 this is an affordable luxury car for you and your family. Seat eight in this comfortable car without the longer wheelbase of a truly large SUV. Three rows of leather seats. The front seats are heated. Great acceleration with a 4.7 liter V8 using regular gas. 4WD and a trailer towing package, a roof rack, traction control, ABS, and cruise control. Enjoy a moonroof and an AM/FM stereo, cassette, CD multi-disc sound system. Power seats, windows, mirrors and door locks. 216 K miles and never a breakdown, no repairs other than normal wear items. This luxury car looks good and runs better. Clean Carfax report VIN JTJBT20X540067365. \$6,999 OBO. The car is in Marianna. Call 850-526-5113.

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Pilots

Continued from Page B1

Lawrence Lanier, who retired from the Army as a CW4, flew the UH-1 in Vietnam. He said he's got about 4,000-plus hours in the air over the duration of his Army career, with about 800 combat hours in the Huey in Vietnam.

"Most of my time was spent flying command and control for the brigade commanders or the battalion commanders, whatever mission came up," he said.

Lanier, who was born in Lumberton, North Carolina, and who still lives there today, said it's about time there's a monument for those who lost their lives in Vietnam flying helicopters into and out of combat zones.

"It's well deserved and just a little late," he said. "But it happened."

Dave Hause, also in attendance, served

as a UH-1 crew chief in Vietnam for most of 1971. "A crew chief was the only person assigned to an aircraft," he said. "I was supposed to keep the maintenance records. I would fly with that aircraft all the time. They'd change pilots, they'd change gunners -- but I was with it all the time."

Hause said he remembers early on during his time in Vietnam, his aircraft hadn't been hit with enemy fire. "Probably about three months in, everybody said you have to fly with Hause -- he's lucky, he never gets hit."

But as time went on, he said, and his aircraft still didn't get hit, Soldiers got worried he was tempting fate and that he was due for something bad.

"Near the end they were saying 'don't fly with Hause ... because he's bound to get hit,'" he said. "But I was fortunate. I was shot at, but the aircraft never got hit."

Hause may have been lucky, but for those who weren't, he said he's glad now that there's something to remember them in Arlington National Cemetery.

"This memorial is for those who didn't make it home, it's not really for us," he said. "It's for them. And we all know ones who didn't make it home and that's why we are here."

Larry Earles served back-to-back tours in Vietnam, from 1968 through 1970, where he flew the OH-6 Cayuse aircraft.

"It had a gunner in the back with an M60 machine gun," Earles said. "Our job was to go out and draw fire."

His aircraft was knocked out of the sky seven times, he said. But "only one of them burned and exploded ... but it was after we hit the ground and we were able to get away."

Earles said he remembers coming back

from Vietnam and the reception he got from Americans when he got off the plane.

"We didn't have the technology then that we do today, so I had no idea what I was coming back to," he said. "I didn't know the country was in chaos and protesting. I walked into Seattle-Tacoma airport, off the airplane, and I was cussed at and spit at. I saw lines of people and I thought, gosh, what a welcome home. I wanted to turn around and go back."

More than 1,000 people gathered in the amphitheater at Arlington National Cemetery to participate in the dedication of the monument. That gathering of people and of goodwill, Earles said, was welcome.

"It feels like the thank you, the welcome home, the respect, that would have been appreciated 50 years ago," he said.

But Earles was quick to point out that

10th CAB

Continued from Page B1

That is what Meyer hoped that every Soldier took advantage of during the training.

"It's really planning for the unknown," he said. "Driving on unknown roads, flying over unknown terrain, not knowing what's coming next in a scenario and allowing our planners, our pilots, our Soldiers, our drivers - every Soldier and officer in our formation - to react to the unknown. I really think that's what prepares us for the uncertainties of future combat."

The brigade was permitted to use Moore's Airport, privately owned property in Degrasse, New York, to establish a

Forward Arming and Refueling Point. This allowed aircraft to refuel during an air assault mission. They were also allowed use of Tahawus Mine in Essex County to simulate a largescale battlefield.

"We sought and gained approval from patriotic community members who lent us their land on which to train," Gill said. "We spent weeks ahead of time briefing community and state officials on the exercise and its importance to building readiness within the brigade, but also highlighting how the regional support enables us to demonstrate relevance for the future."

It wouldn't be a North Country spring without freezing temperatures and flurries, and fluctuating weather conditions

forced 10th CAB Soldiers to take necessary precautions.

"We had to consider individual Soldier safety amid rain, sleet snow and freezing rain," Gill said. "We had to reposition aircraft and equipment to mitigate forecasted high wind warnings, and we had to put our best crews on mission to fly in adverse, snowy conditions. Our drivers had to think through operating heavy equipment on trails and roads that weren't always in pristine condition. More than anything, exercises like Falcon's Peak require leaders at every level to make decisions, sometimes independent of higher headquarters oversight, to accomplish the mission with only commander's intent and the immediate resources at their disposal."

Adaptive

Continued from Page B1

control method to a wide range of material systems.

"This research shows that it is possible to control the overall material property of these nanocomposites through molecular engineering at the interface between the composite components. This is not only important for fundamental science but also for the optimization of structural component response," said Dr. Zhongjie Huang, a post-doctoral research fellow at the University of Maryland.

Army researchers conceived of this fundamental approach for the potential of "enabling new leap-ahead capabilities in support of the Future Vertical Lift Army Modernization Priority," officials said.

"In this instance, the development of

advanced structures to enable leap-ahead Army Aviation capabilities not currently feasible due to limitations in mechanical properties of current materials," Glaz said. "This is especially important for the envisioned future operating environment which will require extended periods of operation without the opportunity to return to stationary bases for maintenance."

Some particularly attractive design options that correspond to lower mechanical loads and vibration are not currently achievable due to limitations in structural damping in hingeless blade or wing structures.

Future structures based on this work may help lead to new composites with controlled structural damping and low weight that could enable low maintenance, high speed rotorcraft concepts that are currently not feasible (e.g. soft in-plane tiltrotors).

In addition, controllable mechanical response will allow for the development of adaptive aerospace structures that could potentially accommodate mechanical loading conditions.

"The Army Research Laboratory and its partners will continue to invest in emerging and Soldier-inspired technologies that will enable more reliable, higher performing and leap-ahead capabilities that are key to the advancement of the next generation platforms used by Soldiers," said Elias Rigas, division chief of the ARL Vehicle Applied Research Division.

Collaboration between the ARL and the University of Maryland was crucial in the development of this method.

"In our lab at UMD we have been developing unique carbon nanomaterials and chemistry but it was not until Gardea approached us did we become aware of the intriguing challenge and opportunity for reconfigurable composite materials," said Dr. YuHuang Wang, professor of the Department of Chemistry and Biochemistry at the University of Maryland.

"Together we have achieved something that is quite remarkable."



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PEACE OF MIND

Lending Hangar helps relieve moving stress

By **Jeremy Henderson**
Army Flier Staff Writer

Tight budgets can make duty station transitions stressful, but Army Community Service's Lending Hangar provides relief just in the nick of time for many Soldiers.

The Lending Hangar, located in Rm. 177 of Bldg. 5700 on Novosel Street, offers basic household supplies to Soldiers, Department of the Army civilian employees, retirees and their families during permanent change of station moves or temporary duty assignments to Fort Rucker.

"Soldiers, DA civilians, retirees and their families can borrow items such as pots and pans, cooking utensils, dishware, eating utensils, Tupperware, sleeping mats, roll-a-way beds, folding tables and chairs, small appliances, children's items, such as high chairs, booster seats, travel tenders, umbrella strollers, car seats, microwaves, televisions and more," Ruth Gonzalez, ACS Relocation Readiness Program manager, said.

Authorized personnel need only bring their military identification and a copy of their temporary or permanent orders, as well as a means to transport what they borrow.

Gonzalez said the hangar provides a vital service to transitioning Soldiers by giving them the means to prepare food at home and save money.

"In today's economy and budgets being tight, I believe the Lending Hangar helps ease the financial burdens on the Soldiers and their families when they're moving because they are not obligated to eat out every day until their items arrive," she said. "If they are unable to move (household goods), then they can borrow our items and not feel obligated to purchase or rent items that they will only be using for a short time."

Items can be borrowed on a 30-day basis, according to Gonzalez. But exceptions can be



PHOTO BY JEREMY HENDERSON

Doug Schwab, ACS relocation readiness specialist, checks inventory at the Lending Hangar.

made, if needed.

"If they are moving overseas they can borrow items 60 days before moving," she said. "If the

Soldier's (household goods) are delayed in arriving, then they normally will call me and ask for an extension. Each exten-

sion is on a case-by-case basis, depending on the circumstances or issues that the Soldier may be facing."

Patrons are asked to return items clean and in working condition, but Gonzalez understands accidents happen.

"I ask Soldiers to replace the item that is broken, lost or damaged," she said. "Depending on the inventory and the Soldier's situation, again, we work with them."

Aiding Soldiers and families has been a career-spanning effort for Gonzalez. She first volunteered for ACS Relocation Readiness in 2000 while stationed in Kaiserslautern, Germany, where she helped with the loan closet. She said it just felt natural to continue helping Soldiers and their families.

"Being able to lessen the burden on our young, single Soldiers, our young newlywed Soldiers and their spouses, and those seasoned Soldiers and their families helps me feel like I'm giving back to them and supporting their constant sacrifices while serving our country," she said. "If there is anything that we can provide our Soldiers while they transition and it is within my abilities, then I will try to make it happen."

"We have had several situations where Soldiers are assigned to Fort Rucker without their family and are unable to afford cooking items, small appliances, etc.," she added. "The relief they express when they are able to use our items and not worry about adding another debt to their finances is comforting. Also, our Soldiers and families who arrive from an overseas assignment and do not have their unaccompanied (household goods) or (household goods) arriving in the near future are very happy to be able to try and settle in with our Lending Hangar items until they receive their personal things. A home-cooked meal can help relieve many of our moving stressors."

The Lending Hangar is open Mondays, Wednesdays and Fridays from 7:30 a.m. to 4 p.m.

For more information, call 255-3161.

AER campaign poised to, once again, break previous year's total

By **Jeremy Henderson**
Army Flier Staff Writer

Contributors have donated more than \$62,000 since the Army Emergency Relief campaign's 2018 launch in March, making the organizers' goal of exceeding last year's total a real possibility.

However, according to Beth Gunter, AER campaign organizer and Army Community Service financial counselor, the campaign also seeks to increase awareness of supported services.

"The primary goal for the AER Campaign is 100 percent training," she said. "This training not only expands awareness of the services offered by the AER program for all Soldiers, but emphasizes the need for continued support to AER."

"Donations of Soldiers from past generations have helped ensure the benefits of AER are available 76 years later for today's Army," she added. "Donations from Soldiers today will continue that legacy, impacting Soldiers of today and the future."

The overall goal of AER's annual campaign is to provide a support network for Soldiers throughout the Army family, as well as locally at Fort Rucker, Staff Sgt. Alexander Castle, AER assistant campaign coordinator, said.

"Ultimately, the goal is to provide emergency financial assistance and education scholarships in order to help alleviate the distress of U.S. Army Soldiers and their dependents," he said. "To that effect, AER does its best to provide assistance in most situations in which an eligible member would suffer financial hardship due to unexpected costs. The best advice is to seek assistance regardless of the cause for the hardship. While there is guidance on what can and can't be supported, special circumstances may still warrant AER assistance."

According to Gunter, each year's campaign rises to the challenge of helping Soldiers and families during difficult times.

"Last year, over \$500,000 of assistance was provided to Soldiers and family members at Fort Rucker," she said. "The campaign last year raised \$136,000. By pooling the funds at AER headquarters, they are able to be distributed where they are needed."

“Donations of Soldiers from past generations have helped ensure the benefits of AER are available 76 years later for today’s Army.”

— BETH GUNTER,
 ARMY EMERGENCY RELIEF CAMPAIGN ORGANIZER

Castle echoed that sentiment.

"AER has a huge impact on Fort Rucker families and the Army community in general," he said. "In 2017, AER assisted almost 200 members with over \$370,000 at Fort Rucker alone. Additionally, over 60 family members were awarded over \$150,000 in scholarships. More than \$61 million in assistance was provided Army-wide in 2016."

The campaign continues through May 15, but donations are accepted year round.

"Donations can be made year round and even conveniently online at aerhq.org," Castle said. "The official fundraising campaign is meant to focus awareness of the program, and to afford the communities a timeline for training and a dedicated time to increase their efforts in support of AER. Supporting AER is important because it's the only program I am aware of that can provide assistance within hours or days and is geared specifically with the best interest of our Army families in mind. Also, it is available regardless of where you find yourself in the world, and 24/7."

According to Castle, online donations will also count toward unit totals for Soldiers.

"As long as the Soldier notes their unit when donating online, the donation will count for their unit here at Fort Rucker," he said.

The traditional categories of assistance, according to Gunter, are emergency travel, rent, utilities, essential POV repairs, funeral expenses, food and gas.

"The categories of assistance have expanded to also cover advanced travel funds if there is a delay in receipt of advance pay or dislocation allowance, minor home repairs to include repair of the heating and cooling system, purchase/repair of stoves, refrigerators, washers and dryers when es-



ARMY GRAPHIC

tablishing a new household or to repair if required, and essential furniture when establishing a new household," she said. "Providing a no-interest loan to assist in these areas can assist Soldiers and their families from further financial hardship."

According to Castle, there are additional areas of assistance AER provides that may not be as well known.

"From my experience, one of the least known parts of AER is the availability of scholarships for spouses and children of service members," he said. "While a needs-based program, a very high percentage of applicants from all financial and rank backgrounds are approved. These are programs, which can only be provided with community support through donations, allow AER to create ways to support all Army families, beyond the overall concept of preventing undue financial hardship."

The 28th AER golf tournament begins May 4 at noon with registration at 10 a.m. at the Silver Wings Golf Course.

According to Gunter, 12 percent of Fort Rucker's overall donations last year came from the \$16,000 raised due to the support of Soldiers and the community at the tournament.

For more information, visit <https://www.aerhq.org>.

ON POST

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 currently undergoing a kitchen 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 will be 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 will also be relocated to 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.

Escape room

The Center Library will host a free Harry Potter-themed escape room May 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.

W.I.N.D.

The Worthwhile Information Needing Distribution will hold its monthly meeting May 3 at Divots 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

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 kindergarten 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.



PHOTO BY NATHAN PFAU

Car seat safety class

The New Parent Support Program will host a car seat safety class on May 8 from 9:30-10:30 a.m. in Bldg. 5700, Rm. 371F. People are invited to learn how to properly install a car seat with a Certified child passenger safety technician. The CPST will also conduct car seat checks for anyone interested. People must register by May 4. For more information, call 255-3898.

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 50-cent shoe rentals per person. The all-day event is open to the public.

For more information, call 255-9503.

Hydroponics Gardening

The Fort Rucker Center Library will host a gardening workshop May 8 from 5-6:30 p.m. Tami Ziglar, master gardener, 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.

Car Seat Safety Class

The New Parent Support Program will host a car seat safety class on May 8 from 9:30-10:30 a.m. in Building 5700, Rm. 371F. People are invited to learn how to properly install a car seat with a certified child passenger safety technician. The CPST will also conduct car seat checks for anyone interested. People must register by May 4.

For more information call 255-3898.

Care Team Training

The Fort Rucker Army Community Service will host Care Team Training May 10 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. The training will cover topics including: care team overview, care team operations, SOS overview, casualty notification and dealing with loss and grief. Commanders, command sergeants major, senior spouses, FRLs, FRG leaders and other key volunteers are encouraged to attend. Attendees must register and free childcare is available with registration.

For more information or to register, call 255-9578 or 255-3161. For information on child care, call 255-3564.

Employment Readiness Program Workshop

Fort Rucker Army Community Service

DFMWR SPOTLIGHT

STORYWALK Saturday, May 5

Join the Center Library for StoryWalk on May 5 from 9-11 am along the Beaver Lake Trail. As part of the Army STRONG B.A.N.D.S. program, Center Library in conjunction with the Fitness Center will be hosting a StoryWalk. StoryWalk® is an innovative and delightful way for children—and adults—to enjoy reading and the outdoors at the same time. Laminated pages from a children’s book are attached to wooden stakes, which are installed along an outdoor path. As you stroll down the trail, you’re directed to the next page in the story.



Open to authorized patrons.

For more information stop by or call Center Library at (334)255-3885.

rucker.armymwr.com EFMP Friendly



will host the Employment Readiness Program Workshop May 10 and 24 from 8:45-11:30 a.m. in Bldg. 5700, Rm. 350. Attendees will learn essentials about how to craft a resume, prep for job interview and other helpful tips. Registration is required.

For more information or to register, call 255-2594.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

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

First United Methodist Church

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Prayer Line 347-3467 ext 321

Service Times:
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Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
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Thursday, May 3

Avengers: Infinity War (PG-13)7 p.m.

Friday, May 4

Avengers: Infinity War 3D (PG-13) 7 p.m.

Saturday, May 5

Sherlock Gnomes (PG)4 p.m.
Pacific Rim Rising (PG-13)7 p.m.

Sunday, May 6

Sherlock Gnomes (PG)1 p.m.
Acrimony (R)4 p.m.

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2018 Army Arts and Crafts contest ramps up, entries open in June

By Brittany Nelson
U.S. Army Installation Management Command Public Affairs

FORT SAM HOUSTON, Texas — Get the crafting tools ready and the creative mind flowing, it is almost time for the 2018 Army Arts and Crafts contest.

The 2018 contest, held by the Morale, Welfare and Recreation G9 division of the U.S. Army Installation Management Command, will begin taking entries June 11 through Aug 13. The competition is open to active-duty military members and MWR- authorized patrons including retirees, families and Department of the Army civilians. Each participant can enter online up to three pieces of work per category.

The categories include ceramics, digital art, drawings, fiber/textile, glass art, metal and jewelry, mixed media, paintings and wood. Winners for each first place category will receive \$300, \$200 for second place and \$100 for third.

Capt. Christopher Edmonds, who normally keeps his woodworking hobby private, entered last year's contest after hearing about the wood category. He won first place in 2017.

Edmonds, a cost benefit analyst for the Army Capabilities Integration Center at Fort Lee, Virginia, and an operations officer at the 200th Military Police Command at Fort Meade, Maryland, attributes his interest in wood working to his family heritage.

"[My] interest is hereditary as my patriarchal lineage is littered with carpenters and builders, but I honestly did not get into it myself until my late 20's," Edmonds said. "My wife needed a scrapbooking cabinet to better house her supplies and books which got me off and running."

Contestants who have received a college degree or class credits in the arts or have received professional awards enter as an accomplished artist – those who have not enter as a novice artist.

Among those returning to the contest is Monica Dahl, spouse of retired Lt. Col David Dahl. She won first and third place in the painting category for the accomplished division in 2017.

Dahl, a veteran painter, also won third place for drawing in 2015, third place and honorable mention for drawing and painting in 2012, third place for drawing and second for painting in 2011.

Dahl's works "Gratitude" and "Retired at Last" landed her first and third place in the 2017 contest. Her inspiration for "Gratitude" came from a previous piece, "Danita's Children."

"Danita started her school, hospital and orphanage in Haiti. This was a photograph of a little girl who came with her father and was so grateful for the lunch they received...that she said a prayer of thanks," Dahl said.

Dahl enjoys the craft because her pieces develop into more



COURTESY PHOTO

Monica Dahl is accompanied by her dogs in her at home art studio. She received third place in the 2011 Army Arts and Crafts contest for her drawing of her dog Hope (pictured far left). She received first and third place for paintings in the 2017 contest.

than just a picture on a canvas, they have meaning.

"Life is awesome and sacred. Each memory is a special moment in time for all of us. I can take that moment, bring it onto the canvas and keep it there for people to see as a memory that will last a lifetime," Dahl said.

Dahl mentioned that the Army Arts and Crafts contest is very valuable to beginning artists because there is no pressure and it is affordable.

"It is fun and not as heavy in competition as so many other online contests. I wish more eligible artists knew about this and would try it," Dahl said.

June is just around the corner, be sure to check out the contest website for the entry form and rules of the contest. <http://www.armymwr.com/programs-and-services/arts-and-crafts/2017-arts-crafts-contest>.

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.

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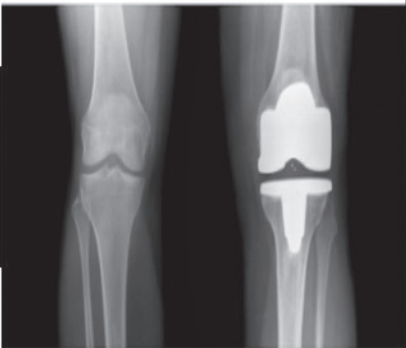


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FORE!

Silver Wings Golf Course hosts CG's tournament

By Nathan Pfau
Army Flier Staff Writer

Silver Wings Golf Course hosted the Commanding General's Golf Tournament April 28 that had teams competing in a four-team scramble during the 18-hole tournament, and although many teams competed, only one came out on top.

With a score of 57, the first-place team consisted of Darrell Allman, Chad Czarnicki, Chris Miller and Rae McInnis.

Even though for many coming out on top is the ultimate goal for competing in the tournament, some took the opportunity to simply play a friendly round with friends.

"The sport is more than just trying to win a competition," said Jeremy Dagle, retired military. "It's about getting together as a group and just enjoying each other's company."

"Most of us retired folks just happen to take up the sport because it can be a good way to relax and get together," he said. "Win or lose, we just all come out here to have a good time, and that's what really matters to me."

Being able to provide that level of fun and recreation is what the golf course hopes to be able to provide its patrons, according to Stan Tanna, SWGC business manager.

Silver Wings Golf Course boasts a 27-hole championship facility with some of the most challenging courses, said the golf course manager.

"Most places only offer 18 holes and we offer 27 holes, so we're able to accommodate a larger traffic of golfers, especially during the weekends," said Tanna. "Unless there is a big tournament going on, we're



PHOTO BY NATHAN PFAU

Sgt. 1st Class William Medlin, 1-13th Avn. Regt., lines up his putt during the Commanding General's Golf Tournament at Silver Wings Golf Course April 28 as one of his teammates, Joni Gray, retired military, observes.

normally never in a situation where we have to turn people away."

The course boasts three 9-hole courses – Red, White and Blue – each with their own challenges. The fairways are lined with trees throughout the course and change in

elevation to provide that extra challenge.

The prices for membership at SWGC are very competitive to other courses, said Tanna, and vary depending on rank and affiliation with Fort Rucker. But affiliation with the post isn't necessary to play – the

course is open to the public.

Prices for annual membership are: \$528 for ranks E1-E6, youth golfers and Gold Star spouses; \$852 for ranks E7-O3 and warrant officers; \$858 for ranks O4 and above, government employees, veterans and contractors; and \$924 for the general public. Family rates are also available.

Membership benefits include unlimited green fees, advanced tee times, discounts on merchandise in the pro shop, members-only tournaments, discounted tournament fees and more. The golf course also offers daily play, as well.

The facility also houses a fully stocked pro shop, Divots Restaurant and Grill, a banquet room and 300-yard lighted practice range.

For those who are just getting into the sport, SWGC offers classes with PGA professional Ty Anderson. Golfers can join Anderson for Afternoons on the Range or Evenings on the Range, Saturdays from 1-2 p.m. and Thursdays from 5-6 p.m., respectively. Cost is \$10 per session and must be paid at the pro shop before sessions begin.

Golfers who are more familiar with the game might be interested in joining the one of the two intramural leagues, which begin April 17 and 19. One league will play on Tuesdays and the other on Thursdays, and teams will be evenly balanced between the two leagues, said Tanna. Deadline for sign up and entry fee is Tuesday. For more information, visit SWGC or call 255-0089.

The golf course also offers dozens of tournaments throughout the year in a four-person scramble format, and the amount of teams eligible to play is limited, so people should sign up early when available.

Surgeons general testify on medical readiness at Senate hearing

By Terri Moon Cronk
Defense Media Activity

WASHINGTON — The services' surgeons general updated senators on Capitol Hill April 26 on the needs and priorities of military health programs.

Lt. Gen. (Dr.) Nadja Y. West, Navy Vice Adm. (Dr.) C. Forrest Faison III and Air Force Lt. Gen. (Dr.) Mark A. Ediger testified on the posture of the services' medical departments at a hearing of the Senate Appropriations Committee's defense subcommittee on the president's fiscal year 2019 funding request for the Defense Department's health program.

Army medicine is focusing on readiness, modernization and its people to support the priorities of the service's leaders, West said.

"Readiness permeates everything we do and has two essential components: an Army that is ready and a medical force within our Army that is ready," she told the senators. "And readiness begins with a fit and healthy Army that serves as the foundation of a strong national defense."

Army medicine has incorporated lessons learned from military operations in Afghanistan and Iraq to modify or create capabilities to better support warfighters' needs, she said.

Such lessons, for example, led to the Army's new expeditionary combat medic program and its expeditionary resuscitation surgery program, which is expected to decrease morbidity and mortality during high-intensity conflict, West said.

"It will also increase our ability to provide prolonged battlefield care in the current and future environments we will be operating in," she added.

Army medicine modernization efforts include partnering with academic institutions and industry to develop innovative solutions and counter measures to protect the force in any environment, she noted.

"The strength of our Army is our people," West said. "The ability to recruit, develop, employ and retain our soldiers who are agile, adaptable, skilled medical professionals is vital for us to accomplish our mission."

READINESS AND SUPPORT

"Our greatest responsibility continues to be the readiness and support of a highly deployed Navy and Marine



PHOTO BY MARCY SANCHEZ

Medical personnel from William Beaumont Army Medical Center on Fort Bliss, Texas, prepare for treatment of a simulated postpartum hemorrhage using the center's new simulation system, which provides cutting-edge scenarios for training to medical staff, March 29.

Corps team," the Navy surgeon general said.

"Much of the success that we saw in saving lives on the battlefield during our most recent conflicts can be directly attributable to the heroic work of our first responders – our corpsmen, medics and technicians," Faison told the panel.

To address emerging challenges, the Navy surgeon general noted, Navy medicine has launched a comprehensive program targeted at preparing corpsmen to meet their lifesaving responsibilities and missions whether aboard a destroyer at sea or embedded with the Marine Corps in conflict.

Navy medicine continues to conduct worldwide research and development in support of its warfighters and their deployment readiness, he said. "These efforts range from trials of new malaria vaccine to assessing the threats of the newly discovered viruses in far-reaching corners of the world, he told the panel. "Our researchers are also directly engaged with the naval aviation community in conducting vital research aimed at understanding and mitigating physiologic episodes affecting air crew in tactical aircraft."

SURGICAL TEAMS AND CRITICAL CARE

Air Force medicine in 2017 revamped its surgical teams by changing their composition, training and equipment to increase independence and agility in coordination with the

other services in the military health system, Ediger said.

"They are known as ground surgical teams consisting of only six airmen proven capable of trauma stabilization and damage control surgery in remote settings," he explained. "We are building more ground surgical teams to increase our capacity to respond to the combatant commands."

Critical care during medical air transportation has become transformational for medical support to combat operations, Ediger noted. "We are responding to a significant increase in operational requirements for critical care air medical transport teams by repurchasing end-strength into critical care skill sets."

And to keep trauma and critical care teams ready, the Air Force implemented in 2017 standards for keeping deployable teams ready, specifying the annual frequency and mix of clinical procedures necessary to sustain readiness, he said.

Air Force medicine also increased its partnerships with premier institutions, which has resulted in highly effective readiness platforms for its trauma and critical care teams, the Air Force surgeon general said.

"We are working to implement a framework in close collaboration with the Army, Navy, Joint Staff and Defense Health Agency that will produce meaningful reform to health care delivery while implementing a new approach to sustaining a ready medical force," Ediger said.



PHOTO BY AIR FORCE SENIOR AIRMAN DELANO SCOTT

Air Force Capt. Michael Guindon, 374th Medical Group pediatrician, examines a young patient's ear at Yokota Air Base, Japan.

NOT ONE TO IGNORE

Ear infections common problem among children

Military Health System

Communications Office Staff Report

FALLS CHURCH, Va. — Between the fussiness, ear-tugging, or hearing issues, parents know when something's not quite right with a child's ears. Some children may show few symptoms, while others experience pain and swelling. But the diagnosis is generally the same: an ear infection.

"If you have a child, you'll most likely deal with an ear infection at some point, since most children by 3 years of age have had at least one," said Dr. Thomas Gallagher, a pediatric ear, nose, and throat specialist at Naval Medical Center Portsmouth in Virginia.

According to the National Institute of Deafness and Other Communication Disorders, five out of six children will experience an ear infection by the time they are 3 years old. An ear infection is defined as inflammation in the middle ear, located between the eardrum and inner ear, the NIDCD says.

Ear infections tend to be common among infants and toddlers, especially during a child's first year, said Gallagher. An acute infection, one of the two the most common types of ear infection, is usually caused by bacteria. The National Institutes of Health said common symptoms of ear infections include unusual irritability, difficulty sleeping, fever, ear pain, and tugging at one or both ears. A sudden loss of balance, hearing difficulties, and fluid draining from the ear can also indicate an ear infection.

Air Force Lt. Col. Stephen Maturo, pediatric ear, nose, and throat specialist at Walter Reed National Military Medical Center in Bethesda, Maryland, said children are prone to more upper respiratory tract infections as their immune systems are developing.

"Many times children can be managed with over-the-counter medication for pain, and the infection gets

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



TRIVIA

Super Crossword FIRST OF THE FIFTH

- ACROSS**
- 1 Reprimand sharply
7 Linguine, e.g.
12 Fed. accident investigator
16 Obstinate beast
19 Get creative
20 "I do" locale
21 In — (as first found)
22 A few Z's
23 Big name in economics
26 Cincinnati-Detroit dir.
27 British pop singer Rita
28 Hideous sort
29 Suffix with prefer
30 Smidgen
31 "— My Heart" (Toni Braxton hit)
35 Date system of ancient Yucatán natives
39 Igloo dweller
41 French "sea"
42 Candy wafer brand
43 "I'm appalled to report that ..."
49 Drifted about
52 Film director Nora
- 53 Cariou of the stage
54 Mill fodder
56 Public radio host Glass
57 Of Laos, e.g.
58 Poddled plant
59 Inner beings
61 Land — (sleep state)
63 Gloater's syllable
64 Aioli
67 With
46-Down, genuine article
69 Prefix with refundable
70 Big brand of faucets
71 Hot dog in a classic jingle
78 Part of LSAT
82 Ruckus
83 Sleuths' jobs
84 Abbr. for the Blue Jays
85 Disorder
86 Tourist's aid
87 Asks for
89 — -jongg
90 Brandy's sitcom role
91 Downhill trail
93 Supreme Court appointee of 2009
97 Continental coins
- 99 French "here"
100 "Look — did!"
101 Best Actor of 2014
106 Inaction
110 12:00 p.m.
111 Injure badly
112 Sprint, e.g.
114 B&B, e.g.
115 Certain 4x4
116 Mansion House resident
122 Apply
123 "That hurt!"
124 Author Dahl
125 Skin and hair care brand
126 At all times, poetically
127 Tennis star Arthur
128 Full of foam
129 5/1 festival that's apt for this puzzle's eight longest answers
- DOWN**
- 1 Jewel
2 Bejewel, e.g.
3 Post-injury program
4 Mo. neighbor
5 24-hr. cash cache
6 Chai, e.g.
7 Hunger sign
8 Make panic
9 Enter like the sun's rays
10 Tiny little bit
11 Genesis boat
12 "Bye Bye Bye" band
13 Soup holder
14 Winner of six Super Bowls
15 Double-decker, e.g.
16 What "A.D." stands for
17 Gifted world traveler?
18 Javelin
24 Li'l Abner's surname
25 Nighttime, poetically
30 Old Peru native
32 Three cheers?
33 NBAer Brand
34 Long time period
36 "Certainly"
37 Elbow site
38 Zone between biomes
40 Actress Liv
43 Cruel
44 "— -daisy!"
45 — Pet (novelty gift)
46 See 67-Across
47 Spanish "water"
48 Once every 12 mos.
50 Greek Cupid
51 Miami-County
55 Chemical relative
58 King's home
59 Garbage boats
60 1980s Dodge
62 Strike at something but not hit it
64 Shapely leg, informally
65 Regarding
66 Neither here — there
68 Effacement
71 Resistor units
72 Drench
73 Saved with the same filename, say
74 Tibetan oxen
75 Canadian gas name
76 Guesses at LAX
77 Not at all, in dialect
79 Effortless
80 Artsy NYC area
81 Old Russian bigwig
85 Title for a French nobleman
88 Immense
89 Major artery
90 Grumble
92 Botch up
94 Vardalos of Hollywood
95 Frigid
96 Larcenist
98 Look (for)
101 Happen next
102 Immerse
103 "Which way — go?"
104 "Delicious!"
105 Noble Brits
107 Supported temporarily, with "over"
108 Get — good thing
109 Peeve
113 Surname of Buffalo Bill
116 Mauna —
117 Ovid's "— Amatoria"
118 "Says —!"
119 Flee hastily
120 In vitro cells
121 Waterloo marshal Michel

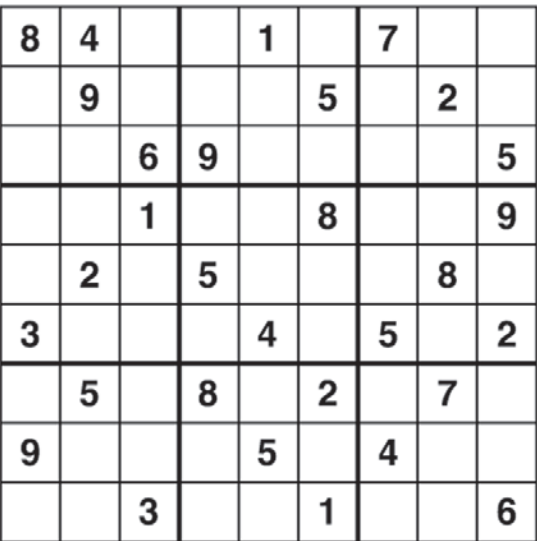


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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

RIDDLE CARD

1. When was beef the highest?
2. What does the cartoonist like to draw best?
3. When is a doctor most annoyed?
4. Which burns longer, a wax candle or a tallow candle?
5. What can turn without ever moving?

Answers: 1. When the cow jumped over the moon. 2. His salary. 3. When he's out of patients. 4. Neither. 5. Milk; it can turn sour.

PITCH AND SPELL! Using the baseballs, knock down one pin at a time so that a new word is spelled out on the remaining pins.

Answer: The solution is: Hearst, head, heart, eat, at, a.

Junior Whirl

by Charles Barry Townsend

Illustrated by David Coulson

A WORD BRIDGE

The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. A type of saw.
2. A type of paper.
3. Something forbidden.
4. To become smaller.
5. To feel poorly.
6. A type of window.
7. Used in basket-making.
8. Found in history books.
9. Speaks all languages.
10. A bad thing to do.

Answers: 1. Rip (saw). 2. Sand (sandpaper). 3. Taboo. 4. Wane. 5. All. 6. Bay. 7. Came. 8. Dishes. 9. Echo. 10. F.B.

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N E H V N E C A P B L E A
2 7 3 6 3 6 3 5 8 3 5 7 6
S C T E U N A O N L M H T
3 8 5 3 4 6 3 7 8 6 5 8 4
S C E U C O C E E L I D O
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I N C C U U F R R E E S E
4 3 5 4 7 8 4 7 8 5 8 5 7
A S A G R A E F C S T E U
2 5 8 6 2 8 2 7 8 2 8 2 8
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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Answers: 1. Floating in water. 2. Shovel in ground. 3. Truck in background. 4. Fence top is different. 5. Chip is missing. 6. Shovel is missing. 7. Truck is missing. 8. Shovel is missing. 9. Truck is missing. 10. Shovel is missing. 11. Truck is missing. 12. Shovel is missing. 13. Truck is missing. 14. Shovel is missing. 15. Truck is missing. 16. Shovel is missing. 17. Truck is missing. 18. Shovel is missing. 19. Truck is missing. 20. Shovel is missing. 21. Truck is missing. 22. Shovel is missing. 23. Truck is missing. 24. Shovel is missing. 25. Truck is missing. 26. Shovel is missing. 27. Truck is missing. 28. Shovel is missing. 29. Truck is missing. 30. Shovel is missing. 31. Truck is missing. 32. Shovel is missing. 33. Truck is missing. 34. Shovel is missing. 35. Truck is missing. 36. Shovel is missing. 37. Truck is missing. 38. Shovel is missing. 39. Truck is missing. 40. Shovel is missing. 41. Truck is missing. 42. Shovel is missing. 43. Truck is missing. 44. 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OFFICIALS: Parents should remain on lookout for food allergies in children

Military Health System
Communications Office
Staff Report

FALLS CHURCH, Va. — Rachel Conley lived relatively allergy-free. But when two of her three children were diagnosed with severe food allergies as infants, her life changed. She had realized something was wrong soon after her first daughter was born.

Conley, who was breastfeeding her infant daughter, noticed she seemed to be in constant discomfort. Her daughter developed severe skin issues, began vomiting, and had blood in her diaper.

“As a mother, my instinct is to fix things as quickly as possible, and I was determined to do anything that I could to make her feel better,” said Conley, who’s married to a Coast Guardsman. “It’s hard as a parent to see your child in pain, especially when they can’t explain what’s wrong so that you can immediately fix it.”

At her doctor’s urging, Conley removed high-allergen foods – soy, milk, wheat, shellfish, nuts, and eggs – from her own diet while breastfeeding. As a parent, the trial-and-error approach seemed daunting and slow at first, but after six weeks of following a bland diet, her daughter’s symptoms started to clear up.

Allergies occur when the body has an immune response to certain triggers, such as food, pollen, or pet dander. The body creates antibodies to fight off the allergen so when a person comes into contact with it again, the antibodies release chemicals, such as histamine. This triggers an allergic reaction that can include symptoms like a runny nose, itchy skin rash, tingling, swelling, pain, or wheezing.

Dr. Ronald DeGuzman, allergist at Fort Belvoir Community Hospital in Northern



PHOTO BY AIR FORCE AIRMAN 1ST CLASS AUSTIN HARVILL

Air Force Senior Airman Catherine Settles, 633rd Medical Group aerospace medical technician, numbers a baby’s back to record which allergen will be applied for a skin prick test at U.S. Air Force Hospital Langley, Virginia.

Virginia, said most allergic reactions to food are due to ingestion of milk, eggs, shellfish, wheat, soy, and nuts. Allergies to milk, egg, soy, wheat and peanuts are more common in infants, he said.

“Most children outgrow these allergies as adults,” said DeGuzman, but added that in some cases, food allergies can develop later. A 2014 national health survey conducted by the National Center for Health Statistics found 5.4 percent of children under the age of 18 have food allergies.

According to the Centers for Disease Control and Prevention, children with food allergies are two to four times more likely to have asthma or other allergic reactions than children without food allergies. And the prevalence of food allergies among children has increased 18 percent between 1997 and 2007. Food allergies are less common in adults, but affect al-

most 15 million Americans overall.

Food allergies can produce skin reactions like hives and eczema. An allergic reaction can also cause redness and swelling of the face, lips, tongue, mouth, or extremities. Other signs include abdominal pain, nausea, vomiting or diarrhea, sneezing, coughing, shortness of breath, and light-headedness.

“If a child shows symptoms of an allergic reaction, the first step is to see a primary care provider,” said DeGuzman. “Providers are able to tease out possibilities and send patients to an allergist if needed.”

If a child shows severe symptoms quickly, such as trouble breathing, DeGuzman recommends going to a hospital to get evaluated immediately as some allergies can be life-threatening. Allergies can be identified through a variety of

tests, but the most important factor for diagnosis is a patient’s history, said DeGuzman. This can help providers decide if an allergy runs in the family, if the reaction is caused by something other than an allergen, or if an allergy test is necessary.

The type and reliability of the test depend on what allergies providers are looking for in a patient. For example, for allergic asthma, a skin prick or blood test for up to 50 different allergens in the environment that can cause upper or lower respiratory symptoms. However, taking a test isn’t always the answer.

“When we do an allergy test, we’re looking for an antibody that you make for a specific allergen,” said DeGuzman. “The problem is, the test only shows that you make the antibody. Some people who test positive for antibodies are able to tolerate the allergen, meaning they may just be sensitized, rather than allergic, to that substance.”

Depending on the type and severity of an allergy, treatment can also vary. It can involve a diet, environmental, or lifestyle change to avoid or lessen immune responses to triggers, or medications such as over-the-counter allergy pills, said DeGuzman. If something appears to cause a problem, avoid it if possible, he advised.

For Conley’s daughters, the allergies have never fully gone away, but the family has learned to manage them. Conley continues to keep all high-allergen foods out of her house and often wipes down public spaces to ensure that her daughters don’t come into contact with an allergen, she said.

“Parents are the best advocates for their children,” said Conley. “You know your child better than anyone else, and you know when something doesn’t feel quite right. I encourage parents to follow their instincts and discuss that with a doctor.”

Ear infection

Continued from Page D1

better on its own,” said Maturo. This is often the case for children who are older than six to 12 months and those who do not have severe symptoms, such as a high fever, he added.

A child can also experience what is known as otitis media with effusion, or OME. According to the NIH, an OME occurs when an ear infection has run its course, but mucus remains in the middle ear. The Eustachian tube, which runs from the middle of each ear to the back of the nose, drains the fluid produced in the middle ear. An infection can occur when the tube becomes restricted or blocked and fluid builds up. A child’s Eustachian tube is more horizontal than that of an adult, so fluid does not drain as well, said Maturo.

An OME infection is usually caused by an ear infection that has resolved. It is also associated with allergies and irritants, such as cigarette smoke, said Maturo. When the fluid or swelling does not go away or continues to come back, the condition is also known as chronic middle ear effusion.

“Treating the chronic ear fluid [OME] with antibiotics isn’t necessary because it is usually ineffective,” said Gallagher. Instead, doctors will monitor the middle ear and re-examine the patient every few months after the diagnosis, making sure the fluid is gone. There are special situations, such as cases in children with syndromes and craniofacial disorders, where observation is not appropriate, he added.

According to the NIDCD, some children can continue to experience middle ear infections – up to five or six times a year for some. If the infection does not get better and fluid

remains in the middle ear, children may have tubes put into the ear to help drain the fluid. This is the most common surgery performed on children in the United States, said Maturo.

Although ear infections are common among children, risk can increase if a child has a poor immune system, has been exposed to secondhand smoke, or spends time in a day care setting, Maturo said. He recommends children receive all of their vaccinations and always wash their hands. Additionally, avoid giving babies and infants drinking bottles while they’re lying on their backs.

“Ear infections are one of the most common reasons for visits to a physician,” said Maturo. “It’s not always preventable, but taking steps to help our children stay healthy, and consulting a doctor when something doesn’t seem right, can help.”

FORT RUCKER SPORTS BRIEFS

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.

Youth Extreme Fitness registration

Fort Rucker Child and Youth Services will run registration for its Youth Extreme Fitness program May 1-31. The program will be both challenging and rewarding, according to organizers. Parents should understand that the program is intended to push children beyond their normal comfort zone, both mentally and physically. The program is open to youth ages 8-18. The event will run June 4-29 from 6-7 p.m. on the youth sports football fields. Workouts will include low crawling, tire flipping, pulling rope, running and sled pushing. Participants will need to have a current sports physical and valid CYS membership.

For more details or to register, call 255-9638 or 255-2254.

Hunting Incentive Program

Fort Rucker Outdoor Recreation is offering a Hunting Incentive Program to help control the coyote and feral pig population from May 1 to Aug. 31. The first five registered hunters who dispatch two coyotes or five hogs and bring them in to ODR will receive a free Fort Rucker Post Hunt-

ing Permit for the 2018-2019 hunting season. Hunters must possess a valid Alabama state hunting license, Fort Rucker hunting permit and a hunter education completion card. Hunters also must be a registered participant of the Hunting Incentive Program. All dispatched animals must be brought to ODR or the Fort Rucker Game Warden during business hours. An individual record will be created for each hunter at the time they bring in their dispatched animals. Additionally, the hunter will be asked to remove the animal’s tail, so it cannot be claimed by another hunter. Hunters may email pictures after hours to ODR with the hunter and the dispatched animal in front of one of the weigh stations. Hunting on Fort Rucker is open to the public.

For more information, call 255-4305.

ATV, dirt bike trail ride

Fort Rucker Outdoor Recreation will host its ATV and dirt bike trail ride May 5 from 7 a.m. to 1 p.m. Pre-registration is required, and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear including helmets, boots, etc., that must be worn at all times. This event is open to the public for ages 16 and up.

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

Thursday Evenings on the Range

Silver Wings Golf Course hosts its Thursday Evenings

on the Range with PGA professional Ty Andersen Thursdays from 5-6 p.m. at the driving range. Cost is \$10 and can be paid at the pro shop before the session starts. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Saturday Afternoons on the Range

Silver Wings Golf Course hosts its Saturday Afternoons on the Range with PGA professional Ty Andersen Saturdays from 1-2 p.m. Cost is \$10 and can be paid at the pro shop before the session starts at the driving range. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Disc golf

The Directorate of Family, Morale, Welfare and Recreation offers disc golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. A type of sherry
2. -40 degrees
3. Benjamin Franklin
4. Quebec
5. 40-47
6. “The Hunchback of Notre-Dame”
7. Six points
8. Saint Helena, an island off the African coast
9. Mount Sinai
10. Hammerfest, Norway



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