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ARMY FLYER

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HONORING THE FALLEN

Fort Rucker remembers those who made ultimate sacrifice

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker honored the more than 1.2 million service members who gave their lives in service to the nation since the Revolutionary War.

The Fort Rucker Memorial Day Ceremony was held at Veterans Park May 25 where people paid respects and honored not only the service members who sacrificed, but the families of those who paid the ultimate price for the nation.

“Each of those heroes had families and cherished loved ones and friends, and each was a loss, not only to that family, but to a community and to our nation,” said Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general. “We owe the survivors and the families of our fallen heroes a debt of eternal gratitude, and we renew our pledge to continue to honor and

support them.”

During the ceremony, Gayler, along with CW5 Joseph B. Roland, chief warrant officer of the Aviation Branch, and Command Sgt. Maj. Brian N. Hauke, command sergeant major of the Aviation Branch, laid a wreath in honor of fallen service members.

“On this day, we honor the ideals and the values of those Soldiers – what they stood for and what they died for,” said the commanding general. “That spirit of remembrance is alive and well throughout the Wiregrass, and we are blessed to live here.

“All across our nation the flow-ers of the season are beginning to break through hallowed ground, and it is symbolically proclaiming that there is hope in the face of hardship – that there is life to be remembered where the stem meets the soil,” he said. “It’s their stories that form the fabric of this

SEE FALLEN, PAGE A7



PHOTO BY NATHAN PFAU

Maj. Gen. William K. Gayler, USAACE and Fort Rucker commanding general, along with CW5 Joseph B. Roland, chief warrant officer of the Aviation Branch, and Command Sgt. Maj. Brian N. Hauke, command sergeant major of the Aviation Branch, lay a wreath in honor of fallen service members during a Memorial Day Ceremony at Veterans Park May 25.



ARMY PHOTO

The two Soldiers who will represent the U.S. Army Aviation Center of Excellence at the Training and Doctrine Command level Best Warrior competition in July are USAACE Non-Commissioned Officer of the Year Sgt. 1st Class Jonathan E. Bunch, senior small group leader for the maintenance branch at the Non-Commissioned Officer Academy; and Soldier of the Year Private 1st Class Tierra K. “Lani” Cabana, air traffic controller with A Company, 1-11th Aviation Regiment, 110th Aviation Brigade.

‘Best Warriors’ prepare for TRADOC-level competition

By Kelly P. Morris
USAACE Public Affairs

After winning the three-day ‘Best Warrior’ competition here in May, two Fort Rucker Soldiers now set their sights on the next round of competition at the Training and Doctrine Command level at Fort Gordon, Georgia, in July.

The two Soldiers who will represent the U.S. Army Aviation Center of Excellence are USAACE Non-commissioned Officer of the Year Sgt. 1st Class Jonathan E. Bunch, senior small group leader for the maintenance branch at the Non-Commissioned Officer Academy; and Soldier of the Year Private 1st Class Tierra K. “Lani” Cabana, air traffic controller with A Company, 1-11th Aviation Regiment, 110th Aviation Brigade.

SEE BEST WARRIORS, PAGE A7

‘FATHER TO THE A-10 THUNDERBOLT’

AH-56 Cheyenne still an aircraft ‘way ahead of its time’

By Nathan Pfau
Army Flier Staff Writer

The RAH-66 Comanche that currently sits in the U.S. Army Aviation Museum is an eye-catching aircraft that many considered ahead of its time, but there was another that came before it that shared the same rigid-rotor design concept, as well as the fate of simply being born too soon.

The AH-56 Cheyenne was the culmination of Lockheed’s foray into helicopter development that utilized the rigid rotor system seen on the aircraft’s predecessors, the CL-475 and the XH-51, said Bob Mitchell, U.S. Army Aviation Museum curator.

In 1966, Lockheed was awarded a contract by the U.S. Army for 10 prototypes using this revolutionary design, and because of it the Cheyenne was capable of speeds still considered impressive by today’s standards, he added.

“It’s an enormous aircraft and it was capable of great speeds – that was one of the main reasons (the Army) wanted the program,” said Mitchell. “(The Cheyenne) had a set of aerodynamic wings on it, so the faster the aircraft went, the more the rotor loads were reduced.”

At a length of more than 54 feet, the aircraft was very sizeable for its time, and with a cruising speed of 195 knots and a maximum speed of 212 knots, the aircraft blew past the competition. Comparatively, today’s AH-64 Apache helicopters have a cruising speed of 158 knots and a top speed of 197 knots.

“It was a spectacular concept, and it’s an aircraft that still to this day is way ahead of its time,” said the museum curator.

The aircraft also featured a pusher propeller in addition to the tail rotor that was able to be manipulated by the pilot, which gave the operator more control in high-risk situations, such as diving fire, said Mitchell.

“One of the key factors in gunship operations – certainly when conducting diving fire – is that your speed



COURTESY PHOTO

Two versions of the AH-56 Cheyenne sit in the U.S. Army Aviation Museum’s collection in storage. One of the aircraft is currently under contract for restoration.

builds exponentially, so you only have a couple of seconds to acquire, engage then start your recovery,” he said. “On the Cheyenne, the pilot could enter his dive, then reverse thrust on the pusher to slow the aircraft down considerably, allowing him to fixate on the target, fire and then start his recovery. For that reason alone it was a beautiful gunship.”

The aircraft was ahead of its time not only in design, but in its fire controls systems, as well, said the museum curator.

The Cheyenne program wasn’t without its faults, though, and early on in the program there were issues with the rotor system that resulted in a few accidents, including one fatal accident where the rotor system made contact with the fuselage.

There are three different types of rotor systems that were tested on the Cheyenne, and the museum currently houses two of the versions in its collection.

Despite early setbacks, Lockheed continued with the program to provide the Army with a gunship that could also serve as close air support, something that typically fell under the Air Force’s purview, said Mitchell. Although the Cheyenne was shaping up to be a very capable aircraft, not unlike many programs before it, cost led to the ultimate demise of the program.

“This was the late 1960s and the cost per aircraft (was in the millions), so when (Bell) came out with the Cobra, which was a fraction of the cost, they couldn’t justify it,” said the curator. “The Army also looked at the commonality because they already had the Huey, and the Cobra was essentially a repackaged Huey, so the parts were interchangeable. That was probably the biggest factor that killed the program.”

Although the Cheyenne program never found its place in Army Aviation, that doesn’t mean that the program was a failure, said Mitchell.

“Those technologies that were tested back in the 60s and sat on a shelf are now being taken off the shelf, dusted off and being applied to new designs,” he said. “With every bold idea – whether it survives or fails – comes bold technologies that are applied on other airframes. For that reason, it was a good program.”

Additionally, it’s because of the Cheyenne program that the A-10 Thunderbolt was developed, said Mitchell.

“I like to refer to the Cheyenne as the father of the A-10 program, because after that, the next aircraft the Air Force would design would be the A-10 Thunderbolt for close air support,” he said. “Now, because of the Cheyenne, we finally got a dedicated aircraft for close air support.”

PERSPECTIVE

Reducing stigma of mental health care supports overall wellness

By USPHS Capt. Robert DeMartino
*Acting Deputy Assistant Secretary of
Defense for Health Services Policy and
Oversight*

SILVER SPRING, Md. — If you broke your arm, came down with pneumonia, or your child had a severe earache, you wouldn't think twice about going to the doctor and getting treatment.

Maintaining our health and receiving effective treatment for ourselves and our loved ones is a duty and responsibility.

But what if the injury isn't accompanied by physical pain, an X-ray finding, or an abnormal lab test? What is our duty and responsibility when it comes to good mental health?

Too often, service members, retirees and their family members suffer the pain of stress, sadness and worry without considering seeking care. And while some pains, like a simple headache, can be easily cared for at home, others require the attention of caregivers who can guide you toward relief and recovery.

During Mental Health Awareness Month, leaders and health care providers in the Military Health System are stressing that mental health is as important as physical health.



COURTESY PHOTO

DeMartino

Mental health is not a luxury. It affects our quality of life and our ability to accomplish the mission at hand. Our culture stigmatizes mental health conditions and seeking treatment, but we can chip away at this stigma by examining our own beliefs about mental health and challenging ourselves to consider what health is without mental health.

In the MHS, we actively promote available resources, and encourage everyone to get the help they need. The Department of Defense's commitment to health care is evident through mental health assess-

ments, counseling, family support services and treatment.

The MHS shows its commitment to mental health care through unparalleled support and quality of care, and also by the way we allocate care. We encourage service members to ask for help, train our providers to provide the best care possible, and ensure crucial resources are available.

A critical element of ensuring the mental health of our service members, retirees, and their families is making it easy to find and receive care and support. The MHS provides individual, marriage and family therapy, as well as intensive outpatient and inpatient care, available both in and outside our military treatment facilities. These avenues are only part of the available support, which also includes chaplain support in all the services, Army and Marine Corps community services, Fleet and Family Support Centers, military family life counselors, crisis lines, hotlines, Military OneSource, and a dozen other support programs that can directly provide assistance or get you to the right place to receive care.

We've updated our policies so they're in line with the needs of our service members, retirees, and their families, including an update to the TRICARE policy to

ensure beneficiaries gain better access to mental health care at lower costs. The policy update removed limits on the length of stay for beneficiaries in inpatient mental health treatment and residential treatment care for adolescents and children. It also took away limits on the number of annual visits beneficiaries are allowed for various mental health services, also reducing co-payments and cost-shares.

In the MHS, we hold ourselves accountable in the mental health field by keeping track of our progress. When beneficiaries ask how well we provide care, our goal is to communicate thorough and honest information. We use short questionnaires, either self-administered or given by the provider, to determine how well our beneficiaries do with the care provided and what we need to do to improve that care.

We work hard to make sure the members of the military and their families have access to support and mental health services. Taking care of our psychological well-being is a personal responsibility because mental health is a critical part of our overall health.

Help raise awareness and keep the conversation going — not just during Mental Health Awareness Month, but every day of the year.

NEWS BRIEFS

Installation of Excellence Recognition Ceremony

Fort Rucker will host its Installation of Excellence Recognition Ceremony June 14 at 10 a.m. in the U.S. Army Aviation Museum. The post will receive its Commander in Chief's Annual Award for Installation Excellence and Army Communities of Excellence Gold awards at the ceremony.

Change of responsibility

The Fort Rucker Garrison will host a change of responsibility ceremony June 15 at 2 p.m. in the U.S. Army Aviation Museum. Command Sgt. Maj. Jasper C. Johnson will assume responsibility from Command Sgt. Maj. Christopher D. Spivey.

Clinic closure

Lyster Army Health Clinic will close at 11 a.m. June 22. The clinic will remain open all day on the third Wednesday of the month, June 20. The Fort Rucker Army Wellness Center will also close at 11 a.m. June 22.

Army Wellness Center

The Army Wellness Center offers free health and wellness classes to all Soldiers, family members, retirees and Department of Defense civilians. All classes are held at the Army Wellness Center in Bldg. 4102.

- Healthy Sleep Habits — June 5 at 11:45 a.m.
- Upping Your Metabolism — June 7 at 6:30 a.m., June 18 at 11:45 a.m. and June 28 at 1 p.m.
- Exercise Prescription and Goal Setting — June 12 at 11:45 a.m. and June 26 at 11:45 a.m.
- Stress Management — June 14 at 11:45 a.m.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The

meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Healthy cooking class

Lyster Army Health Clinic will host its next healthy cooking class June 20 at noon. This month's recipes include easy gluten-free meals.

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.

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.

Lyster update

To keep track of goings on at Lyster

Army Health Clinic, people can check out the clinic's Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times. People can also visit the clinic's Twitter feed at @LysterAHC.

You Made the Grade

For 17 years, the Army and Air Force Exchange Service's You Made the Grade program has been a cornerstone of military life. Now, students who participated in the program as children are passing it on to another generation of military students—and the exchange is ready to honor their achievements. In recognition of military students who excel, the exchange is rewarding high-achieving scholars in first through 12th grades who maintain a B average or better with a coupon book filled with free offers and discounts.

"The Exchange appreciates the strength and resiliency of all military children," said Air Force Chief Master Sgt. Luis Reyes, the exchange's senior enlisted adviser. "To excel academically while dealing with frequent moves, deployments and parents' long working hours is a significant achievement. That's why the exchange has rewarded military students for 17 years running with the You Made the Grade program."

The You Made the Grade booklet includes coupons for free food and other offers that are valid through July 31. The booklet also includes an entry form for the You Made the Grade semiannual sweepstakes. Students can enter to win exchange gift cards worth \$2,000, \$1,500 or \$500. Entries can be submitted twice per year, with drawings typically held in June and December.

Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at their local exchange's customer service area. Eligible participants can pick up one booklet for each qualifying report

card.

Students and guardians can contact their local exchange for more information about the Exchange's You Made the Grade program. Contact information for your nearest store can be found at shop-myexchange.com/exchange-stores/.

Students can send You Made the Grade sweepstakes entry forms, which are included in the coupon booklets, to: You Made the Grade, PO Box 227398, Dallas, TX 75222-7398.

Military pay briefing

The Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement) is offered as a weekly group briefing. The ETS briefing is held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

Pay office closure

The Defense Military Pay Office closes at 12:30 p.m. on Wednesdays. Also, beginning Tuesday, DMPO office hours will change to 7:30 a.m. to 3:30 p.m. Mondays-Tuesdays, 7:30 a.m. to 12:30 p.m. Wednesdays, and 7:30 a.m. to 3:30 p.m. Thursdays and Fridays.

ID card section closure

The Fort Rucker ID Card Section will close from 2:15-4:15 p.m. for training the second Wednesday of every month.

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

Workshop educates spouses on federal hiring process

By Nathan Pfau
Army Flier Staff Writer

Applying for a federal job is different than applying for work in the private sector, and Army Community Service is doing its part to make sure military spouses have a leg up when searching for meaningful work in the federal job market.

Fort Rucker ACS hosted The Stars are Lined Up for Military Spouses May 23, a federal job workshop aimed at teaching military spouses how to navigate the inner workings of the federal job market, which Bobbi Rossiter, Ten Steps to a Federal Job Program manager, said can be difficult for people to do if they don't know the right steps to take.

Applying for a federal position is different than applying for work in the civilian market, so those who are looking to do so need to know how to navigate the proper channels in order to get their applications noticed, said Rossiter.

"It is very different," said the program manager. "One of the tips that I always give to military spouses is to apply for positions (you don't really want) before you even think about applying for one seriously – just do a couple of test applications. That way you get familiar with the experience because it's nothing like you've ever had to do before."

Rossiter, a military spouse of 10 years, has gone through the process multiple times, and having had the opportunity to adjust, said she wanted to share her knowledge with others to be able to showcase the opportunities that could be open to them, as well.

"I talk about Military Spouse Preference (within the federal job program)," she said. "What I get into is how they use their (MSP) to apply for federal jobs. (The program) is governed by Executive Order 13473, which most spouses don't really know about, so I'm essentially spreading awareness and empowering them with more information."

Throughout the workshop, Rossiter speaks to spouses about how to use the MSP, as well as how to write a résumé to fit the criteria for the job they are applying, which she said is a vital part of the application process.



PHOTO BY NATHAN PFAU

Bobbi Rossiter, Ten Steps to a Federal Job Program manager, conducts a workshop aimed at educating military spouses on how to navigate the federal job market May 23 at Bldg. 5700.

In addition to learning how to write a proper résumé for the federal job market, she also hits on the importance of networking and making connections at each duty station.

"Networking is a big part of it," said Rossiter. "We have so many people who have worked their way into positions just by finding out ahead of time that these positions were out there, so I'm very much pro networking."

"I encourage spouses to join military spouse groups on (social media) – anything to help network their way in," she said. "Military spouses helping military spouses is how we stay informed. It's about knowing when the opportunity is there and then presenting yourself as the right candidate

for that opportunity."

Shelley Hansen, military spouse, attended the workshop and said although she's worked in the federal government before, she wanted to learn how to get herself noticed since she's been out of the federal job market for some time.

"It's just kind of a conundrum for me in trying to figure out how my résumé needs to look because it's so different from the traditional résumé," said Hansen. "I just wanted to know how I can be competitive in that market and learn how to make my résumé fit the criteria of the job that I'm working for."

Being able to provide that kind of knowledge is the reason that Mike Kozlowski, ACS Employment Readiness Program

manager, said the workshop was necessary.

"For a long time, many military spouses have been clueless about how to apply for federal jobs by using a preference and how to best look at creating an impactful, winning résumé for a federal job," said the ERP manager. "This is a useful tool for them, and most of my clients are military spouses, so that's why I want to be able to offer this for them."

The workshop for spouses was the first of its kind offered on the installation, but with the need for knowledge apparent, Kozlowski said he will continue to offer the program geared toward spouses.

"This was just the first class and I want to keep this going," he said.



IN REMEMBRANCE

PHOTOS BY JEREMY HENDERSON

Members of the 195th Assault Helicopter Company gathered with family and friends at Fort Rucker's Veterans Memorial Park May 18 to dedicate a monument honoring 11 Soldiers who paid the ultimate sacrifice during their service in the Vietnam War. After the unveiling of the monument, family members of the 11 heroes whose names are engraved on the monument placed a rose at its base in honor of the fallen.





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‘AMERICA’S GREATEST HEROES’

Trump, defense leaders honor the fallen

By Lisa Ferdinando
DOD News

WASHINGTON — America will forever remember the service and sacrifice of those who fought and died for the nation’s freedom, President Donald J. Trump said May 28 at the Memorial Day observance at Arlington National Cemetery.

Trump, escorted by Defense Secretary James N. Mattis and Maj. Gen. Michael Howard, commanding general, U.S. Army Military District of Washington, laid a wreath at the Tomb of the Unknown Soldier. A lone bugler then played taps; a moment of silence was observed.

In remarks at the cemetery’s amphitheater, Trump said the nation was shaped by the brave men and women who gave all in service. America pauses on this solemn day to remember their sacrifices, he said.

“We are gathered here on the sacred soil of Arlington National Cemetery to honor the lives and deeds of America’s greatest heroes — the men and women who laid down their lives for our freedom,” Trump said.

Those who gave their lives in service to the nation represent the full tapestry of American life, he said. They came from different backgrounds, were of all military ranks, and were of all race, color and creeds. Brothers and sisters in arms, they are forever united in their undying love for the country.

“They died so that freedom could live,” he said.

SPIRIT OF THE SERVICE MEMBER

In introducing Trump, Mattis said Scottish writer Robert Louis Stevenson best captures the spirit of Memorial Day. The secretary then read Stevenson’s poem:

“Under the wide and starry sky, dig the grave and let me lie. Glad did I live and gladly die, and I laid me down with a will. This be the verse you grave for me: ‘Here he lies where he longed to be; home is the sailor, home from the sea, and the hunter home from the hill.’”

Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, said the nation pauses to remember the more than 1 million U.S. service members who gave all so Americans could live in freedom and raise their children in peace.

He noted it is also the 100th anniversary of World War I. “In that war to end all wars, Americans deployed to Europe and promised that they would not come back ‘til it’s over, over there.’”

That phrase, he said, captures the spirit of



PHOTO BY SGT. JAMES K. MCCANN

President Donald J. Trump places a wreath at the Tomb of the Unknown Soldier, as part of the 150th annual Defense Department National Memorial Day observance hosted by Defense Secretary James N. Mattis at Arlington National Cemetery in Arlington, Va., May 28.

every American who has responded to the nation’s call by stating “here I am, send me,” he said.

“It is that selfless service that we associate with the memory of our fallen sons and daughters, moms and dads, brothers, sisters and friends,” the general said. “Today we honor their service and the enormity of their sacrifice. Today we also reflect on the sacrifice of the families they left behind and for whom every day is Memorial Day.”

The life and legacy of the fallen will never be forgotten, he said.

“Those we honor represent the very best of our nation,” Dunford said. “They shared a commitment to something greater than themselves and they were people who understood what we have in this country is worth fighting for.”

HEROES SHAPED DESTINY OF COUNTRY

Trump honored those who have served and applauded audience members such as World War II veteran and former Senator

Bob Dole, and the oldest living survivor of the Pearl Harbor attack, Ray Chavez.

The president also paid tribute to military survivor families.

“We cannot imagine the depth of emotion that this day brings,” he said. “Each year, the grief renewed, the memories relived, those last beautiful moments together, cherished and always remembered.”

A grateful nation shares the pride of their service, Trump said. “Today our whole country thanks you, embraces you, and pledges to you we will never forget our heroes,” he said.

He recognized in the audience the fami-

lies of fallen service members Marine Corps Lt. Col. David Greene, Army Capt. Mark Stubenhofer, and Marine Corps Sgt. Christopher Jacobs.

“To every family member of the fallen, I want you know that the legacy of those you lost does not fade with time, but grows only more powerful,” he said.

The president promised America will never stop searching for the 82,000 American service members who remain missing from conflicts over the last century.

“Our fallen heroes have not only written our history, they’ve shaped our destiny,” he said.

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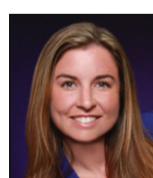
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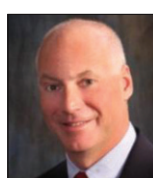
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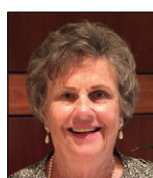
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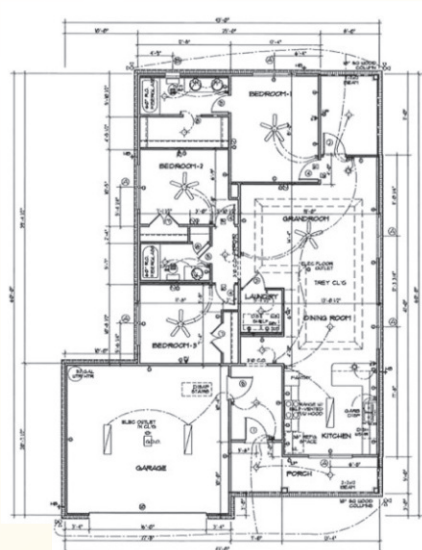
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115 CLARK STREET, ABBEVILLE: Endless possibilities in this 3 bedroom 2 bathroom home. Plenty of extra rooms for entertaining and close to town for easy shopping and school access. A great starter home. **CHRIS ROGERS, 406-0726**

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402 W COLLEGE STREET: Picket, Privacy, Wire, Charming home in idyllic location; across from Park area. Beautiful hardwood floors, high ceilings, huge kitchen, cabinets galore. Character abounds. Large windows provide plenty of natural light. Dining room w/French doors to the living room. Modern bathrooms with a lovely claw-foot tub, enhancing the old world charm! Back bedroom could be family room/den w/access to the porch. Large front porch, & screen porch overlooking spacious back yard. Maintenance free exterior, newer roof and HVAC. Home warranty. **CHERYL PICCININI, 390-9612**

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202 WENTWORTH DRIVE: Like new, immaculate home. Well maintained. Remodeled Kitchen with granite countertops, tile backsplashes and stainless steel appliances. Hardy, luxury vinyl in all wet areas & living area. Carpet in bedrooms. Roof is approx. 4 years old. HVAC unit is approx. 3 years old. Water heater is upgraded and heavy duty. Large master bedroom with large walk in closet. Master bath has double vanities, jetted tub & separate shower. Garage has storage room. Central Vacuum system in home makes for easy cleaning. Surround sound. Large landscaped back yard with concrete basketball area for outdoor fun. Covered patio. This home is move in ready! **SHAWN REEVES, 475-6405**

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207 SOUTHERN WINDS: Enterprise City School! Beautifully built home by C&C Development Group, LLC. Still time to choose colors! Formal Dining & separate Breakfast area. Lots of crown molding in home will make this home stand out. 9' ceilings minimum throughout. 2 car garage plus extra small equipment garage with 6 ft. opening door. GE Appliance package with gas stove for the chef. Flooring: carpet in bedrooms & wood look tile in all other areas. Granite countertops throughout. Tile shower in Master bath area. Covered Patio. Neighborhood has lots of charm with special street lights, sidewalks, one entrance and at least one magnolia tree on every lot. Owner is a licensed real estate agent in the state of Alabama. **SHAWN REEVES, 475-6405**

EDUCATED FORCE



PHOTO BY SGT. KRIS BONET

AH-64 Apache mechanics with 3rd Battalion, 501st Aviation Regiment, 1st Armored Division Combat Aviation Brigade, conduct preventative maintenance checks on their fleet before an airframe and powerplant course at Fort Bliss, Texas, May 10. The 14-day course covered everything from general knowledge of aviation mechanics to the more specialized airframe and powerplant fields, and fulfilled educational requirements to take the Federal Aviation Administration aircraft mechanic licensing test.

EYE IN THE SKY

3-61st CAV conducts Raven Initial Qualification Training

By 1st Lt. Kareem Abiose
Multinational Battle Group - East (KFOR)

CAMP MARECHAL DE LATTRE DE TASSIGNY, Kosovo — Sgt. Jason R. Hewitt conducted Raven Initial Qualification Training May 24 with Soldiers in Alpha Troop to increase the squadron’s ability to conduct aerial reconnaissance.

The RQ-11 Raven is a hand-launched unmanned aircraft system used for aerial observation at line-of-sight ranges up to 10 kilometers.

Alpha Troop is part of 3rd Squadron, 61st Cavalry Regiment, 2nd Infantry Brigade Combat Team, 4th Infantry Division, from Fort Carson, Colorado. The squadron is deployed to Camp Marechal De Lattre De Tassigny, Kosovo, as the main maneuver element for Kosovo Force’s Multi-National



PHOTO BY 1ST LT. KAREEM ABIOSE

A Soldier from the 3-61st CAV launches an RQ-11 Raven during Raven Initial Qualification Training May 24 at Camp Marechal De Lattre De Tassigny, Kosovo.

Battle Group – East, which is tasked to contribute to a safe and secure environment and freedom of movement in Kosovo.

Hewitt, from Tucson, Arizona, joined

the Army on January 2, 2012. He was promoted to the rank of sergeant on October 1, 2016.

Sgt. Maj. Thomas L. Ray selected Sgt.

Hewitt to attend the Small Unmanned Aircraft System in June 2017. Hewitt was later sent to the Master Trainer Small Unmanned Aircraft System course in February 2018.

Hewitt said he enjoys training Soldiers. “I seized the opportunity to train Soldiers on the proper way to employ and maintain the Raven so as to increase the capabilities in the squadron,” he said. “There are not many people who can transfer valuable knowledge to another person, but I can. After teaching Soldiers the proper procedures for operating the Raven, they are able to launch, control, land, and recover the equipment without loss or damage to the equipment.”

So far, Hewitt has trained five Soldiers since graduating the course, but plans on qualifying 15 more on the Raven prior re-deployment.

Hewitt has a total of 87 flight hours on the Raven. “I fly the Raven whenever the opportunity presents itself. I follow the squadron commander’s guidance of being the eyes and ears of the battlefield as a cavalry Soldier.”

Aeromedical training teaches troops how to preserve life

By Capt. Briana McFarland
Army News Service

CAMP TAJI MILITARY COMPLEX, Iraq — Medical providers from the 449th Combat Aviation Brigade facilitated a 10-day aeromedical evacuation training course with Iraqi nurses April 22 - May 3 at Camp Taji, Iraq.

The concept of the program was to use the train-the-trainer model, where the 449th CAB medical staff provided information on medical evacuation principles and tactical combat casualty care to the Iraqi nurses so they are able to self-sustain and teach courses in the future.

“Battlefield trauma research shows that uncontrolled blood loss is the leading cause of death in 90 percent of the potential survivable battlefield cases, which makes this training necessary,” said the 449th CAB Aeromedical physician assistant, Capt. Jonathan Campbell.

The primary instructors, Campbell and the brigade surgeon, Lt. Col. Wes Hite, began the course by assessing the medical knowledge of the students with a written exam. Co-written with an Iraqi flight surgeon, the test gave the instructors a starting point for teaching the class and guided which lessons needed to go more in depth.

“A lot of their knowledge was from a nursing standpoint or hospital-based care,” said Hite. “We have been able to provide them a different way of looking at point-of-injury care, that additional minutes to hours that take place with battlefield trauma.”



PHOTOS BY CAPT. BRIANA MCFARLAND

Medical staff assigned to the 449th Combat Aviation Brigade instruct medical personnel from the Iraqi army during a 10-day train-the-trainer aeromedical evacuation course April 22-May 3.

Hite and Campbell presented the majority of the material to the students in the class and stressed the basics. Their teaching techniques were designed to address the most likely injuries that will result in battlefield death in the appropriate order.

“The biggest key points emphasized throughout the course was the M.A.R.C.H. algorithm, which is a technique used to treat for massive hemorrhage, airway, respiratory trauma, circulation and hypothermia,” said Campbell.

The United Kingdom Training Team 1, Armored Medical Regiment medic instructor Staff Sgt. Natalie Jackson, helped support the course and stressed

the importance of understanding anatomy and physiology and the ability to recognize normal and abnormal signs with casualties.

“It was important to deliver the course at the right level across a range of trade qualifications, ensuring the basic principles and treatment techniques were fully understood,” said Jackson. “Practical sessions allow for the students to practice skills in developing life-saving treatment techniques.”

This additional medical knowledge further allows the Iraqi medical staff to join in the fight against ISIS by enhancing their effectiveness on

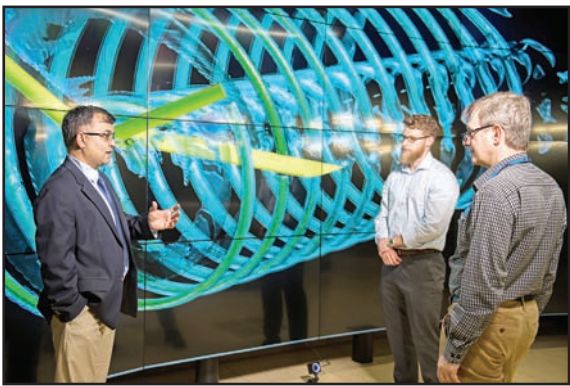


PHOTO BY DAVID MCNALLY

U.S. Army Research Laboratory engineers discuss aerodynamics at the DOD Supercomputing Resource Center at Aberdeen Proving Ground, Md., May 3.

Army, Uber sign research agreement

By Sgt. Maricris McLane
For Army News Service

LOS ANGELES — Uber and U.S. Army Research, Development and Engineering Command, Army Research Laboratory, announced today a Cooperative Research and Development Agreement to advance technologies supporting Future Vertical Lift.

As part of this agreement, Uber and RDECOM ARL also signed their first joint work statement to jointly fund and collaborate on research development of rotor technology, which may lead to ground-breaking discoveries to support Army Modernization Priorities. Officials announced the agreement and work statement at the second Uber Elevate Summit in Los Angeles, May 8, 2018.

The joint work statement focuses on research to create the first usable stacked co-rotating rotors or propellers; this is a concept for having two rotor systems placed on top of each other and rotating in the same direction.

Initial experimentation of this concept has revealed the potential for stacked co-rotating rotors be significantly quieter than traditional paired rotor approaches and improve performance for a flying craft. To

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* Maintaining rights of way is an important role, and the groundman must be proficient using tools such as chains saws, pruners and tree saws.

* Safety is always first at SAEC, and the groundman will participate in "tailgate" discussions clearly detailing each job. The groundman must follow all safety procedures and be able to administer CPR and first aid as needed.

* The groundman will also be part of the on-call duty rotation and will also assist in restoring lines after storms or other outages.

The position requires the candidate to have completed a pre-apprentice electrical lineman school.

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Aeromedical

Continued from Page B1

the battlefield.

“[MARCH] spans their capability to push out into battle-field operations when they know their ability to care for the wounded is elevated to a level that aeromedical evacuation can do,” said Hite. “They have the capability and training to provide point-of-injury care to evacuate soldiers from there back to a hospital setting in a short amount of time.”

The course came with its challenges to include language barriers and the slight differences between U.S. and U.K. treatment and assessment methods. However, learning dif-

ferent methods can be beneficial and enhance preferred techniques, according to Jackson. These techniques were tested during the student’s final training event.

The culminating training exercise was comprised of a scenario where students provided point-of-injury care and medevac care while flying on the Eurocopter to a multi-trauma casualty mannequin under stress inoculation.

The premise of stress inoculation is that exposure to different stressors and sensory inputs to include: fake blood, smoke grenades, and noise from a nearby aircraft, will prevent medics from being easily distracted and overwhelmed during a real-world medical crisis.

Research

Continued from Page B1

date, stacked co-rotating rotors have not been deployed in existing flying craft.

Under this first joint work statement, Uber and the Army’s research lab expect to spend a combined total of \$1 million in funding for this research; this funding will be divided equally between each party.

The CRADA allows for additional joint work statements in other aligned research areas. Uber and Army will continue to explore future developments in this sphere.

“This agreement with Uber displays the Army utilizing innovative approaches to collaborate with an industry partner that is truly on the cutting edge,” said Dr. Jaret Riddick, director

of the ARL’s Vehicle Technology Directorate. “This collaboration is an opportunity to access years of knowledge vested in subject matter experts within the lab. It will allow the Army to rapidly advance mutually beneficial technology to inform objectives for silent and efficient VTOL, or vertical take-off and landing operation, for the next generation fleet of Army unmanned air vehicles. This supports the Army modernization priorities for future vertical lift aircraft.”

“Uber is proud to be partnering with ARL on critical research on flying vehicle innovations that will help create the world’s first urban aviation rideshare network,” said Eric Allison, Head of Uber Elevate. “Our first jointly-funded project will help us develop first of its kind rotor technology that

will allow for quieter and more efficient travel. We see this initial project as the first of many and look forward to continued collaboration with the lab on innovations that will make uberAIR a reality.”

Uber will also collaborate with Launchpoint Technologies Inc., a technology company focused on the modeling, design optimization, and fabrication of novel electric motors. LaunchPoint’s design approach will lead to motors best suited to power eVTOL technology with stacked co-rotating propellers. In the future, all three entities will exploit the experimental data and lessons learned from stacked co-rotating rotor testing. The result will be more predictive models and higher-performing next generation co-rotating propellers.

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MAY 31, 2018

‘KEEP AN EYE ON THINGS’ Avoiding complacency key to summer fire safety

By Nathan Pfau
Army Flier Staff Writer

Barbeques, fireworks and camping are all big parts of summer in the South, but if people aren’t careful, a weekend of fun can turn into a disaster with lasting consequences.

That’s why Fort Rucker officials are urging people to take fire safety seriously by taking the proper precautions when taking part in some of their favorite summertime activities, said Jeremy Evett, Fort Rucker fire chief.

When it comes to fire safety, whether it is for camping or cooking, people need to be cognizant of a multitude of factors, said Evett.

“There are several things that come into play in the summer – both on duty and off duty. A lot of people get active during summer time with vacations and traveling, and one thing people need to look at while vacationing are their camp fires,” said the fire chief. “They need to take into consideration the dry conditions and windy conditions when building a fire, and they should make sure they are extinguishing them properly and protecting themselves properly so that they don’t have embers that could potentially start a wild fire.”

There are campgrounds on Fort Rucker located at Lake Tholocco, and Evett said people need to do their part to keep the installation safe for not only themselves, but for others around them, as well.

“The installation has done

what they can to make the campfire pits as safe as they can, but people need to be safe, too,” he said.

Additionally, when starting fires, people should not use items like gasoline or kerosene, which can cause flare ups and result in serious injuries.

“No one is immune to that,” Evett said, as he recounted a story of one of his own personnel who relearned the lesson the hard way. “(He) was lighting some grass on his property to burn off, using a mixture of gasoline and diesel fuel and was too close when it lit, and it flashed and burned his face and hands. He was taken to a burn unit and has fortunately made an incredible recovery, but he relearned a valuable lesson that day.”

Another big summertime activity, especially with Independence Day coming up, is the lighting of fireworks, and although many see fireworks as a fun activity, Evett said people need to remember that they are essential miniature explosives.

Fireworks are not allowed on Fort Rucker, but for those who light fireworks off the installation need to make sure to take the proper precautions when doing so, said the fire chief.

“People need to make sure that they’re following all of the manufacturer’s safety requirements and recommendations,” he said. “They shouldn’t be standing too close, and parents need to keep an eye on their children and make sure they are operating them safely.



COURTESY PHOTO ILLUSTRATION

Also, people should make sure to never hold them in their hands when launching them – just follow the directions.”

Evett said that people need to make sure they aren’t lighting fireworks in areas where there is a lot of dry grass or brush that could potentially catch fire, and have extinguishing materials on standby.

Summer is also well known as barbecue season, and if people aren’t cautious, a fun family outing could turn potentially disastrous.

“When people are barbecuing, issues can arise when they are doing something as simple as firing up the grill,” said Evett. “When using a propane grill, people need to be careful

when lighting the grill because if the gas builds up then the flames can flash up unexpectedly.

“For those using charcoal grills, many like to use lighter fluid to get the flames going, but sometimes overuse of lighter fluid can cause flames to flash up, as well, so people need to be careful of that,” he continued, adding that squirting lighter fluid on open flames should be avoided as the flame has the potential to travel up the stream and ignite the canister.

People should make sure they aren’t grilling too close to a residence, and take the proper precautions when disposing of the charcoal after grilling.

Although many of these summertime activities can be relaxing, Evett said that people should never drop their guard when it comes to fire safety.

“One of the biggest culprits when it comes to fire hazards is complacency,” said the fire chief. “They think ‘I’ve done it a hundred times and never had an issue,’ but you cannot get complacent – you have to keep an eye on things.”

Additionally, with the dry weather that summer often brings, if people are smoking, they should make sure to dispose of cigarettes properly, he added. A lit cigarette tossed into dry brush or even a trash can has the potential to start a fire.



Nearby Landmark Park, botanical gardens serve up family fun

Army Flier
Staff Reports

In the heart of the Wiregrass, Dothan offers a couple of family-oriented attractions for those wanting to explore and learn more about the local community.

And military members and their families can enjoy both Landmark Park and the Dothan Area Botanical Gardens for free.

LANDMARK PARK

Landmark Park offers a unique experience for those wanting to learn more about the Wiregrass region and its heritage. Laura Stakelum, park public relations director, said that Landmark Park and its programs are “a great way to learn about the area.”

Stakelum described the park as a 135-acre lot that features an 1890s Wiregrass farmstead, farm animals, playground and planetarium.

According to the park website, the historical farmstead comes complete with an old farmhouse, syrup shed, cane mill and smokehouse. The park also features nature trails, a one-room schoolhouse, drugstore and soda fountain, gift shop and picnic area.

Members of the military community are welcome to take advantage of free admission. “[The park] participates in the Blue Star Museum program,” says Stakelum, “which means active duty military and up to five family members can receive free admission to the park between Memorial Day and Labor Day.” Regular admission prices are \$4 for adults ages 13 and up, \$3 for children



COURTESY PHOTOS

A playground at Landmark Park.

ages 3-12, and children 2 and under are free of charge.

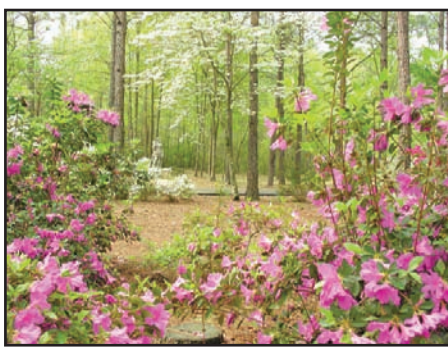
Stakelum says the park offers many public events during the year, such as Music by Moonlight, the park’s concert series. Visitors are encouraged to “bring a picnic and enjoy the music.” Additionally, a children’s educational movie night and an Animal Adventures program are offered weekly during the summer months. A schedule of upcoming events can be found online.

Landmark Park is open 9 a.m. to 5 p.m. Mondays-Saturdays and noon to 6 p.m. on Sundays.

For more information on Landmark Park, visit www.landmarkparkdothan.com or call 334-794-3452.

DOTHAN AREA BOTANICAL GARDENS:

The Dothan Area Botanical Gardens,



One of the gardens at the Dothan Area Botanical Gardens.

located off U.S. Highway 431, offer scenic displays and educational opportunities for the community. “All types of gardens are available for people to see,” said Paul Angeloff, DABG board of directors member. “There’s something to suit everybody’s interest.”

According to the gardens’ website, the Botanical Gardens feature 25 unique garden areas, which display a wide range of regional and non-regional plant life. A few of the offered areas include the butterfly garden, succulent garden, meditation garden and tropical house.

For families with children, Angeloff added that the gardens have recently completed the Children’s Jungle Garden, which has been very popular so far. A map of the gardens can be found online.

When it comes to admission, Angeloff said, “There is no cost, but donation boxes are placed in the gardens, so if you enjoy your visit, you can donate”.

The gardens offer several events throughout the year, such as Scarecrows in the Gardens, the garden’s annual scarecrow competition. Individuals, families and groups are invited to build a scarecrow for entry into the competition, or to simply visit the park during the month of October and see the entries on display. The gardens host several scarecrow building workshops in August. There is a \$20 entry fee for the scarecrow contest, but the workshop is free to attend.

A current calendar of events can be found online. The gardens are open seven days a week from 7 a.m. to 7 p.m. CDT and 7 a.m. to 5 p.m. CST.

For more information on the Dothan Area Botanical Gardens, visit www.dabg.com or call 334-793-3224.

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.

Kids Golf Clinic

Silver Wings Golf Course will host a Kids Golf Clinic conducted by PGA Pro Ty Andersen on Tuesdays in June and July for children ages 6-8 and Fridays in June and July for children ages 9-18. Cost is \$89 for children 6-8 and \$125 for children 9-18. The Tuesday clinics will be held from 9:30-10:30 a.m. June 5, 12, 19 and 26, and July 10, 17, 24 and 31. The Friday clinics will be held from 9:30-10:30 a.m. June 8, 15, 22 and 29, and July 13, 20, 27 and August 3. For more information, call 255-0089.

Soccer Registration

Youth Soccer registration is

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open June 1 through July 31, and practice will begin August 6. Cost for registration is \$25 for ages 3-4 and \$45 for ages 5-14. Soccer is available in the following age groups: 3-4, 5-6,

7-8, 9-10, 11-12, and 13-14. All registrants must also be registered with Child Youth Services and have a current sports physical. A parents meeting will be held at the Youth Center, Bldg.

2800, on August 2 at 6 p.m. Prospective coaches are needed.

For more information on registration or coaching, call 255-2257, 255-2254 or 255-9638.

Football and Cheerleading Registration

Youth football and cheerleading registration is open June 1 through July 31. Cost for football registration is \$65 per child and age groups are 9-10 and 11-12. Cost for cheerleading registration is \$45 per child and age groups are 8-9 and 10-11. There are also two mascot spots available for each age group and cost is \$25 per child. Practices will begin August 6 and a parents meeting will be held at the Youth Center, Bldg. 2800, August 1 at 6 p.m. All registrants must also be registered with Child Youth Services and have a current sports physical. Prospective coaches are needed.

For more information on registration or coaching, call 255-2257, 255-2254 or 255-9638.

Summer Reading Program: Reading Takes You Everywhere!

The Fort Rucker Center Library is hosting the 2018 Summer Reading Program with a kickoff party June 1 at 2 p.m. People can enjoy playing the library's version of the TV game show, The Price is Right." The program is open to children ages 4-17 and runs June 1 through July 31, and all participants must be authorized patrons. People can register and long reading times online at <https://fruckercenterlibrary.beanstack.org>. Children will be presented with prizes for each milestone they reach. The last

day to log time will be July 20.

For more information, call 255-3885.

Shipwreck Island Day Trip

MWR Central is hosting a day trip to Shipwreck Island Water Park in Panama City Beach, Florida, June 2 departing at 8:30 a.m.. People are invited to enjoy the day with water slides, tipping buckets, lazy rivers and entire area dedicated for small children. The cost of the trip is \$55 per person and includes transportation to and from the park, meal and admission. The trip will depart from Bldg. 5700 and arrive back no later than 8 p.m.

To sign up or for more information, visit MWR Central in Bldg. 5700 or call 255-2997.

Craft Adventures

The Fort Rucker Arts and Crafts Center hosts its Craft Adventure every Saturday from June 2 to August 4 from 1-3 p.m. Each session the center will host a different children's craft adventure for children ages 5 and older. Cost is \$10.

For more information, call 255-9020.

Youth Extreme Fitness

Fort Rucker Youth Sports is hosting Youth Extreme Fitness from June 4-29 at the Youth Sports Football Fields from 6-7 p.m. The event is open to ages 8-18 years old and workouts will include low crawling, tire flipping, pulling rope, running and sled pushing. All participants must be registered with Child Youth Services and have a current sports physical.

For more information or to register, call 255-9638, 255-2254 or 255-2257.

FORT RUCKER MOVIE SCHEDULE FOR MAY 31-JUNE 3

Thursday, May 31

Blumhouse's Truth or Dare (PG-13) 7 p.m.

Friday, June 1

Super Troopers 2 (R)7 p.m.

Saturday, June 2

Super Troopers 2 (R)4 p.m.
Avengers: Infinity War (PG-13)7 p.m.

Sunday, June 3

I Feel Pretty (PG-13)1 p.m.
Avengers: Infinity War (PG-13)7 p.m.

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WWII veteran receives belated tribute



PHOTO BY TERRI STOVER

Security Assistance Command’s Chaplain (Col.) Robert Nay pins on awards for retired Sgt. Dorwin “Papa Lee” Kilbourn, a 95-year-old WWII Army veteran.

By Terri Stover
*U.S. Army Security Assistance Command
Public Affairs*

HUNTSVILLE — Seventy-three years ago, World War II ended. Thousands of service members ended their military careers at that time and began a new life. One of those Soldiers was Dorwin Kilbourn.

However, there were a few items the Army forgot to give Kilbourn, better known as “Papa Lee,” before he left service. Listed on his discharge papers were the Good Conduct and World War II Victory Medals, and Honorable Service Lapel Button.

Papa Lee, 95, lives in the Regency Retirement Village in Huntsville. He is frequently visited by his two sons, and their extended families. A few years ago Papa Lee mentioned to his oldest son, John, that he had not received those medals when he left the military. John sought the help of Sen. Richard Shelby to see if those medals could be given to his father for his service.

“We all owe a great debt of gratitude to Sergeant Kilbourn and the rest of our nation’s brave veterans for their dedicated service. There is no one more deserving of this recognition and honor than a Soldier who has devoted his life to protect our freedom,” Shelby said.

During a Memorial Day picnic for the retirement village residents, Papa Lee was surprised with a short presentation of the medals by Security Assistance Command’s Chaplain (Col.) Robert Nay. Nay, an Army certified historian, shared some background on the medals, which made the moment exceptional to the family and Kilbourn.

Nay said the Good Conduct Medal was established during WWII and is given to

service members who served honorably for three consecutive years. The World War II Victory Medal is one of the most widely awarded decorations of the U.S. military, given to those who served between Dec. 7, 1941 and Dec. 31, 1946.

The third award, the Honorable Service Lapel Button, has some interesting background. This was awarded to military service members who were discharged under honorable conditions during WWII. Sometimes the award is referred to as the Ruptured Duck, because the eagle depicted on the button looks as if the breast of the bird is bursting through the button as though it has ruptured.

This award had several purposes, Nay said. “Members of the military many times did not possess civilian clothing when they left service and, as a civilian, had to wear their uniform for a period of time. The lapel pin helped to identify veterans who were applying for work or veteran’s benefits.” The pin also helped to recognize that they were no longer in active duty status, and many veterans wore the pin on suit lapels long after the war.

Kilbourn, originally from Flint, Michigan, was stationed in North Alabama during WWII as a recruiter. His eyesight prevented him from serving overseas. Upon his discharge, he attended Auburn University on the GI bill and received a bachelor’s and master’s in physics. He came to Huntsville to work at the then-Missile Command as a physicist.

Papa Lee was genuinely grateful for this presentation of his well-deserved awards. His family, with the help of Shelby, Shelby’s representative Carrie Suggs, and the National Personnel Records Center, were also grateful they could honor their patriarch with his awards he earned 73 years ago.

FORT RUCKER RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Bldg. 109

8 a.m. Traditional Protestant Service

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions
9 a.m. Catholic Mass
11 a.m. Liturgical 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. & 6 p.m.
Tuesday Night Connect
Wings Chapel, 6-8 p.m.

Wednesday

Catholic Women of the Chapel
Spiritual Life Center, 9 a.m.
1-14th Avn Regt Bible Study
Hanchey AAF, Bldg 50102N, Rm 101
11:30 a.m.
164th TAOG Bible Study
Cairns AAF, Bldg 30501, 11:30 a.m.
Precepts Bible Study

Soldier Service Center, 12 p.m.
Kingdom Kidz & Youth Group
Bible Study
Spiritual Life Center, 6 p.m.
Adult Bible Study
Spiritual Life Center, 6 p.m.

Thursdays
WOCC Bible Study (1st/3rd Thursday)
Swartworth Hall, Bldg 5302, 11:30 a.m.

Saturday
Protestant Men of the Chapel (1st Saturday)
Larry’s Restaurant, Daleville, 8 a.m.

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WIREGRASS COMMUNITY CALENDAR

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

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

DALEVILLE

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

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

DOTHAN

JUNE 2 — First Saturday Family Day takes place at the Wiregrass Museum of Art from 10:30 a.m. to 2:30 p.m. The free event invites children and families to explore WMA together. A free come-and-go art activity for kids of all ages is offered the first Saturday of every month. All supplies are provided and no pre-registration is required. Each Saturday will feature a different project, and special

additional activities are included some Saturdays. During June's event, visitors will design and construct an accordion-fold book and create drawings, quotes or doodles to put in the pockets. Gallery and garden activities for kids of all ages are also available. For more information, call 794-3871 or visit <http://www.wiregrassmuseum.org/>.

JUNE 7 — "Mending, Memory and Placemaking." an artist talk with Douglas Pierre Baulos, will be held at the Wiregrass Museum of Art from 6-7 p.m. Baulos will speak about his WMA exhibition "Alabama Reckoner" and share his thoughts on creative placemaking. The exhibition is on display at WMA through June 30. For more information, call 794-3871 or visit <https://www.wiregrassmuseum.org/>.

ONGOING — Ballroom dancing lessons are offered Tuesdays at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

ENTERPRISE

ONGOING — The Enterprise Baseball League is currently seeking players for the upcoming season. High school students, college students and adults are invited to participate. For more information, call 389-5972.

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month

at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

NEW BROCKTON

ONGOING — The Disabled American Veterans Wiregrass Chapter 99 Veterans Assistance office is open Tuesdays and Wednesdays from 9-11:00 a.m. except on federal holidays. The office is located in the town hall.

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

OZARK

JUNE 9-23 — "Making Alabama," a bicentennial traveling exhibit, comes to the Dowling Museum's Ann Rudd Art Center downtown to commemorate Alabama's 200-year history. The exhibit will be open for viewing from 11 a.m. to 5 p.m., Monday through Saturday. The exhibit will feature interactive computer tablets and audio medleys of song and spoken word highlighting Alabama's history. The public is invited to an opening celebration June 9 from 6-8 p.m. For more information, call 618-6223.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Monday

of every month at 6 p.m. at the Ozark-Dale County Library. For more information, send an email to jnbull@gmail.com, call 334-774-1127, send an email to marie.l.clark@gmail.com, or call 334-777-1156.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

JUNE 10 — The New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will host Youth Day beginning at 2:30 p.m. Pastor James Turner of First Baptist Church in Shorterville and Saint Paul Missionary Baptist Church in Abbeville will deliver the sermon. The theme will be "Teach One, Reach One!" Refreshments will be served.

Beyond Briefs

Southern Thunder

Inspired by the Alabama Gang's influence on auto racing, Vulcan Park and Museum showcases its latest Linn-Henley Gallery exhibition through December. Southern Thunder: The Legacy of Alabama Auto Racing, presented by the Jefferson County Commission, will showcase hair-raising stories and bring to life the impact that auto racing in Alabama had on the regional and national scenes, according to

organizers. The exhibit relives this thrilling piece of Alabama history when driving by the seat of your pants wasn't a figure of speech and explains why this legacy is the foundation for auto racing in Alabama today.

Daily admission rates: adults, \$6; Seniors (65 and older) and military, \$5; children ages 5-12, \$4; and children 4 years and younger are admitted for free.

For more information, visit <http://visitvulcan.com/>.

Montgomery cruise

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Because Your Pet Loved You

Army, universities collaborate

By Joyce M. Conant
*U.S. Army Research Laboratory
Public Affairs*

ABERDEEN PROVING GROUND, Md. — The U.S. Army Research Laboratory, along with its partners in the ARL South region, held a summit to highlight ARL South’s research partnerships and achievements over the past year.

The meetings at Rice University in Houston, Texas, April 24-25, focused on research partnerships in the areas of power and energy, artificial intelligence/machine learning, synthetic biology, human performance, human agent teaming and cybersecurity.

More than 160 people from ARL and 19 universities attended the two-day event that officials described as a “resounding success.”

“Participants reached consensus that existing research engagements must be integrated more holistically as part of ARL’s overarching technical strategy and communicate more effectively to all partners,” said Heidi Maupin, ARL South regional lead. “Bringing these universities together in one place to discuss ARL collaboration provided an opportunity not only for ARL networking into the universities, but for the universities to network with each other.”

Professor Yousif Shamoo, Rice’s Vice Provost for Research, gave the welcome and participated heavily in the summit.

“Rice was delighted to have the opportunity to host the inaugural partnership summit,” Shamoo said. “The launch of ARL South and the participation of so many universities is a bold step towards realizing our aspirations to fully partner and collaborate across an incredible spectrum of research activities.”

Shamoo said that by the end of the summit it was clear that each university had so much to offer.

“Together, I think we can make a tremendous impact and I am truly excited to see the next steps we take together,” he said.

Dr. Michelle Atchison, associate vice chancellor for Federal Relations at the University of Texas System along with Dr. Martin Scholtz, executive associate vice president for research at Texas A&M System provided valuable insights into the ways their systems can support the entire community of institutions in the area of the ARL South. They are from the two largest Texas University Systems.

Participants also received an overview of ARL’s essential research areas and listened to talks given by vice presidents of



PHOTOS BY ROY PENA

The U.S. Army Research Laboratory along with its partners in the ARL South region hold summit to highlight ARL South’s research partnerships and achievements for the past year. The meetings were held at Rice University in Houston, Texas, April 22-23.

research from each university represented throughout Texas and surrounding states. The VPR’s explained how each university can help fill technical gaps in order to help support a modernized Army.

“The attendees from universities and business represented a remarkable breadth of scientific disciplines and research competencies,” said Dr. Alexander Kott, ARL chief scientist who presented the ERA overview. “It was a highly effective way for all parties to build awareness - rapidly – of each other’s strengths and priorities.”

Dr. Patrice Collins, ARL’s outreach special program manager, led a special session on science, technology, engineering and math education, or STEM, and discussed the importance of diversity.

Briefings from a historically black university and seven minority serving institutions also participated in the discussions.

“Meeting face-to-face helps cement the research relationships we have established,” Maupin said. “It ensures that we are all aware of the path we are taking and the importance of our roles as we tackle Army specific problems leading to rapid Army modernization.”



ARL’s regional lead, Heidi Maupin and Dr. Alexander Kott, ARL chief scientist welcome audience.

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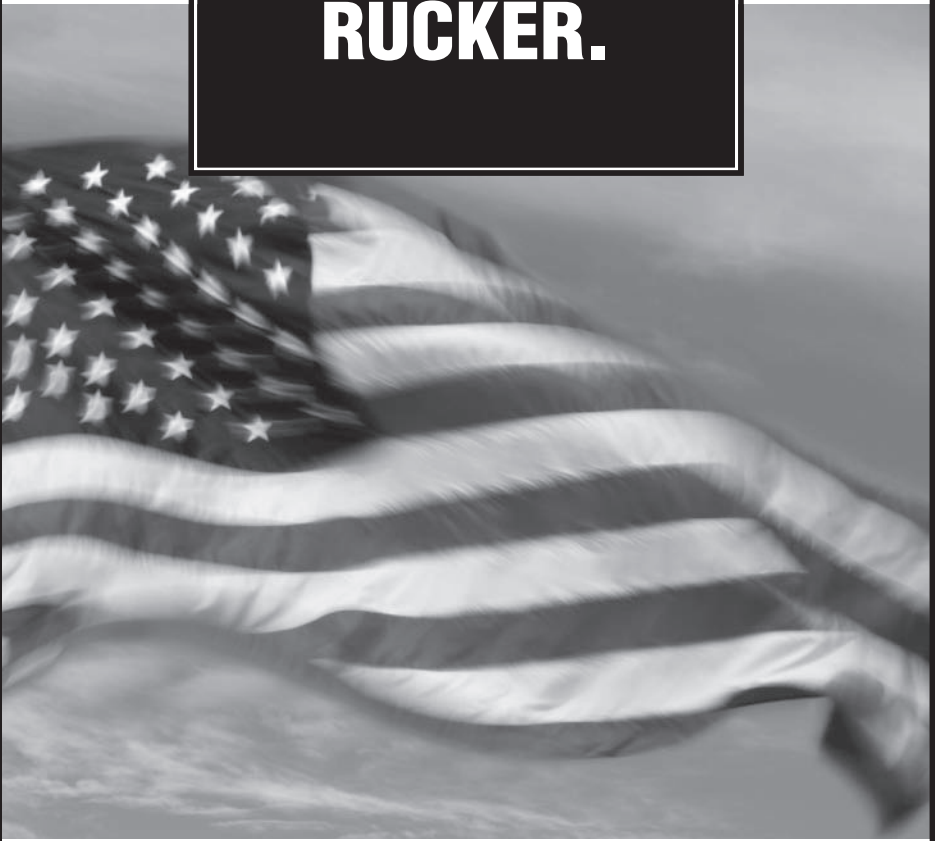
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MAY 31, 2018

‘BABY STEPS’

Hydration, nutrition major factors in getting in shape for summer

By Nathan Pfau
Army Flier Staff Writer

Summer is a time where people focus more on their outward appearance as they try to get their beach bodies in shape, but health care officials at Lyster Army Health Clinic want to make sure people are taking care of their bodies both inside and out.

Hydration and nutrition are major factors people need to keep in mind when it comes to summer wellness, Andrea Jones, chief of nutrition care at Lyster Army Health Clinic, said.

What goes into people’s bodies is just as important as what they try to get out of it, said Jones, and one thing many people forget to take into account when working on their summer fitness is hydration.

“Hydration is a big thing, especially down here,” said the nutrition chief. “We live in such a hot environment and it’s hard to stay hydrated, so people should incorporate that in everything they do to make sure they drink plenty of water.”

Water is the operative word, said Jones. Many tend to reach for their favorite sodas or sugary beverages when thirst strikes, but doing so can have short- and long-term effects.

“When talking about staying hydrated in the heat, you want to drink as much water as possible and be careful of sugary drinks like sweat tea, sodas and even fruit juice,” she said. “Caffeine and alcohol dehydrate you and all of those things are very high in calories. When you’re hot and thirsty, and you grab a soda, you could just be downing a big drink that could have upwards of a thousand calories in it.”

To combat that, Jones suggests people drink water or create their own infusions of water with lemon, lime or even strawberries. Additionally, people should sip water throughout the day.

Sugar can be one of the biggest contributing factors to feelings of fatigue, sluggishness and weight gain, said the nutrition chief, adding that generally foods high in sugar offer next to no nutritional value.

“When you drink sodas and sugary drinks, nutritionally that’s all you’re really getting – sugar,” she said. “People need to have a balance of nutrition, otherwise they can have a sugar crash,” which results when a person’s blood sugar spikes from high sugar intake, then drops dramatically, causing feelings of fatigue and lethargy.



PHOTO BY NATHAN PFAU

Children pour out portions of cereal during a youth health fair April 5 to determine how much sugar they consume during a typical morning breakfast.

Jones said in the pursuit of their fitness and dietary goals, people should limit the amount of excess sugar intake as much as possible.

Another big culprit is portion size, she said, adding that as long as people are watching their portion sizes, most can eat whatever they want within reason.

One way to combat overeating is by preparing meals at home, which allows people to control their portion sizes, said Jones.

“If you plan your meals out ahead of time, buy the ingredients and go ahead and prep them, you’re less likely to run through (a fast food chain) than you would be if you hadn’t planned,” she said, adding that people should avoid processed foods, as well.

“Unfortunately, anything that is quick and easy is not normally going to be good for you,” said the nutrition chief. “Avoid fast food and fried foods because they have tons of sodium and calories, and make sure you’re eating plenty of fruits and vegetables.”

The effects of an unhealthy diet can be

long lasting, and although many people think that just because they’re young they can eat however they’d like, the risks can accumulate without any visible signs.

“Just because you’re not gaining weight doesn’t mean you’re healthy,” said Jones. “I see so many people in there 20s now with high cholesterol already, and although there are some genetic factors in that, too, a lot of it has to do with diet.

“Whether you’re eating too many calories, too much sugar or too much fat, you develop a higher risk of diabetes, heart disease, high cholesterol and even certain cancers,” she said. “This can all lead to obesity ... but just because a person is thin, that doesn’t necessarily mean they are healthy.”

Jones said that people who remain thin due to a high metabolism are still at risk of developing high cholesterol and even diabetes. “You don’t have to be overweight for an unhealthy diet to affect your health,” she said.

In order to combat this, people can take small steps to a healthier lifestyle – it’s not

something that has to change overnight, said the nutrition chief.

“People don’t have to drastically change their lifestyle right away,” she said, adding that those that try to are more likely to revert to their former habits.

“Take baby steps,” Jones said. “If you eat out a lot, commit to only eating out two days a week instead of five days a week. Decrease your soda intake or other high-calorie drinks. You don’t have to completely cut it out, because that just makes it harder to stick to. If you drink three sodas a day, maybe go down to one or two, and just take those steps towards it.”

Also, Jones suggest people incorporate as much physical activity as possible. During the summer, there are a host of physical activities that people can take part in. “There are so many different things you can do – hiking, biking, swimming – so even if you don’t exercise at all, this is a great time to get involved with some of those activities,” she said.

For more information, 255-7986.

FUELING SOLDIER LETHALITY

Pizza MRE, new protein bar to hit field soon

By Gary Sheftick
Army News Service

WASHINGTON — The pizza MRE is finally coming to Soldiers in the field and the chocolate Performance Readiness Bar will now be available to all basic combat trainees.

In addition, New York cheesecake along with vacuum-packed fruits, vegetables and Monterey Jack cheese are among items in the new Close Combat Assault Ration currently under development.

The new rations were on display in the Pentagon courtyard May 24-25, along with 50 other technologies designed to increase infantry squad lethality.

Stephen Moody, director of the Combat Feeding Directorate at the Natick Soldier Research, Development and Engineering Center in Massachusetts, was there. He talked about items fielded recently to bring more nutrition to warfighters. He also discussed developmental technologies such as the vacuum-microwave-dried fruit and veggies that will undergo field testing in the future.

The Combat Food Directorate has been striving to develop new rations that Soldiers will want to eat. Better nutrition improves cognitive functions, improves digestion with gut microbiome and biological optimization, and mitigates stress fractures, according to a panel behind the organization’s display at the Pentagon.

PIZZA MRE

The Meal Ready to Eat with pepperoni pizza is now being produced by vendors and should be available to Soldiers downrange next year.

The pizza MRE is something Moody said Soldiers have been asking for since the 1980s when he went through basic training. The Combat Feeding Directorate has been working it since 2012 and now it’s finally being packaged.

When and where the pizza MRE is issued to units will depend upon how soon existing stocks are exhausted at each location, Moody explained. It may be available at some locations by the end of the year, a Natick spokesman said. The Defense Logistics Agency Troop Support spokesperson said it will be available to most Soldiers in about 18 months.

The pizza is made with a high-heat-tolerant mozzarella cheese, said Jeremy Whitsitt, deputy director of the Combat



PHOTO BY GARY SHEFTICK

The prototype Close Combat Assault Ration on display at the Pentagon May 24 includes a tart cherry nut bar, cheddar cheese bar, mocha desert bar, vacuum-dried strawberries, and trail mix of fruit and nuts, among other items that were vacuum microwave dried.

Feeding Directorate. To make the pizza possible, technologies that control moisture levels, pH and oxygen levels, for instance, have been combined to create a pizza with a three-year shelf life.

Other components in the pizza MRE are:

- cherry blueberry cobbler;
- cheese spread with cheddar and jalapeno cheese;
- Italian bread sticks;
- cookies; and
- chocolate protein drink powder.

ENHANCED PERFORMANCE BAR

The chocolate Enhanced Performance Bar, fortified with calcium and Vitamin D, has been available to Army basic trainees at Fort Benning, Georgia, and Air Force basic trainees at Lackland Air Force Base, Texas, for the past year as part of a pilot program.

Now, Moody said, availability of the EPB has been expanded to the remaining Army basic combat training locations at Fort Jackson, South Carolina; Fort Leonard Wood,

OFFICIALS: Assess your mental wellness during Mental Health Awareness Month

TRICARE.mil
Staff Report

FALLS CHURCH, Va. — You likely spend time and energy on improving your physical health. Do you do the same when it comes to your mental health?

Similar to physical health, mental health requires regular care. Mental health is as critical as physical health to mission readiness.

Therefore, it’s just as important to invest in your mental health as it is your physical health. TRICARE provides mental health services for you and your family at all times, but especially during times of stress, depression, grief, anxiety or mental health crisis.

Mental health encompasses the well-being of mind, body and spirit, and contributes to overall health and resilience. You can improve your mental health, and we’ve highlighted some of the ways how in this month’s TRICARE monthly tips. Start by striving to:

- Exercise regularly;
- Eat nutritious foods;
- Get adequate sleep;
- Maintain social connections; and
- Practice destressing techniques – like yoga, meditation and breathing.

If mental health concerns start to interfere with your daily life, seek help. Mental health treatment works and recovery is possible. Pursuing mental health support will not end your career. In fact, it’s a sign of strength.

TRICARE covers medically and psychologically



AIR FORCE PHOTO

Similar to physical health, mental health requires regular care. Mental health is as critical as physical health to mission readiness.

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

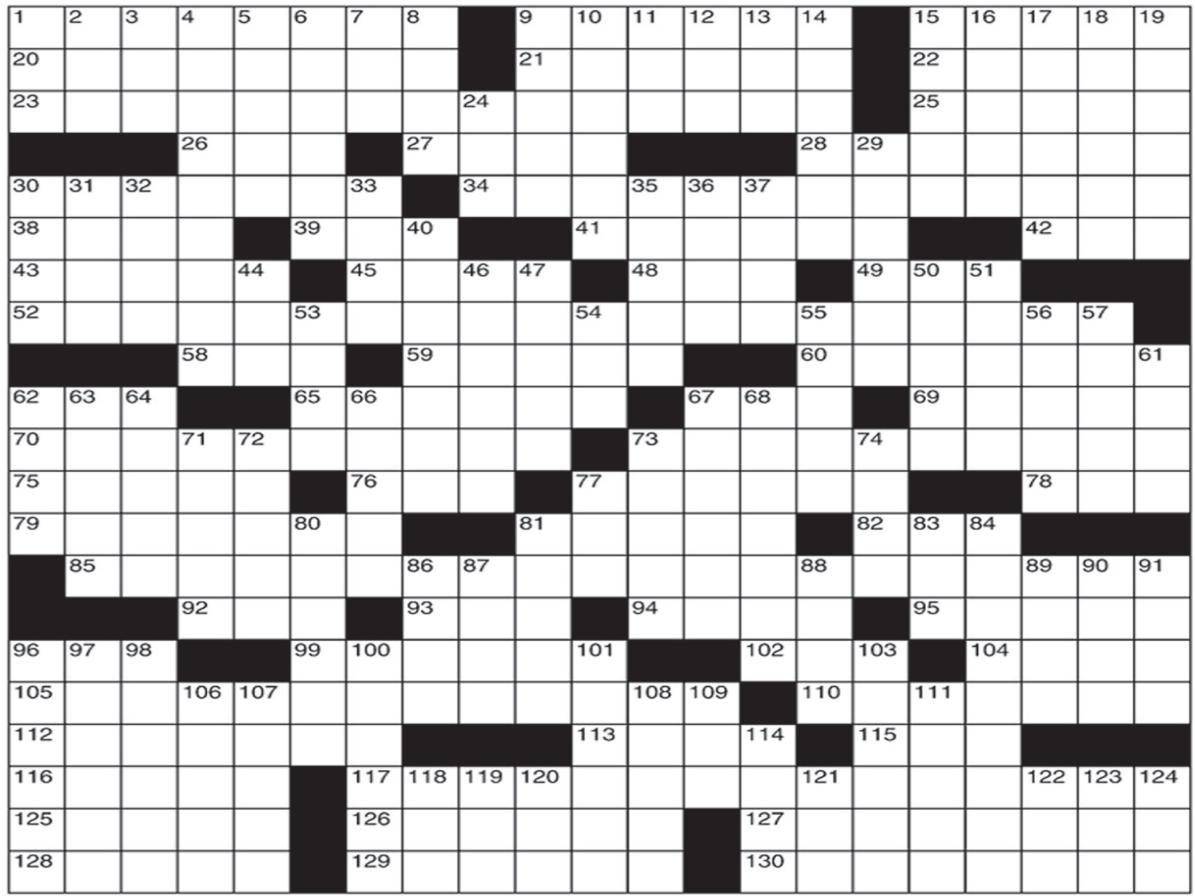
TRIVIA

1. MATH: What is the square root of 25?
2. GEOGRAPHY: How many South American countries border Argentina?
3. SCIENCE: The conversion of water vapor to liquid is called what?
4. MUSIC: Who composed the opera "The Barber of Seville"?
5. ANATOMY: Where are the muscles called "lats" located?
6. ANIMAL KINGDOM: What is a group of lions called?
7. PSYCHOLOGY: What is the fear experienced by someone suffering from ailurophobia?
8. AD SLOGANS: What breakfast cereal's ad slogan was, "They're GR-R-R-read"?
9. FAMOUS QUOTATIONS: What writer and activist once said, "The opposite of love is not hate, it's indifference"?
10. MYTHOLOGY: Which Greek god is associated with winged sandals?

See Page D3 for this week's answers.

Super Crossword RECREATIONAL MATHEMATICS

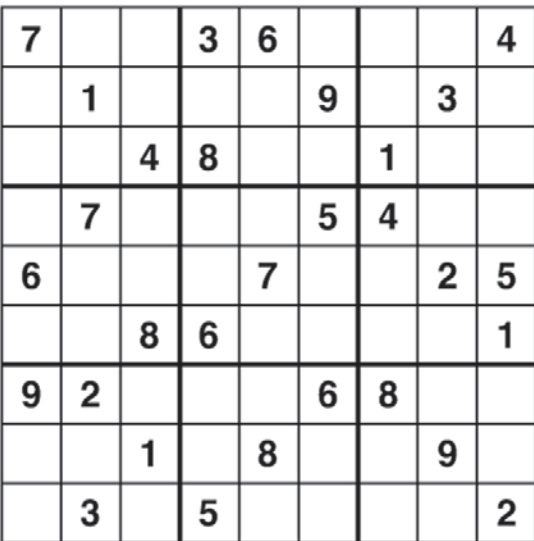
- ACROSS**
- 1 Sovereign
9 "And on and on and on": Abbr.
15 Like saltines
20 Fit to send via the postal service
21 Old-time comedian Russell
22 Designer Oscar de la
23 Olive Oyl's guy, to a math lover?
25 Hall's partner in music
26 Chicken —
27 "Have — a deal for you!"
28 Increases, as debt
30 2011-15 speaker of the House
34 Huge grin, to a math lover?
38 Meditative discipline
39 "Oh really? — who?!"
41 Old Carl Sagan series
42 Guitarist Nugent
- 43 Layer with a "hole" in it
45 Hand lender
48 Narrow coastal inlet
49 R.E. Lee's org.
52 Male Oscar category, to a math lover?
58 Cry audibly
59 Sir —
60 One like the previous one
62 Suffix with leopard
65 Will subject
67 Lump of mayo, e.g.
69 Harsh in tone
70 "Les Misérables" author, to a math lover?
73 More done than "bloody," to a math lover?
75 Pretty up
76 Mimic
77 Ballpark bite
78 Casual greetings
79 Cry upon arriving
81 Air, as an oldie
- 82 Wallach of "The Misfits"
85 Spinning measure, to a math lover?
92 — while
93 Extra NBA periods
94 Petrol station name
95 "— Manner"
96 Stick on
99 Reporter, informally
102 South, south of the border
104 Tetra- + five
105 Protective spirit, to a math lover?
110 Motoring TV series
112 No fewer than
113 Burglarizes
115 Jerry's uncle on "Seinfeld"
116 Certain floor specialist
117 1950 black-comedy film noir, to a math lover?
125 Lift with effort
126 Motionless
127 Talked nonsense
128 Pack-toting animals
- 129 Carmelite nun
130 Vampire novelist
- DOWN**
- 1 Mini-demon
2 — Zedong
3 Domino spot
4 Pachyderms
5 Silky fabric
6 Alpine goats
7 Height stat
8 Utah City near Provo
9 Belgian artist James
10 Big name in breath mints
11 Tax doc. pro
12 U.S. aliens' subj.
13 Hot brew
14 Storied duelist with a big nose
15 Gators' kin
16 Supply with a new weapon
17 Have a hunch
18 Remington of 1980s TV
19 Went by
24 Yolk's place
29 Med. x-ray
30 Party abbr. about drinks
31 Seep
- 32 Huge heads
33 Get as profit
35 Classical column style
36 "The ball — your court"
37 Hi-tech 'zine
40 "Hush!"
44 Tijuana "that"
46 Prescription measure
47 Lyric Muse
50 Derision
51 Floral oil
53 Rival of Lyft
54 — kwon do
55 One-named Italian model
56 "Hey, I was thinking ..."
57 Glossy proof
61 Deli breads
62 "Well, Did You —?" (Cole Porter tune)
63 Nisan feast
64 Win points
66 SeaWorld killer whale
67 Outfits
68 Peculiarity
71 Roman fountain
72 Shallot's kin
73 — code
74 Many moons
77 Mother bird
- 80 Singer Monisette
81 Bow rub-on
83 Guitarist Paul
84 Freezing up
86 City
87 "— trap!"
88 Beat big-time
89 Balm plant
90 Mama's ma
91 Old overlord
96 Christie of mystery
97 Import taxes
98 City in Texas
100 Annoys a lot
101 Way to leave
103 Arrive, as fog
106 Christopher of "Superman"
107 Ventures
108 Bunch of, informally
109 Diminish
111 Annoy
114 Mixer choice
118 Aztec cousin
119 "I'm cold!"
120 View
121 It may dispense
13-Down
122 Old ring king
123 Abbr. on a camcorder
124 HST follower



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.

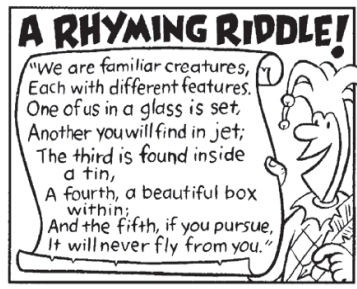
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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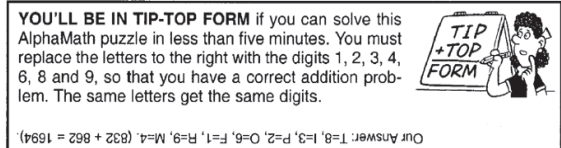
See Page D3 for this week's answers.

KID'S CORNER

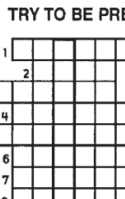


THE JOLLY JESTER has five items in mind. You have five minutes to find them.

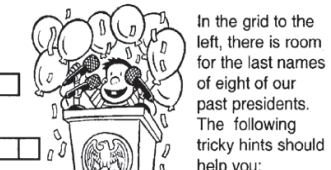
Answer: The vowels — A, E, I, O and U.



LINK-UPS! Here's a list of 12 one-syllable words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



Illustrated by David Coulson



1. One who moves things.
 2. Often found in the garden.
 3. One of the Beatles.
 4. The Tall Texan.
 5. To add greater quantity to.
 6. He was for clean government.
 7. A catty president.
 8. A type of stare.
- There is a dark frame around one of the columns. The letters in the frame, top to bottom, will spell out the home of several of our presidents.

Answers: 1. Carter; 2. Bush; 3. Harrison; 4. Johnson; 5. Franklin; 6. Hoover; 7. Lincoln; 8. Madison; 9. Monroe; 10. Taylor.

Wishing Well®

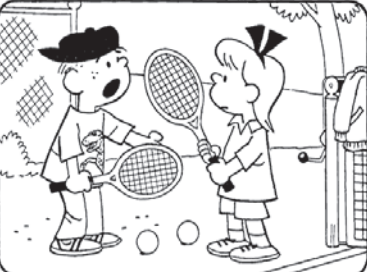
4	6	3	2	5	3	7	6	2	6	5	8	7
H	P	T	S	U	R	N	R	P	O	P	E	O
2	3	2	6	3	7	6	7	8	7	5	7	3
R	E	E	B	A	E	L	R	T	R	H	O	T
7	2	8	3	2	6	7	3	2	7	3	8	7
R	A	E	Y	D	E	S	O	H	O	U	R	N
4	5	2	3	7	3	7	4	3	5	7	4	5
E	O	O	R	T	S	H	L	E	L	E	P	D
4	8	7	4	5	6	5	7	8	2	3	5	3
I	N	J	S	T	M	H	O	A	P	L	E	F
6	7	8	6	5	2	5	6	5	6	4	8	5
A	B	L	L	T	E	R	L	U	E	N	L	T
6	5	8	6	4	6	8	6	4	6	4	8	6
V	H	O	I	E	A	V	T	A	E	R	E	D

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

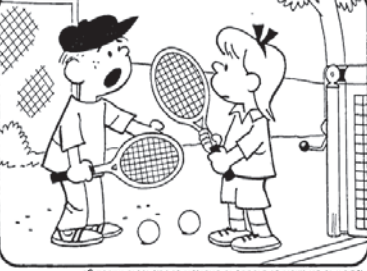
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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Rehab program gives lethal hit to injury

By Gia Oney
Landstuhl Regional Medical Center

LANDSTUHL, Germany — When Sgt. Jessica Bowman was placed on a medical profile for a knee injury, her company commander enrolled her into a new Landstuhl Regional Medical Center program designed to rehabilitate Soldiers with injuries and pain.

For five weeks, Bowman joined a group of other LRMC Soldiers on profile in the Reconditioning Physical Readiness Training at 5 a.m. every weekday to work on muscle strengthening techniques and movement exercises. The program instructors customized a rehabilitation plan with a goal of better knee mobility, less pain and ultimately the removal of her medical profile.

“My first impression of the R-PRT program was that it was really early in the morning,” laughed Bowman. “But the everyday diversity [of exercises] is actually really good.”

Fast forward a couple of months and Bowman has become a program instructor and uses yoga to help program participants rehabilitate.

The R-PRT program is led by LRMC physical medicine and rehabilitation specialist Dr. Daniel Rhoades, a major in the Army and the LRMC brigade surgeon. As a sports medicine provider, Rhoades’s approach with a systematic and holistic care plan for injury-riddled Soldiers has helped the program achieve successful results for participants.

“We don’t let an injury define an individual,” said Rhoades. “In this program, we’re giving a lethal hit to injury and making sure Soldiers are ready to fight, not just tonight, but always.”

While many other military medical centers and even indi-



PHOTO BY GIA ONEY

Maj. (Dr.) Daniel Rhoades, Landstuhl Regional Medical Center, Germany, brigade surgeon and physical medicine and rehabilitation provider, performs a non-operational injection to a Soldier’s injured Achilles tendon as part of the LRMC Rehabilitation Physical Readiness Training program.

vidual unit master fitness trainers have implemented similar programs around the Army, what makes LRMC’s version unique is the on-site care provided by an actual physician – Rhoades.

“Soldiers don’t have to go back to their physician for something like incomplete profile forms,” said Rhoades. “As a physician, if I notice that their profiles need modification, I can contact the Soldier’s provider right then and get it taken care of that day. There is no administrative wait time.

This reduces a Soldier’s time on profile, time in rehab and gets the Soldier back in the fight right away.”

As a provider, Rhoades is also able to consult with other medical specialists if the R-PRT instructors see a need for additional services, such as pain management, physical therapy and LRMC surgical services.

The R-PRT program affords Rhoades the opportunity to functionally assess Soldiers, something he doesn’t get to do during a typical patient appointment in the rehabilitation clinic at LRMC.

“I can see where the injuries are while Soldiers are moving,” said Rhoades. “Sometimes when Soldiers come to me in the clinic, their injuries aren’t always immediately recognizable and there could be issues that can’t be seen from a standard exam. If that’s the case I’ll tell them to meet me in the gym where I can perform specialized physical examination maneuvers to pinpoint issues.”

For many Soldiers, the idea of a military medical discharge is daunting.

“I see Soldiers in my clinic who feel that their careers are about to end because of their injuries,” said Rhoades. “In physical medicine, we work on non-operative treatments to care for those injuries. We’re seeing long-term injuries, some more than 10 years, and we’re able to get those men and women back into the fight, not only professionally but personally as well. Soldiers are able to enjoy activities they once did like swimming, hiking, and even ruck [marching].”

Rhoades contributes much of the success of the R-PRT to the lead program instructor, Staff Sgt. Jonathan Bonet, a medical supply specialist and one of LRMC’s master fitness trainers.

MRE

Continued from Page D1

Missouri; and Fort Sill, Oklahoma.

The chocolate bar has been tested by the U.S. Army Research Institute for Environmental Medicine at Natick and evidence has shown that the bar can measurably increase bone density. The hope is that issuing the bar during basic combat training will help reduce stress fractures, Moody said, and reduce injury-related attrition.

NEW TECHNOLOGY

The Close Combat Assault Rations are being developed with a new technology called vacuum microwave drying. “It brings to the table an ability to put fruits and vegetables into MREs,” Moody said.

The new vacuum microwave drying technology compresses food by about 50 percent while still leaving a little moisture in it to maintain some of the original flavor and texture.

“One of the benefits of the vacuum-microwave as opposed to freeze-drying is that with freeze-drying you have to put the water back in (before eating),” Moody said. “This you only remove enough water to get the shelf stability.”

The Close Combat Assault Ration or CCAR is designed to feed a Soldier in the field for an entire day, unlike MREs which require three per day, Moody said. In that regard, the CCAR is like the First Strike Ra-

tion, first fielded about 10 years ago. But the CCAR will be even smaller and lighter to carry than the FSR.

The First Strike Rations were about half the weight and size of a day’s worth of MREs. The CCAR prototypes are only one-third the weight of the same MREs and offer a 76 percent reduction in size. The new rations would reduce the weight an infantryman will need to carry on a 72-hour mission by almost 10 percent, according to Natick.

Mental health

Continued from Page D1

necessary mental health and substance use disorder care. This includes both inpatient and outpatient care. Services include psychotherapy, prescription medication, psychiatric treatment and more. You can learn more about covered treatments online at <https://tricare.mil/CoveredServices/>

Mental/Treatments.

If you or someone you know has suicidal thoughts, call the Military Crisis Line at 1-800-273-8255 and press 1, text 838255, or confidentially chat online with a Military Crisis Line counselor at <https://www.veteranscrisisline.net/ActiveDuty.aspx>.

Learn more about the TRICARE mental health coverage

and check out the TRICARE monthly tips on the Healthy Living page for ways to take care of your mental health. You can also download the “Mental Health and Substance Use Disorder Services” fact sheet from the TRICARE Publications page at <https://tricare.mil/publications>.

Take command of your physical and mental health with TRICARE this year.

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.

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 Hunting 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.

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.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- 5
- Five: Bolivia, Brazil, Chile, Paraguay and Uruguay
- Condensation
- Rossini
- Back
- A pride
- Fear of cats
- Kellogg’s Frosted Flakes
- Elie Wiesel
- Hermes, messenger of the gods



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