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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

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RECOGNIZING EXCELLENCE



PHOTO BY NATHAN PFAU

Col. Brian E. Walsh, Fort Rucker garrison commander; Maj. Gen. William K. Gayler, USAACE and Fort Rucker commanding general; and Command Sgt. Maj. Brian N. Hauke, command sergeant major of the Aviation Branch, display the Commander in Chief's Award for Installation Excellence, while Command Sgt. Maj. Christopher D. Spivey, then-garrison command sergeant major, and Command Sgt. Maj. Thomas Geddings, IMCOM Training command sergeant major, display the ACOE Gold award during a ceremony at the U.S. Army Aviation Museum June 14.

Fort Rucker receives CINC, ACOE Gold awards at ceremony

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker proved once again that it's Above the Best as it received nationwide recognition for receiving top honors with the 2018 Commander in Chief's Award for Installation Excellence and the Chief of Staff of the Army Communities of Excellence Gold Award during a ceremony June 14.

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, Col. Brian E. Walsh, Fort Rucker garrison commander, Command Sgt. Maj. Brian N. Hauke, command sergeant major of the Aviation Branch and Command Sgt. Maj. Christopher

D. Spivey, then-Fort Rucker garrison command sergeant major, were among those on hand to receive the awards during the ceremony at the U.S. Army Aviation Museum.

In addition to the awards presentation, 12 teams from 22 different organizations across the installation were recognized for their efforts in contributing to the installation receiving the awards.

"To the garrison command team, you've taken the (Commander in Chief's Award for Installation Excellence) and the Chief of Staff of the Army's Communities of Excellence Gold Award – that is significant," said Gayler during the ceremony. "What it really does

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Fort Rucker welcomes new command sergeant major

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker welcomed a new garrison command sergeant major during a change of responsibility ceremony at the U.S. Army Aviation Museum June 15.

Command Sgt. Maj. Jasper C. Johnson assumed responsibility from Command Sgt. Maj. Christopher D. Spivey as the garrison colors changed hands from Spivey to Col. Brian E. Walsh, Fort Rucker garrison commander, to Johnson.

Walsh presided over the ceremony and expressed full confidence in the new command sergeant major while bidding farewell to Spivey.

"I couldn't have had a better battle buddy than Command Sergeant Major Spivey. He's a difference maker, he's a

SEE COMMAND, PAGE A7



PHOTO BY NATHAN PFAU

Command Sgt. Maj. Jasper C. Johnson, Fort Rucker garrison command sergeant major, assumes responsibility from Command Sgt. Maj. Christopher D. Spivey as he accepts the garrison colors from Col. Brian E. Walsh, Fort Rucker garrison commander, during a change of responsibility ceremony at the U.S. Army Aviation Museum June 15.



PHOTO BY NATHAN PFAU

Maj. Gen. William K. Gayler (center), USAACE and Fort Rucker commanding general, cuts the Army birthday cake with the youngest Soldier present, Capt. Ashley Johnson (left), B Co., 1-212th Avn. Regt., and Chaplain (Lt. Col.) Timothy Bedsole, Fort Rucker deputy garrison chaplain, representing the oldest Soldier present, during a ceremony June 14 at The Landing honoring the Army's 243rd birthday.

Freedom Fest returns with music, food, festivities

By Nathan Pfau
Army Flier Staff Writer

Freedom Fest will feature live music, food and fun to keep the Wiregrass entertained throughout the Independence Day celebration, but Fort Rucker officials want to remind people that safety should remain a top priority.

Freedom Fest returns June 29 to the festival fields from 4-10 p.m., and when people initially arrive on the installation for the celebration, Marcel Dumais, Fort Rucker chief of police, said that festival goers should make sure they park in the designated locations depending on where they enter, keep prohibited items off the installation, and follow all rules and guidelines for the event to make sure that everyone has a safe Freedom Fest celebration.

"Ensure when you arrive on Fort Rucker that you park in the parking area for the gate you wish to exit from when the fireworks are complete," said the police chief. "As an example, if you want to leave from the Daleville gate after the fireworks, make sure you park in the Daleville parking area, because the exit routes will be strictly enforced.

"During the Freedom Fest celebration there will be multiple police personnel on the fields to assist patrons," he added. "The DPS



ARMY GRAPHIC

incident command post will also be located on Field A and patrons can ask for assistance at that location. A medical tent and lost child tent will also be set up on Field A to provide assistance."

According to Dumais, signage will be in place to direct visitors to the correct parking area for their preferred gate.

"It is important for patrons to follow the parking and traffic flow plan because the plan was developed to ensure people's safety as they enter and exit the installation," he said. "There will be a number of road closures associated with Freedom Fest and it is important for people to follow the signs posted, as well as any instructions from police personnel and event staff. The egress routes are set up to move the large volume of vehicles off the installation

as quickly and safely as possible. Patrons should understand that it is going to take time to get all the vehicles off the installation, so we ask for their patience up front."

Dumais also urged visitors to be patient at the end of the event as personnel work to help everyone exit the facility safely.

"I ask people to remember there (will be thousands of) people in attendance and only so many roads to exit the post – the egress routes have been set up to allow the maximum number of vehicles to exit each of the gates as safely as possible," he said. "I ask for the public's help in making sure they park in the parking area for the gate they want to exit from, this greatly helps law enforcement, so we don't have vehicles trying to cross established routes and causing back-ups or accidents."

Visitors are also reminded that certain items are prohibited during Freedom Fest and should not be brought with them.

"No coolers, tote bags or backpacks are permitted except for medical and baby care items," Dumais said. "No pets. No fireworks. No glass containers. No weapons, to include guns, knives, pepper spray or other such items. No bicycles, scooters, roller blades or skateboards.

"The (Directorate of Public Safety) wants everyone to come out and enjoy Freedom Fest, but we ask that you do it responsibly," he added. "There will be prohibited items signs posted in the parking areas as a reminder not to bring those items on the field.

"(In years past), there were still a number of patrons that brought pets to the event – please leave your pets at home, only certified service animals will be allowed on the festival fields," said the police chief.

This year's event will feature carnival-style rides, bounce houses for children, food and live music performed by the Maneuver Center of Excellence's rock band, Rolling Thunder, which will perform a variety of hits from artists like Michael Jackson, Pat Benatar and Stevie Wonder, to songs by modern artists like Justin Timber-

lake, Shawn Mendes and Carrie Underwood.

Janice Erdlitz, DFMWR marketing director, said the annual event is the perfect opportunity for Soldiers and families to celebrate the nation's independence and experience a full day of local entertainment.

"It's a wonderful opportunity to show your support for Fort Rucker," she said. "Freedom Fest is a celebration for our entire community. When we look around at our neighbors across the Wiregrass, we look forward to this day when we invite everyone out to celebrate our nation's independence with us at Fort Rucker.

Admission to the event is free and open to the public. However, people are reminded that a gate access pass is required.

Unescorted visitors planning to attend Freedom Fest music obtain a visitor's pass from one of two Visitor Control Centers prior to the day of the event.

Visitors may obtain passes from VCCs at the Daleville and Ozark gates. The Daleville VCC is open Mondays-Sundays from 8 a.m. to 4 p.m. The Ozark VCC is open Mondays-Fridays from 8 a.m. to 4 p.m. If you plan on attending this year's Freedom Fest celebration, Dumais recommends people come a few days early to get an access control pass.

PERSPECTIVE

‘THE FUTURE IS HANGING UPON YOUR ACTION’

How American forces turned the tide in WWI

By David Vergun
Army News Service

WASHINGTON — By March 1918, it appeared that Germany was gaining the upper hand in its fight against allied forces during World War I.

The Russian army on the Eastern Front had collapsed, allowing about a million soldiers from Germany and other Central Powers nations who had been engaged there to move against British, French, Canadian and a small contingent of U.S. forces on the Western Front.

The German Spring Offensive, March through June 1918, was designed to win the war before U.S. troops arrived in substantial numbers, said Air Force Lt. Col. Mark E. Grotelueschen.

And the Germans nearly succeeded, said Grotelueschen, who authored the U.S. Army Center of Military History World War I pamphlet “Into the Fight: April-June 1918.”

By April 1, the Germans had 26 percent more soldiers than all the allied force, and had captured more territory than they had since the war started in 1914. By May 27, they came within 35 miles of Paris. More than a million people fled the French capital and the British contemplated an evacuation of the continent.

When the Spring Offensive began March 21, there was just one American division, the 1st Infantry Division, at the line of trenches that marked the front line. The other divisions – the 2nd, 42nd and 26th – were still

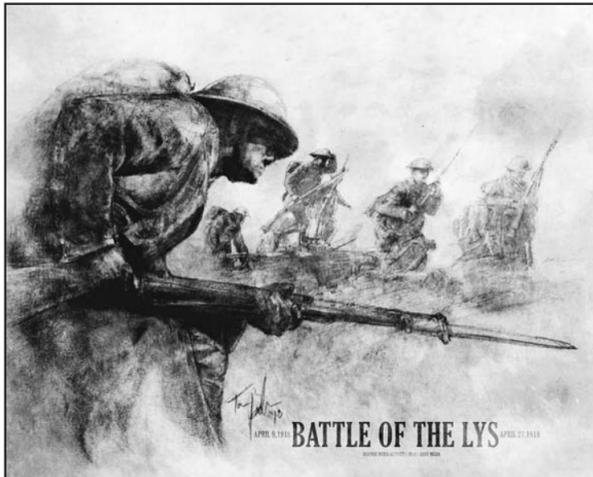


PHOTO ILLUSTRATION BY TRAVIS BURCHAM

The battle for Lys took place April 9-27, 1918, and is one of the U.S. Army’s campaign streamers. However, most of the combatants were French, British and German.

in their final phase of training by the French in a quiet sector away from the front.

In May and June, around 460,000 U.S. Soldiers and Marines poured into France to bolster the war effort, he said.

BATTLE FOR CANTIGNY

On April 17, the 1st Infantry Division marched toward Cantigny, in northern France. Before their march, Gen. John Pershing, commander of the American Expeditionary Force, gave them a pep talk that left a lasting impression, Grotelueschen said.

Pershing said, in part, “You are the finest Soldiers in Europe today. Our people today are hanging upon your deeds. The future is hanging upon your action in

this conflict.”

Among those Soldiers listening intently to Pershing was Lt. Col. George C. Marshall, the future Army chief of staff, who would later lead the Army through World War II, Grotelueschen said.

During the division’s first few weeks, there were no German infantry attacks, Grotelueschen said. But that didn’t mean it was a safe zone.

The artillery fire was nearly continuous and often included mustard gas, he said. Enemy aircraft adjusted artillery fire, and occasionally bombed and strafed the American positions.

The battle for Cantigny lasted from May 28-30. It was the first American attack ever to use airplanes, tanks and flamethrowers,

in addition to mortars and artillery – what is today referred to as combined arms warfare.

It was also the first American-led battle of the war, with the other participants being French troops, Grotelueschen said.

The bulk of the fighting was done by Soldiers of the 28th Infantry Regiment. They suffered 941 killed or wounded, while the German toll was around 1,500.

“In the gruesome calculus of an attritional war, the fledgling AEF had done what it needed to do. It had killed and wounded more of the enemy than it had lost,” Grotelueschen noted, adding that it “showed friend and foe alike that Americans will both fight and stick.”

The Cantigny battle would become a theme for the months to follow until the end of the war, Nov. 11, 1918, he said. “The inexperienced Americans helped stop German attacks with tenacious defense; proved able to push the Germans back at various points along the line; and, with rare exceptions, held on to whatever terrain they seized.”

DEFENSE OF CHATEAU-THIERRY

On May 31, elements of the 3rd Infantry Division began arriving in the vicinity of the Chateau-Thierry in northern France.

House-to-house fighting ensued. At one point, the French thought that the Germans would capture the city, so they blew up the main bridge across the Marne River, leaving some American forces stranded on the other side.

The U.S. Soldiers put up a brave counterattack, making a “critical contribution to the massive French effort to stop the Germans,” who were now within artillery shelling distance of Paris, Grotelueschen said.

Philippe Petain, commander of the French army, wrote a special citation for the U.S. 7th Machine-Gun Battalion, he said. It read in part: “In the course of violent combat, particularly the 31st of May and the 1st of June, 1918, it disputed foot by foot with the Germans the northern outskirts of Château-Thierry, covered itself with glory, thanks to its valor and its skill, costing the enemy sanguinary losses.”

JOINT OPERATIONS

While the 1st and 3rd Infantry Divisions were engaged in battle, the 2nd Infantry Division, made up of a conglomeration of Army and Marine regiments, was arriving in the vicinity of Lucy-le-Bois, also in northern France.

Some of the most brutal fighting of the war was done by U.S. Marines in a forest known as Belleau Wood June 6-26.

“The allies were desperate not merely for good news, but especially for reassurances to the tired French and British forces that the Americans had entered the fight at last,” Grotelueschen said. “For their part, the Germans could not ignore the fact that in those battles the rookie 2nd Infantry Division (had) severely damaged regiments from four experienced German divisions. The tide was turning.”

NEWS BRIEFS

‘Army Flier’ hiatus

The civilian publisher of the “Army Flier” has made the decision to cease publication of Fort Rucker’s post newspaper, with this week’s issue being the last one until a new publisher is found. The public affairs office reminds people they can still get the same information online at the Fort Rucker website, www.rucker.army.mil, and through the post’s Facebook and Twitter sites.

Career transition presentation

The Fort Rucker Soldier for Life – Transition Assistance Program will host a presentation on marketing yourself for career transition June 26 from 9-11:30 a.m. in Bldg. 4502, Rm. 245. The free presentation, entitled Marketing Yourself for a Second Career, is offered by The Military Officers Association of America. All ranks are invited, though it is geared towards officers and senior NCOs. Spouses are encouraged to attend, as well.

It is more important than ever for people to understand how to manage their transition, according to SFL officials. The

Transition Center at MOAA provides this presentation to teach the latest trends in transition to include networking, resume writing, LinkedIn profile development, job interview techniques and salary negotiations. All military personnel eventually transition to civilian life and this presentation is perfect for those who are considering separation or retirement. It also educates leaders in the transition process in order to coach and mentor their subordinate, especially during these times of force reductions, selective retirement boards, etc.

The presentation will be given by Erin Stone, who serves as program director for engagement at MOAA’s national headquarters in Alexandria, Virginia.

RSVPs are required to attend. To reserve a seat or for get more information, call 255-2540.

Clinic closures

Lyster Army Health Clinic will close at 11 a.m. June 22. The Fort Rucker Army Wellness Center will also close at 11 a.m. June 22.

Lyster Army Health Clinic will also be closed July 4 in observance of the Independence Day holiday. The clinic will provide limited appointment availability on the day of no scheduled activity July 5 from 8 a.m. to noon. The clinic will be closed the afternoon of July 5.

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.

* Upping Your Metabolism – June 28 at 1 p.m.

* Exercise Prescription and Goal Setting – June 26 at 11:45 a.m.

Commissary closure

The Fort Rucker Commissary will close at 2 p.m. June 29. For more information, call 255-6671.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m.

The thrift shop needs people’s unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Alcoholics Anonymous meets

Alcoholics Anonymous meets Wednesdays from 11:30 a.m. to 12:30 p.m. in Rm. 147 of Bldg. 4502. For more on the group, call 334-237-1973.

Lost and found

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

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Brian E. Walsh
FORT RUCKER GARRISON COMMANDER

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

ARMY STRONG

On Army's 243rd birthday, leadership looks toward the future

By Devon L. Suits
Army News Service

WASHINGTON — While reflecting on the Army's nearly 2 1/2 centuries of defending the nation, Secretary of the Army Mark T. Esper said he also remains optimistic about the future of the service he leads.

"We are modernizing the force. We also have a new vision ... that tells us where to go, how to get there, and when. And I'm confident with this vision," Esper said. That vision, the secretary said, ensures that even a decade from now, the U.S. Army will retain its place as "the most dominant, the most lethal fighting force in history."

In the courtyard of the Pentagon June 14, Esper was joined by Deputy Secretary of Defense Patrick M. Shanahan, Chief of Staff of the Army Gen. Mark A. Milley, and Sgt. Maj. of the Army Daniel A. Dailey to celebrate the 243rd birthday of the U.S. Army.

The deputy secretary echoed Esper's remarks, saying he too felt good about the Army's direction, especially when it comes to modernization efforts. He also acknowledged the Soldiers, civilians, and families that help keep the Army in the fight.

"We have amazing families that support the missions. And when you look across the globe at the missions our men and women are supporting, it is nothing short of remarkable. We have a remarkable team," Shanahan said.

REENLISTMENT

In addition to celebrating the Army's birthday, the Army's chief of staff also had opportunity to celebrate the decision of 27 Soldiers to recommit to a life in uniform.

Within the headquarters of the U.S. military, those Soldiers stood at attention while Milley administered to them the oath of enlistment, and also took time to explain to them his idea of what that oath means.

"We're taking an oath to a document — the Constitution of the United States of America

— and we're taking an oath to the idea embedded within that document," Milley said. "In these United States, every single one of us is born free and equal. And you're going to rise to the level of your merit based on your knowledge and skills and your talent. And you're going to be judged by the content of your character, not the color of your skin. That is the core organizing principle of the United States of America."

However, freedom doesn't come without cost, Milley said. The Army chief reminded those in uniform that the oath sometimes requires service members to make a sacrifice.

"That's why we fight, and that's why you're taking this oath," he said. "What you're saying by doing this [oath, is saying] you're willing to die to pass that idea off to the next generation -- so this country does not perish."

Among the group of Soldiers reenlisting were Cpl. Louis Delgado, a human resources specialist, and Spc. Eric White, a wheeled vehicle mechanic. Both Soldiers said they considered themselves lucky to have participated in the birthday event, and to have re-enlisted at the Pentagon.

"I am proud to be a part of the Army team," Delgado said. "They say less than one percent serves in the military, so to be a part of the [Army family] and keep that going for as long as I have, I am proud to be a part of that and keep doing it."

In addition to serving in the U.S. Army Reserve for 13 years, Delgado maintains his commitment to helping others by working as a firefighter and emergency medical technician in Orlando, Florida. As he progresses through his career, Delgado hopes to move up the ranks and pass his love for the Army down through his family before he retires.

On the other hand, White has only served in the Army for a little under four years. Stationed out of Fort Belvoir, Virginia, the young Soldier reenlisted for another two years. However, he maintains his commitment to his goal of completing his graduate



PHOTO BY DEVON L. SUITS

Secretary of the Army Dr. Mark T. Esper, Deputy Secretary of Defense Patrick M. Shanahan, Chief of Staff of the Army Gen. Mark A. Milley, and Sgt. Maj. Of the Army Daniel A. Dailey celebrated the Army's 243rd birthday in a ceremony held in the Pentagon courtyard June 14. Joining the senior leaders were the oldest Soldier from the National Capital Region, Command Sgt. Maj. Daniel R. Smith, and the youngest, Pvt. Alexander Coffman.

degree before leaving the force.

"Reenlisting makes you think back to the past and the other people that have chosen to take the oath and be all that they can be for this great nation. It's very humbling," he said. "You're doing something for the greater good. And it means a lot, not only to me, but to all the other Soldiers here today."

BRING ON THE CAKE

Nearing the end of the ceremony, the oldest and youngest Soldiers in attendance took the stage with Army senior leaders for a cake cutting ceremony.

Command Sgt. Maj. Daniel R. Smith, assigned to the United States Army Band, "Pershing's Own," was nominated as the oldest Soldier for the event. With more than

26 years of service, Smith said he was both honored and inspired to be selected.

On the other end of the spectrum, Pvt. Alexander Coffman, the event's youngest Soldier, has served in the Army for six months. At 18 years old, Coffman enlisted into the force as an infantryman, but was later selected to join the 3d U.S. Infantry Regiment (The Old Guard), the Army's official ceremonial unit.

Optimistic and driven, Coffman said he couldn't wait to see what lies ahead for his Army career.

"Seeing seasoned leaders pass the Army onto junior leaders -- future leaders -- I'm proud to be part of that legacy," Smith said. "The Army has been doing this since 1776."

DOD partners with LinkedIn, offers military spouses free membership

Department of Defense
Press Release

WASHINGTON — The Defense Department's Spouse Education and Career Opportunities program is launching a new partnership with LinkedIn — the virtual professional networking platform.

Military spouses will soon have access to a free LinkedIn Premium membership, valid for one year, every time they have a permanent-change-of-station move, including access to more than 12,000 online professional courses through LinkedIn Learning, as well as access to LinkedIn's military and veterans resource portal. The membership is also available for the spouse of a service member who is within six months of separation from the military.

"The partnership with LinkedIn will offer military spouses a great opportunity to advance their careers during their times of transition," said Eddy Mentzer, associate director of family readiness and well-being in DOD's Office of Military Community and Family Policy. "Spouses will be able to access a global network of professionals any time, from any place. They can plan their next career step before they move, as soon as they have orders [for a permanent change of station]."

MORE THAN NETWORKING

A premium account includes enhanced insights comparing users to other applicants, on-demand learning, and use of the InMail feature, where users can send direct messages to LinkedIn members they're not connected to. As corporate interest in hiring military spouses steps up, DOD and LinkedIn will be using the military spouse LinkedIn group to connect spouses to each other and employers.

"It is important for military spouses to see LinkedIn Pre-



DOD PHOTO

Service members and civilians at a job fair. Through a partnership between DOD and LinkedIn, military spouses will soon have access to a free LinkedIn Premium membership, valid for one year, every time they have a permanent-change-of-station move.

mium as more than just enhanced networking. LinkedIn has developed a learning path specific to military spouses to help them find and succeed in remote, flexible, and freelance work opportunities," Mentzer said. "Additionally, LinkedIn provides enhanced resources for spouses that own and operate their own business as well as for employers to search the military spouse community for potential employees."

The LinkedIn partnership is designed to help military spouses overcome a common challenge -- sustaining steady employment. The number one contributing factor to military spouse unemployment is continual relocation from duty station to duty station. On average, active-duty military person-

nel move once every two to three years, more than twice as often as civilian families, and military spouses move across state lines 10 times more frequently than their civilian counterparts.

EMPOWERING SPOUSES

"Empowering our community of military spouses to reach their personal and professional goals is part of maintaining a healthy military community," said A.T. Johnston, deputy assistant secretary of defense for military community and family policy. "We encourage military spouses to take advantage of the LinkedIn Premium membership opportunity as just one of many tools available to them through the SECO program."

Military spouses interested in the LinkedIn Premium upgrade can visit MySECO for more information and to learn how best to maximize this new service. Eligible military spouses are expected to have access to the LinkedIn Premium membership later this summer.

The DOD established the SECO program to provide education and career guidance to military spouses worldwide, offering free comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections. This program also offers free career coaching services six days a week. This program may further develop partnership with private sector firms such as LinkedIn for purposes of enhancing employment opportunities for military spouses pursuant to authority in Section 1784 of Title 10, United States Code. The formation of such partnerships does not signify official DOD endorsement of any such private-sector entity or its products or services. Learn more about the SECO program by visiting Military OneSource or calling 800-342-9647 to speak to a SECO career coach.

SFAB adds 'extensive tactical depth' in first 100 days in Afghanistan

By Lisa Ferdinando
Defense Media Activity

WASHINGTON — Nearing its 100th day of deployment in Afghanistan, the highly trained and specialized 1st Security Force Assistance Brigade is seeing results, the unit's commander said.

"We confirm that we had the right training to prepare us to train, advise, assist, accompany and enable our Afghan partners," Col. Scott Jackson told Pentagon reporters via videoconference June 13 from Kabul, Afghanistan.

"The manner in which the SFAB operates requires a degree of specialized training, providing self-sufficiency in difficult and complex situations," he said.

In the time the brigade has been in Afghanistan, Jackson explained, the troops have witnessed Afghan forces taking the fight to the enemy and using their own resources. Afghan forces have used air assets, artillery and ground maneuvers with success



PHOTO BY STAFF SGT. NEYSA CANFIELD

Sgt. Christian Ladd, a combat medic assigned to 2nd Bn., 1st SFAB, and two Afghan soldiers wait for an Mi-17 to land May 8.

in the fight.

The Army announced the creation of SFABs in February 2017.

The 1st SFAB was designed and equipped for the specialized mission in training, advising, assisting, accompanying and enabling Afghan forces from the kandak to the corps

level, Jackson said. A kandak is roughly the size of a battalion.

'EXTENSIVE TACTICAL DEPTH'

SFAB members are volunteers who were selected based on their high level of technical expertise, physical fitness and potential ability to advise a foreign security partner force, Jackson explained.

"Since our arrival we have deployed advisory teams to every Resolute Support regional command and partnered them with Afghan army, police and border force elements ranging from kandak to Afghan brigades and police districts and all the way up to Afghan corps, division and police zones," he said.

The commander explained the SFAB has provided ground maneuver-focused teams, and specialty teams focused on engineering, field artillery, military intelligence, logistics and communications.

"Through echelon and functionality, the 1st SFAB has added extensive tactical depth to the overall Resolute Support advising

mission," he said.

GOAL TO IMPROVE PARTNERS

The U.S. Soldiers, Jackson explained, assess the partnered organization, establish a solid relationship with that organization, represent the United States well, and then make the partner better and self-sustainable.

"Simply put, the goal is to make our partners better in every measurable way," Jackson said.

The SFAB is making "great progress" in supporting the Afghan forces so they can maintain unequal fights, keep up the pressure against the enemy and effectively use their resources.

The brigade will define its success in terms of its partners in the coming months, he said.

"When we leave, our partners will be more technically and tactically capable, more offensive minded, more self-sustaining and deserving of the trust of the Afghan people," Jackson said.

Army secretary releases reduction requirement memos to improve readiness

Office of the Secretary of the Army
Staff Report

WASHINGTON — Consistent with the new Army Vision, the Secretary of the Army has signed memorandums that modify or eliminate certain training requirements to improve the warfighting readiness and lethality of our Army.

These memorandums will be captured in an Army directive that will be published this summer. This directive will ensure that existing Army directives and regulations are updated to reflect the Secretary's guidance.

Links to the following Army Directives can be found at https://www.army.mil/article/207160/army_secretary_releases_reduction_requirement_memos_to_improve_readiness under "Related Links."

- Army Directive 2018-07, Prioritizing Efforts - Readiness and Lethality – In order to build a more capable and lethal force, Headquarters, Department of the Army is reducing requirements in brigade and below units. This effort focuses on a systematic simplification, reduction, or elimination of required activities (training and non-training) which consume commanders', leaders', and Soldiers' time that they might otherwise spend building and sustaining combat readiness.
- Army Directive 2018-07-1, Prioritizing Efforts - Readiness and Lethality (Update 1) – The following items are no longer required by HQDA:
 - a. Travel Risk Planning System (TRIPS);
 - b. Media Awareness Training; and
 - c. Combating Trafficking in Persons Training.
- Army Directive 2018-07-2, Prioritizing Efforts - Readiness and Lethality (Update 2) – The following items are no longer required by HODA:
 - a. Accident Avoidance Course Training as outlined in AR 600-55;
 - b. Grade Requirement for Additional Duty Safety Officer/Unit Safety Officer as required by AR 385-10; and
 - c. Company commanders are no longer required to conduct internal audits of dining facility headcounts as outlined in AR 600-38.
- Army Directive 2018-07-3, Prioritizing Efforts - Readiness and Lethality (Update 3) – The following items are no longer required by HQDA:
 - a. Subsequent Command Inspections as outlined in AR 1-201;
 - b. The inclusion of Initial Command Inspection Records as a part of Deployment Records as outlined in AR 1-201; and
 - c. Unit Safety Officers are no longer required to maintain Motor Vehicle Accident Reports as required in AR 385-10.
- Army Directive 2018-07-4, Prioritizing Efforts - Readiness and Lethality (Update 4) – The following items are no longer required by HODA:
 - a. Units are no longer responsible for processing requests for political asylum and temporary refugee status as outlined in AR 550-1;
 - b. Chemical, Biological, Radiological, and Nuclear Training as outlined in AR 350-1 is no longer a standalone requirement and should be incorporated into units' Mission Essential Task training as part of the operational environment; and
 - c. Counter Improvised Explosive Device Training as outlined in AR 350-1 is no longer a standalone requirement and should be incorporated into units' Mission Essential Task training as part of the operational environment.
- Army Directive 2018-07-5, Prioritizing Efforts - Readiness and Lethality (Update 5) – The following items are no longer required by HQDA:
 - a. Culture, Regional Expertise and Language (CREL) Training as defined in AR350-1 is not mandatory training. Commanders will conduct mission analysis and conduct CREL training, when required, as it relates to their unit's assigned mission;
 - b. Code of Conduct, Personnel Recovery or Survival Escape Resistance and Evasion Level-A Training as defined in AR 350-1 and AR 525-28 are no longer required for all personnel. Commanders will evaluate individual missions or risks to personnel and may require this training if the circumstance dictates; and
 - c. The semi-annual tool room/tool crib inventory requirement as defined in AR 710-2 is reduced to an annual inventory requirement.
- Army Directive 2018-07-6, Prioritizing Efforts - Readiness and Lethality (Update 6) – The following items are no longer required by HQDA:
 - a. The requirement to conduct a command climate survey at the 6-month mark is eliminated. Unit command climate surveys are now only required within 60 days of assuming command (120 days for Army National Guard and U.S. Army Reserve) and annually thereafter (Army Regulation (AR) 600-20);
 - b. The requirement to conduct Human Relations Readiness Training at the unit level is eliminated (AR 600-20); and
 - c. The requirement to monitor the demography of the Equal Opportunity Representatives in their commands to ensure EORs are a demographic reflection of the unit is eliminated. HQDA G-1 remains the official organization for Army demographics

Secretary of the Army

Prioritizing Efforts - Readiness and Lethality

Army Directives



ARMY GRAPHIC

- Army Directive 2018-07-7, Prioritizing Efforts - Readiness and Lethality (Update 7) –
- The following items are no longer required by HODA:
 - a. Consolidate Continuity of Operations/Army Protection Program/Army Emergency Management Program troop and equipment support requirements to minimize Borrowed Military Manpower and burden on MTOE items for planning, preparation, exercises, etc. (Army Regulation (AR) 500-3, AR 525-2, and AR 525-27);
 - b. Army Substance Abuse Training and Suicide Prevention training as discrete common mandatory training requirement with an annual frequency, and Ask, Care, Escort training are eliminated, and are replaced with commander discretion in applying skills found in the engage training module (AR 600-85 and AR 600-63); and
 - c. The Senior Leader Risk Reduction Tool is not mandated by HODA.
- Army Directive 2018-07-8, Prioritizing Efforts - Readiness and Lethality (Update 8) – The following items are no longer required by HODA:
 - a. Eliminates the annual requirement for Army Reserve units to report all Equal Opportunity training at the quarterly training briefing;
 - b. The requirement for Multi-source Assessment and Feedback is eliminated (Army Regulation 600-100);
 - c. HODA does not mandate POV inspections prior to long weekends or holidays;
 - d. Transgender training is complete across the Total Army. Units no longer need to report training status; and
 - e. Substance Abuse Prevention Training is no longer an annual requirement nor is it required for leave. Commanders may direct the requirement on a case-by-case basis or as mission dictates a need.



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- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.



HIGHER EDUCATION

Soldiers to be eligible for tuition assistance right after AIT

By David Vergun
Army News Service

WASHINGTON — Soldiers will no longer have to wait one year after completing their Advanced Individual Training to receive tuition assistance.

Soon, tuition assistance will be available immediately for Soldiers of all components after AIT. This assumes they meet existing eligibility requirements and have no flags like disciplinary problems or failure of the Army Physical Fitness Test, according to Pamela Raymer, chief, Army Continuing Education System, Human Resources Command.

Officers who have completed the Basic Officer Leaders Course and warrant officers who have graduated from the Warrant Officer Basic Course will immediately be eligible for tuition assistance as well, she added.

The second part of the change is that Soldiers who wish to pursue a master's degree will no longer have to wait 10 years in order to apply for tuition assistance funding, Raymer said.

Instead, enlisted Soldiers who



PHOTO BY DAVID VERGUN

Soldiers will no longer have to wait one year after completing their Advanced Individual Training to receive tuition assistance. Soon, tuition assistance will be available immediately for Soldiers of all components after AIT.

have successfully completed the Advanced Leader Course, warrant officers who have graduated from the Warrant Officer Advanced Course and officers who

have graduated from the Captains Career Course or equivalent will immediately be eligible, irrespective of component, she said.

This policy change takes effect Aug. 5, according to Army Directive 2018-09 (Army Tuition Assistance Policy) of June 6, 2018. The directive was signed

by Secretary of the Army Dr. Mark T. Esper.

All other existing tuition assistance policy, such as Soldiers being able to take up to 16 semester hours each fiscal year at the rate of \$250 per semester hour, remains the same, Raymer said.

Unfortunately, less than 20 percent of Soldiers in all components use tuition assistance, she said.

"We're hoping this new policy will encourage more Soldiers to sign up for tuition assistance, as this will help them professionally when they're in the Army and increase their employability when they separate," Raymer added.

Raymer suggested that Soldiers in an active duty status might want to use tuition assistance and save their GI Bill for when they leave the service because it includes a housing stipend that could benefit them. Also, they might want to pass along that benefit to a family member if they so choose.

Soldiers should contact their installation education office for more details. The Fort Rucker Education Center can be reached at 255-2378 or 255-9288.

Army's robotics alliance rallies researchers to develop robots

By ARL Public Affairs
Staff Report

ABERDEEN PROVING GROUND, Md. — As part of a strategy to develop and deliver new robotics capabilities to future Soldiers, Army researchers have partnered with world-renowned experts in industry and academia.

The University of Pennsylvania hosted a series of meetings in Philadelphia June 5-7 for principal investigators and researchers from the Army's Robotics Collaborative Technology Alliance.

"We are coming together to tell each other what we've done over the last year," said Dr. Stuart Young, a division chief in the U.S. Army Research Laboratory at Adelphi, Maryland, and the RCTA's collaborative alliance manager.

The group formed in 2009 to bring together government, industrial and academic institutions to address research and development required to enable the deployment of future military unmanned ground vehicle systems ranging in size from man-portables to ground combat vehicles.

Partners include:

- General Dynamics Land Systems – Robotics;
- Carnegie Mellon University - The Robotics Institute;
- Massachusetts Institute of Technology;
- Florida State University;
- University of Central Florida;
- University of Pennsylvania;
- QinetiQ North America; and
- Cal Tech/Jet Propulsion Lab.

Young said the laboratory is focused on transitioning new capabilities to industry partners so they can continue to mature them.

"Since this is a basic and applied research program, we'll transition it to them so they can get it into an experimental prototype in development," he said. "Certainly the problem that we are working on is very hard. It is difficult to operate robots in the wild, anywhere in the world, but that's the kind of problem the Army has to solve."

The Army's vision is to make unmanned systems an integral part of small unit teams.

"We're trying to go from tools to teammates so you can work side-by-side with them," Young said, continuing with, "In order for robots to be teammates, they must operate in unstructured, complex environments.

"And then in order for the robots to be a useful teammate, they have to communicate naturally like a human does," Young said. "We're doing a lot of work in human-robot relationships, understanding concepts in the same way that humans do, trying to get the robots to understand those concepts in the same way so that the teaming can occur more naturally."

Over the eight years of the alliance, researchers have achieved many milestones in the robotics field.

"New methods for robots to autonomously interact with and perceive the outside world have been developed to improve reasoning, situational awareness, trust and mobility in challenging battlefield environments," said Dr. Jaret Riddick, director of the lab's Vehicle Technology Directorate. "In the past eight years, researchers have teamed with academia and industry supported by the Robotics CTA to establish robotics technology critical to next generation Army objectives for multi-domain operation."

The alliance conducts research in four technical domains.

- Perception: Perceive and understand dynamic and unknown environments, including creation of a comprehensive model of the surrounding world
- Intelligence: Autonomously plan and execute military missions; readily adapt to changing environments and scenarios; learn from prior experience; share common understanding with team members
- Human-Robot Interaction: Manipulate objects with near-human dexterity and maneuver through 3-D environments
- Dexterous Manipulation and Unique Mobility: Manipulate objects with near-human dexterity and maneuver through 3-D environments

"We've certainly come a long way and, yes, we have a long way to go," Young said. "We've made a lot of progress in understanding and developing new theory and techniques for communicating between the robots and the humans. We must generate more novel techniques to be able to address those types of problems."

Researchers said the meetings in Philadelphia were a valuable experience as they continue to plan for a capstone event at Camp Lejeune, North Carolina, in 2019, where they will demonstrate the culmination of their research achievements to Army leaders.



ARMY PHOTO ILLUSTRATION

By 2025, the Army sees ground troops conducting foot patrols in urban terrain with robots – called Squad Multipurpose Equipment Transport vehicles – that carry rucksacks and other equipment. Unmanned aircraft could serve as spotters, according to the Army's new strategy for robotic and autonomous systems. They could also deliver cargo, reducing reliance on rotary-wing support and facilitating sustainment.



PHOTO BY DAVID MCNALLY

Principal investigators and researchers from the Army's Robotics Collaborative Technology Alliance meet at the University of Pennsylvania in Philadelphia June 5-7 to coordinate efforts.



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PHOTOS BY STAFF SGT. CHRISTOPHER VANN

Veterans of the Army 66th Infantry Division pose for a group photo during the division's final reunion and site dedication at Camp Blanding Joint Training Center's museum in Starke, Fla., June 15.

Army WWII veterans hold emotional final reunion

By Staff Sgt. Carmen Fleischmann
For Army News Service

STARKE, Fla. — For years, veterans of the Army's 66th Infantry Division have reunited to reminisce about their time together fighting in World War II, to share stories of how their lives have changed since then, and to recall fond memories of those brothers they lost along the way.

They have taken many journeys together, but none have been as impactful as their June 15 return here to the Camp Blanding Joint Training Center for their final reunion.

The 15 veterans of the 66th "Black Panther" Division and their families were welcomed to the Camp Blanding Museum by post commander, Army Col. Matt Johnson, who shared how he was personally impacted by their stories.

Upon taking command of Camp Blanding in 2015, Johnson said he would enjoy a morning run past the troop billeting areas on Quincy Avenue, which just happened to be located behind what used to be the headquarters for the 66th Infantry Division.

"I remember vividly on those first mornings as I ran through the area, how I observed the concrete foundations and the red brick chimneys that still remain there today," Johnson said. "It stirred within me the desire to learn more about the history of this post and the Soldiers and Civilians who once trained and served here."

Johnson ran his usual route again on the morning of the reunion to prepare for his meeting with veterans that trained at his post all those years ago.

"I could still imagine the voices and the sounds of men rising early, preparing for another day of training at Camp Blanding. I thought of what you experienced then and what we experience today," he said.

VETERAN'S STORY

Johnson said he was also touched by the story of one of the veterans in attendance, Cyril Reshetiloff, who served in Headquarters Company, 2nd Battalion, 262nd Infantry Regiment. Reshetiloff was on board the S.S. Leopoldville, a Belgian passenger ship that was torpedoed and sunk by a German submarine as it was crossing the English Channel to deliver members of the 66th to fight at the Battle of the Bulge.

While Reshetiloff was able to climb his way out of the wreckage and swim to safety, the 66th Infantry Division lost 14 officers, including two battalion commanders, and 784 enlisted men in that attack.

Instead of continuing to the original battle, the Black Panther Division was assigned to fight 60,000 Germans along the French Atlantic coast. They later relocated to Koblenz, Germany, following the German surrender in May 1945, where they conducted occupation duty and provided security at German prisoner-of-war camps. The men who left to continue the fight after Leopoldville consider the sacrifice made by their fallen brothers to have saved their lives.

Jerry Roetigers, President of the Panther Veterans Organization, and one of the young men who trained at CBJTC and went on to fight with the 66th Infantry Division, said the PVO has boasted as many as 2,500 members since it was created in the 1960s. He recalls emotional moments when the PVO went to Europe and placed a wreath at the location where the Leopoldville was sunk, and later when they placed one at the Tomb of the Unknown Soldier.

The members of the 66th Infantry Division have been honored for their sacrifice and praised for their legacy. Their final reunion at Camp Blanding was no different. Dozens of Soldiers, airmen and civilians turned out in the hot summer sun to pay their respects to the brave

men of the Black Panther Division. Several World War II-era vehicles led the convoy of buses around post, bringing back memories of the unit's time here, but also providing a reminder of how much time has gone by.

Choking back tears, Roetigers said, "None of this would have ever happened if our buddies on the Leopoldville didn't give their lives. They gave their lives for us. It kept us out of the Battle of the Bulge, and who knows ... we all might have been buried in Belgium."

HONORING WORLD WAR II VETERANS

Roetigers had his grandson -- who is also named Jerry and is a veteran who served in Iraq -- read an article written by his friend and previous PVO President Frank Bartino, and the current CEO of the Panther organization, Lenore Angelo, titled, "Roses in December." The heartwarming words remember comrades that fell during the war and have passed away since.

Just before laying a wreath on the monument, each of the 12 Black Panther Division veterans in attendance received a 66th Infantry plaque and a CBJTC challenge coin.

The veterans noticed on their tour of Camp Blanding that while the post has changed tremendously over the years, the spirit of sacrifice and service remains.

During the ceremony, currently serving Florida National Guard Soldiers and airmen stood proudly as they donned the same style "Black Panther" Division patches as the heroes who had gone before them wore when the 66th Infantry Division was activated on April 15, 1943.

"We are very proud of the 66th Infantry Division's record in World War II, and we are extremely pleased that you have come home in 2018," said the president of the CBJTC Museum Association, George Cressman.

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Multinational exercise Saber Strike 18 comes to a close

By Capt. Jeku Arce
For Army News Service

RUKLA, Lithuania — With the 2d Cavalry Regiment color bearer walking off the parade field with the exercise colors, U.S. Army Europe's multinational exercise Saber Strike 18 came to a close June 15.

Military units from U.S., U.K. and Lithuania stood in formation at Rukla Air Field commemorating the collective knowledge and experience shared through joint training during the exercise.

"We didn't just talk about working together, we demonstrated it," said Brig. Gen. Richard R. Coffman, Atlantic Resolve Mission Command Element commander and deputy commanding general of the 1st Infantry Division, Fort Riley, Kansas.

"We are a very capable force able to plan and fight side by side," said Coffman during his speech.

Exercise Saber Strike 18 was held June 3-15 at training areas in Estonia, Latvia, Lithuania and Poland. Participants from 19 different countries participated in the eighth iteration of the exercise spread across the four countries. The long-standing USAREUR-led cooperative training exercise is designed to enhance readiness and interoperability among allies and regional partners.

Countries that participated in the exercise included Canada, Croatia, Czechia, Denmark, Estonia, Finland, France, Germany, Italy, Latvia, Lithuania, Macedonia, Netherlands, Norway, Poland, Romania, Spain and the United Kingdom.

"When I see the flags of our other nations on the shoulders of my counterparts, I see brothers and sisters in arms," said Coffman in his closing remarks. "Our shared passion for our collective is strong, extremely strong, as demonstrated through Saber Strike 18."

The key training events of Saber Strike 18 included a convoy of over 1,300 kilometers by 2CR using multiple routes from Germany to Lithuania as they participated in different aspects of the exercise: air assault operations in Lithuania and bridge and river crossing operations with German and U.K. military engineers to sup-



PHOTO BY 1ST LT. ELLEN BRABO

The Saber Strike 18 exercise colors are presented to Brig. Gen. Richard R. Coffman, deputy commanding general, 1st Infantry Division, during the closing ceremony at Rukla Airfield, Lithuania, June 15. Approximately 18,000 participants from 19 allied and partner nations participated in the eighth iteration of Saber Strike June 3-15.

port freedom of movement in Lithuania and Poland.

USAREUR's contingency reaction force, Outlaw Troop, 4th Squadron, 2CR, conducted a separate convoy to Latvia to conduct live fire and joint reconnaissance training with the Latvian and Canadian military.

This exercise provided a fulcrum for NATO to showcase Mission Command - North East, Multinational Division North East and the associated NATO Forces Integration Units as a mission command structure capable of commanding on a broad scale and in a complex environment.

The next Saber Strike exercise is expected to take place in 2020.



Soldiers from the Lithuanian military lower the Saber Strike and Thunder Storm 18 exercise colors during a closing ceremony.

Excellence

Continued from Page A1

is it recognizes what you do for this great community that we call Fort Rucker.

"We align such great services and facilities, and a quality environment that gives Soldiers and families and civilians and our retirees a phenomenal place to live, and it is very special," said the commanding general. "It's not just the Fort Rucker community, but it's all across the Wiregrass — you truly make this a great place to live, work and play, and it's very special for us. I know how much hard work goes into this award, and to be recognized for this award, my hat goes off to each and every one of you."

The Commander in Chief's Award for Installation Excellence is awarded to installations that demonstrate exemplary support for the Department of Defense mission and shows continuous improvement in innovation in processes that are fundamental to successful operations, said Mike Kozlowski, narrator for the event. In addition, the ACOE Gold Award recognizes the highest level of excellence in installation manage-

ment.

"It's an absolute honor to be here in the museum today at Fort Rucker, the home of Army Aviation, to celebrate the (garrison's) selection as the winner of the Commander in Chief's Award and the Chief of Staff of the Army Gold Award for installation excellence," said Walsh. "I'm proud to say that these awards recognize the U.S. Army Garrison Fort Rucker for excelling and providing the core competencies in training support, base operations, wellbeing of Soldiers, civilians and their families.

"I applaud the garrison work force and professionals for their capacity, and applying the art and science of installation management, and at the end of the day, delivering high-quality base operation services, along with customer service excellence and quality of life," said the garrison commander. "Every organization, activity and community supporting Fort Rucker are part of the Fort Rucker team and share these awards. Thanks for your commitment and partnerships — the strong community relations that sustain the Wiregrass community

of excellence. As the team of teams, please continue in your unwavering quest for excellence in the services you provide for the Soldiers, families, civilians and, ultimately, the great nation we serve."

The award also came with a \$100,000 cash award that Walsh said will be used to further improve the community by making several areas around the installation more handicap accessible.

Command

Continued from Page A1

dedicated professional, and his commitment to this garrison and the Aviation Center of Excellence mission is truly second to none," said the garrison commander during the ceremony. "Today, we welcome another great leader. He's coming to us from The Old Guard where exceptionalism is the minimum standard. (Johnson) already has that accomplish-the-mission attitude to find a way to make one rise to the challenge and get after it."

Johnson enlisted in the Army in 1990 and since his time in basic training has served in every leadership position from team leader to command sergeant major.

He's served in multiple assignments across the globe, including battery first sergeant for the 4-319th Airborne Field Artillery Regiment, 173rd Airborne Brigade Combat Team in Bamberg, Germany; interim command sergeant major operations sergeant major for the 1-37th Armored Regiment, 2nd Brigade, 1st Armor Division in Fort Bliss, Texas; and his most recent assignment as the command sergeant major for 1st Battalion, 3rd U.S. Infantry Regiment, "The Old Guard," in Fort Myer, Virginia.

Johnson has also served on multiple deployments, including Kosovo in support of Operation Joint Guardian, two tours in Iraq in support of Operation Iraqi Freedom and Afghanistan in support of Operation Enduring Freedom.

During his transition, the incoming command sergeant major said he was impressed by the installation's welcome and the workforce's work ethic.

"Coming here, the reception has been exceptional," Johnson said. "As I moved about the installation day after day, I could see everybody hard at work, and it was very obvious that they were very proud and excited about the things that they were doing.

"I can see how this installation has achieved so much, and I want to say thank you for that reception," he continued. "I really look forward to working with the garrison team, working with tenant units about the installation. This is definitely team Rucker and I'm happy to be a part of this team."

Spivey expressed full confidence in Johnson and offered up a bit of advice as he took the reins.

"Jasper, I know when you first found out that you were coming to Fort Rucker as the garrison CSM, you had a million thoughts going through your mind," said the outgoing command sergeant major. "Fort Rucker is a great place to work. I have never been associated with a finer group of people. Your new battle buddy is an amazing leader and you will learn so much from him. If you take care of everybody, I promise you, they will take care of you."

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104 YELLOWLEAF DRIVE This cozy 3 bedroom home features new paint, new flooring in the living room and new carpet in the bedrooms. A fresh coat of paint throughout the entire home gives the home a new fresh feel. This home also has a huge bonus room that is equipped to support a back up generator in case of power failure. 3 full bathrooms are included and with 3 storage units outside this house is a perfect accommodation for any size family! **CHRIS ROGERS, 406-0728**

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93 MICHAEL LANE A true paradise. This four bedroom two bath home on approx. .75 acre is full of light and space! Plenty of windows let in natural light and showcases the beautiful neighborhood. This home features an elegant bonus room with floor to ceiling windows equipped with an indoor grill for entertaining family and friends. The home is pre-wired for surround sound and the home is clean and ready to move in. Plenty of space outside to add a pool or for outdoor entertainment. **CHRIS ROGERS, 406-0728 JUDY DUNN, 301-5898**

\$108,000



114 BALDWIN DRIVE VERY NICE HOME, IN VERY GOOD CONDITION. Washer/dryer will remain/ current one will be exchanged. RENTS FOR \$785. Was tenant occupied for the past year. VACANT TODAY! **FRAN AND DON KALTENBAUGH, 780-5873**

\$163,875 • REDUCED



105 BAIL CIRCLE Wonderfully updated brick home in a great neighborhood close to schools and shopping. Mother-in-law suite, storm shelter and all on a large beautiful lot. Large updated kitchen, and baths. In great condition. Perfect for the large family, with room for all. **PAT LEGGETT, 406-7853**

\$294,900 • REDUCED



108 SAND CREEK ROAD: Custom built 5 bedroom/5.5 bathroom home w/room to spare. Two master suites downstairs, another bedroom w/its own bath, a formal dining room, living room, huge eat-in & unique kitchen, a bonus room, lovely sun room w/brick floor & a large laundry room. Updates there are 2 more bedrooms w/suite/baths & walk-in closets and a walk-in attic that could easily become another bedroom/bath or playroom. Lovely built-ins, trim & moldings throughout the house. Lot leads down to Sand Creek. No backyard neighbors. **JAN SAWYER, 406-2383**

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41 COURTYARD WAY: Very clean 3 bedroom, 2 and a half bath town house. Tile floor downstairs and wood vinyl upstairs. This unit has a back drive entrance for extra parking and privacy. Community clubhouse, community fitness center, tennis courts, basketball court, and a community pool. Large bedrooms, master suite with double sinks, jetted tub. **JACKIE THOMPSON, 406-1231 & TERRI AVERETT, 406-2072**

\$78,000 • REDUCED



209 OPINE ROAD, OPP: Family time & mingling during gatherings flow easily from kitchen to dining & living areas of this Spurline Subdivision home. Beautiful hardwood floor in living room; updates throughout. City water. Lots of shade from pecan & other mature trees in the back yard for relaxing or activities. Fishing, boating, playgrounds, walking trails, shaded picnic areas, are 1-1/2 miles away at Frank Jackson State Park, a publicly owned recreation area that wraps around Lake Frank Jackson. Call and make this your year-round home of the lake. **MARGE SIMMONS, 477-1982**

\$130,000



117/119 HULL STREET, OZARK: Great investment in this duplex with each side consisting of three bedrooms and two baths, living room, dining area and kitchen with appliances. Split bedrooms, separate laundry room. Live in one side and at present time the other side is leased. Large, landscaped lot within a short distance of downtown. Call today. **EVELYN HITCH, 406-3438**

\$75,000 • REDUCED



5401 HIGHWAY 27: Don't miss this great buy, GRAB A COUPLE OF ROCKING CHAIRS AND ENJOY THE VIEW! Location, just outside of town! 2 storage sheds, the blue shed will not stay. PROPERTY BEING SOLD AS IS. **FRAN & DON KALTENBAUGH, 780-5873**

\$124,800



121 LIGHTFOOT DRIVE: Great Neighborhood location on large corner lot. 3 Bedroom, 2 Bath home with modern, updated kitchen and brand new stainless steel appliances. Large Pantry, Eat In Kitchen with large garden window. Back yard is completely landscaped in with a patio pad and a giant pergola for entertaining. Home features updated bathrooms, painted concrete flooring, that is a must see to appreciate. 2 Car Garage with separate storage area. Home has been recently painted throughout, lighting updated, and much more. Conveniently located near Fort Rucker and City Amenities. Transferable Termite Bond, Enterprise City Schools. **CHERYL PICCININI, 380-0812 & SHERI SIEGEL, 910-229-0017**

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202 MOATES Either a starter home or retirement home, this three bedroom, two bath brick home is ready for occupancy. If you like nature, then you have plenty of garden area, hang your bird houses, plant a garden. There is a green house and three other storage/workshop buildings on this oversized lot. Sit on the screened back porch in the summer or the glass/screened porch with storage in the winter. Family room has entry from side door so that if you needed a fourth bedroom, this could be used. **EVELYN HITCH, 406-3438**

\$282,000 • NEW LISTING



102 WENTWORTH DRIVE Beautiful 4 bedroom 3 bath home with open floor plan. Large grand room has a gas fireplace. Kitchen features stainless steel appliances and granite counter tops. Separate formal dining room, separate office/study. Sunroom overlooks an inviting salt water pool. The 2 car garage is currently set up as a man cave. Separate garage/workshop. Large front back yard! This home is immaculate! **JACKIE THOMPSON, 406-1231 & TERRI AVERETT, 406-2072**

\$510,000 • NEW LISTING



308 LAKEWOOD DRIVE Great for entertaining, this unique U-shaped home situated on close to one acre of land in the Country Club, was custom built and has had only two owners. Closest driveway with access to each area, and then you have a 17' wrap-around porch to the pool courtyard on the front with double doors to the entry foyer. Call to the right you have two bedrooms and your master suite with master in one sitting area. Call to the left you have the formal living room, formal dining room, breakfast room, and fourth bedroom or office with two sets of custom cabinets. There are also doors off the interior that take you to the screened porch and outdoor area. It is very private. The updated kitchen and the grandeur are in the center of the house, also looking out to the pool area. There is a lot area with spiral staircase (17 x 22) above the ground level. The grand room also features wood ceiling and built in lighting and as well as custom cabinet and is designed for you to incorporate. The laundry room features a side door, and lots of shelves for storage. The detached garage is set up for two cars, but then you also have about the same size for motorcycle/sports area, and it is totally finished. There is no more time to spend, but you just need to make your appointment to see for yourself! **EVELYN HITCH, 406-3438**

\$198,000 • NEW LISTING



911 TAREAN WAY Well-maintained 3 bedroom, 2 bath home in Tartan Pines. Home features closed porch and mature trees that provide ample shade. **JACKIE THOMPSON, 406-1231 & TERRI AVERETT, 406-2072**

\$219,500 • NEW LISTING



126 COUNTY ROAD 781 Well-maintained home just minutes from Fort Rucker and minutes from downtown Enterprise. New carpet throughout in June 2018. New interior paint in June 2018. Great neutral colors throughout make it easy for anyone to move right in. Exterior power washed in June 2018 for fresh look. This home has split floor plan. Formal dining area and breakfast area. Bar in kitchen provides extra room for casual dining or for serving. Granite counter tops in kitchen. Stainless steel appliances include refrigerator, pantry and ample cabinet space. Large grand room with fireplace. Master bath area has double vanities, jetted tub & separate the shower. Screened in porch provides extra living space...away from those flying critters. Large fenced back yard. Sprinkler system. Security system. 35' paved RV parking pod behind fence. Home faces North. **SHAWN REEVER, 475-8405**

NEW HEIGHTS

NASA set to launch first Army doctor into space



NASA PHOTO BY ROBERT MARKOWITZ

Army Lt. Col. (Dr.) Andrew Morgan, a NASA astronaut and emergency physician credentialed at Brooke Army Medical Center, has been assigned to Expedition 60/61, which is set to launch to the International Space Station in July 2019.

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – While many have reached for the stars, a physician who calls Brooke Army Medical Center home is aiming to be the first Army doctor in space.

NASA announced last week that Lt. Col. (Dr.) Andrew Morgan, a NASA astronaut and emergency physician credentialed at BAMC, has been assigned to Expedition 60/61, which is set to launch to the International Space Station in July 2019.

“Joint Base San Antonio and the San Antonio community have been part of my life since childhood,” Morgan said. “When I fly in space, I’ll be taking Army history, military medicine and this supportive community with me. I’m hugely honored to represent all of that.”

Morgan became the first Army Medical Corps officer selected as an astronaut after an arduous selection process in 2013. After five years of training, the officer will make his first voyage to the space station next year on a Russian Soyuz rocket and spacecraft alongside an Italian astronaut

and a Russian cosmonaut. Once on board the ISS, he’ll join American astronaut Christina Koch and her Russian cosmonaut crewmate who will launch to the ISS in April 2019.

While Morgan is excited about the opportunity to conduct experiments and explore the station, “I’m most looking forward to gazing down at the Earth and doing a few spacewalks,” he said.

Morgan’s upcoming journey to Earth’s orbit is a path paved in his childhood, when a love for science, history and military aviation sparked an interest in space exploration. He recalls living in San Antonio in the mid-1980 when his father was a dental resident at Lackland Air Force Base, Texas.

“I was in third and fourth grade at Braun Station Elementary School at the height of the space shuttle program,” he said. “When the space shuttle flew piggyback on a 747 between Florida and California, it occasionally stopped in San Antonio while en route, and from our home near Leon Valley, we could often see this incredible sight as it made its final approach into Kelly AFB. I remember it distinctly and it made a lasting impression on me.”

While inspired by space, Morgan’s exposure to the military as an Air Force “brat” tipped him in a different direction. He decided to pursue an Army career and earned his bachelor’s degree in environmental engineering at the U.S. Military Academy at West Point, followed by a doctorate of medicine from the Uniformed Services University of Health Sciences. His career circled back periodically to San Antonio, whether for courses or clinical rotations at BAMC as a medical student.

Morgan served in the Joint Special Operations Command at Fort Bragg, and went on to become the battalion surgeon for the 1st Battalion, 3rd Special Forces Group. He then embarked on a special operations assignment in Washington, D.C., before completing his sports medicine fellowship.

In 2011, Morgan saw an announcement that NASA was selecting another astronaut class. “I had always been interested in space exploration, but figured I didn’t have the right background,” he explained. “But I decided to give it a shot anyway.”

The selection process took more than 18

SEE SPACE, PAGE B4

Aviators support Operation Spartan Shield

By Desiree Bamba
Georgia National Guard

SAVANNAH, Ga. — Family, friends and colleagues gathered at the Hunter Army Airfield in Savannah June 8 to honor the Soldiers of B Company, 1st Battalion, 169th General Support Aviation Battalion, and B Company, 935th Aviation Support Battalion, Georgia National Guard.

The Savannah-based helicopter units are deploying in support of Operation Spartan Shield, a contingency operation within Central Command’s area of responsibility. Their primary mission will be to build partner capacity in the Middle East to promote regional self-reliance and increase security.

“These Soldiers are the very best the nation has to offer,” said Col. Dwayne Wilson 78th Aviation Troop Command, Georgia National Guard, commander. “They have worked hard and are prepared for the deployment ahead.”

Over the past 22 months, Soldiers have trained and prepared for the deployment, focusing on warrior tasks, air support missions and aircraft maintenance. Members of B Co., 1-169th GSAB, recently conducted disaster relief missions following Hurricane Irma and Hurricane Maria.

“It is an honor, privilege and awesome responsibility to lead these Soldiers,” said Capt. Brandon Long, B Co., 1-169th GSAB, commander. “The unit is fully prepared to provide unrivalled support to the ground forces in theater.”

Originally designated the 1160th Transportation Company, Savannah’s helicopter units have their history rooted in Savannah since the late 1970s. The unit was re-organized into separate detachments in 2006, which included B Co., 1-169th GSAB. 1-169th Soldiers fielded the Army’s most modern heavy lift helicopter, the CH-47F Chinook, in 2012.

The Georgia Army National Guard stood up an element

SEE AVIATORS, PAGE B4



PHOTO BY DESIREE BAMBA

The Georgia Army National Guard conducts a send-off ceremony for the B Co., 1-169th GSAB, and 935th ASB that are deploying in support of Operation Spartan Shield.

ABOVE THE BEST



PHOTO BY SPC. HUBERT D. DELANY III

AH-64 Apaches and an Interim Armored Vehicle Stryker move to secure an area during a lethality demonstration for exercise Puma 2 with Battle Group Poland at Bemowo Piskie Training Area, Poland, June 15 as part of Saber Strike 18. This year’s exercise tests allies and partners from 19 countries on their ability work together to deter aggression in the region and improve each unit’s ability to perform their designated mission.

Oregon unit prepares for homeland missions

By Capt. Leslie Reed
Oregon National Guard Public Affairs

PENDLETON, Oregon - Oregon Army National Guard Soldiers with B Company, 1st Battalion, 168th Aviation Regiment, continue to diversify their skills and add capabilities to their repertoire, becoming one of the most versatile Aviation assets in the state.

Soldiers in the Pendleton, Oregon, unit have been busy this spring, training and preparing their CH-47D Chinook helicopters for a variety of domestic missions that could come their way at any time.

Five members from the unit had the opportunity, in April, to attend a one-week training course at the High Altitude Aviation Training Center near Eagle, Colorado. The training taught crews techniques like reading the environment and power management for high altitude landing zones above 12,000 feet. These skills can be directly implemented for search and rescue missions here in Oregon, mainly those above 8,000 feet where the HH-60M Black Hawk are unable to fly. CH-47 Chinook do not have the hoist capabilities that the Oregon Army National Guard Black Hawk have. However, CH-47 Chinook can be used as a sighting platform, used to update and potentially prepare other first responders on any given situation.

Soldiers also learned about the physiological effects in high elevations, like hypoxia, when there is a deficiency in the amount of adequate oxygen, which can lead to altitude sickness, and can even be fatal given certain complications.

Oregon Army National Guard Sgt. Jeremy Maddox, a flight instructor with B Co., 1-168th Aviation Battalion, previously had the opportunity to attend the training in 2013.

“While technically it is a pilot based course, HAATs instructors also focus on the back-seaters as well,” said Maddox. “It helps us understand the pilots better, when it comes to numbers and power margins.”

The course, in addition to the Oregon CH-47 Chinook and its crew, had multiple airframes in attendance, to include Black Hawk, AH-64 Apache and UH-72 Lakota. Soldiers completed a mix of both classroom and flight time with a

SEE CHINOOK, PAGE B4



PHOTO BY CAPT. LESLIE REED

Oregon Army National Guard Staff Sgt. Steven A. Kirkpatrick, 1st Bn., 168th Avn. Regt., facility standardization instructor, surveys the area near state Highway 730 during a CH-47 Chinook Bambi Bucket certification with the U.S. Forest Service May 5 near Pendleton, Ore.

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Experience and Education: Two years of study at a college or university with major course work in social sciences or housing, college degree preferred. Three years' experience with low-income, senior, or housing related programs.

Any satisfactory combination of education, training or experience that provides the required knowledge, skills and abilities will be considered. The Housing Authority offers a benefit package which includes Employees Retirement System of Alabama retirement, BCBS health insurance, and paid annual and sick leave.

Interested persons can obtain an application at the South Central Alabama Regional Housing Authority located at 5545 AL Hwy 87, Troy, AL 36079. All completed applications must be received by July 10, 2018 at 4:00 p.m.

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Space

Continued from Page B1

months and involved extensive interviews, medical testing and language aptitude testing. With an initial 120 interviewees, NASA eventually narrowed the group to eight astronaut candidates.

Morgan vividly recalls when he received the good news from former astronaut and chair of the selection board, Dr. Janet Kavandi.

"Her first question in the phone call was, 'We wanted to know if you'd like to come to Houston and join our team?' Morgan recalled in a 2013 Army.mil article. "I couldn't believe it; the thought that I had been chosen choked me up. It was surreal."

The selection involved a relocation to Johnson Space Center in Houston where Morgan was slated to start the two-year astronaut candidate training program in July 2013. Once his wife and four children were settled in, the Army officer began to search for a hospital where he

could maintain his medical credentials. BAMC immediately came to mind.

"They welcomed me to the staff," he said. "It was incredibly important to me that I maintain my credentials and my military readiness. It's a huge treat for me to make periodic visits to BAMC and interact with residents, service members, patients, military retirees and combat veterans. Fort Sam Houston is the home of military medicine, so it feels like home to me."

Over the two years following his selection, Morgan's training transported him from physician to astronaut. Candidate training included flight training, Russian language proficiency, extra-vehicular activity (space walking), robotics and space station systems and maintenance. "Everybody gets trained to do everything, no matter what your professional background might be," he explained.

After candidate training, Morgan focused his attention on spacesuit development and researching injuries caused by spacesuits. Now assigned to a flight, he'll undergo in

depth refresher training over the next year to prep him for his upcoming trip.

Morgan cites his military experience and training as keys to his success. "At the core, I was selected as an astronaut because they saw a unique set of skills. Everything I brought to the table was given to me by the Army – my undergraduate and graduate education, residency, and operational experiences."

Army Col. Bret Ackermann, BAMC's deputy commander for surgical services, has served alongside Morgan in past assignments for more than a decade. "We are all very proud of Drew and his well-earned success," he said.

BAMC Commanding General Brig. Gen. (Dr.) George N. Appenzeller, a fellow emergency medicine physician, is also aware of Morgan's stellar reputation. "Drew's service and leadership is always about the team....his patients, colleagues, and their Families. We are looking forward to his leadership from space next year."

Aviators

Continued from Page B1

of the 935th Aviation Support Battalion, designated Detachment 2, B Co., 935th DASB, in 2006. Their mission in Savannah is to provide

Aviation intermediate maintenance support and back-up Aviation unit maintenance support, including aircraft armament and avionics equipment repair.

"The Soldiers in front of you today have

worked and trained hard," said CW4 Duane Sandbothe. "I look forward to working with each and every one of them as we move ahead."

During the year-long deployment, the

Soldiers of 1-169th GSAB will conduct aerial missions for support and stability operations while the Soldiers of the 935th ASB will conduct maintenance on all aircrafts while deployed.

Chinook

Continued from Page B1

standardization pilot (i.e. instructor) who gave feedback, pointers and evaluations.

Maddox recalls that the instructor complimented the Oregon crew saying, they had "some of the best crew coordination he had ever seen when it came to spotting hazards and identifying wind directions."

The unit also tackled their annual fire certifications, in May, under the supervision of the U.S. Forest Service. Air crews and support personnel completed a "red card" classroom refresher and then practiced the deployment of fire shelters, similar to the training Oregon Guard Soldiers and Airmen conducted last year on state active duty (SAD) in support of Operation Plan Smokey. The Aviators then took to the skies with their CH-47 Chinook and the infamous 30-foot, orange Bambi buckets.

During the water bucket certification, the airframe has a full crew consisting of two pilots and three flight crewmembers. However, the unit's standardization instructor pilot, CW4 Don Ford, was technically the only person who was evaluated by demonstrating proficiency with both line and spot water drops.

"It is absolutely critical that the crew works together as a team while conducting bucket operations," said Ford. "We spend man hours practicing and refining our techniques to ensure all of our crews are at their best."

"Standardization pilots are responsible for ensuring that our flight program is complete, that it's a finished package," Capt. Breanna Westman-Evans, B Co., 1-168th Avn. Bn., commander, said. "He (Ford) makes sure that everyone has the same training all across the board. So, a lot of liability

lies in his hands. Those check rides that he gets, and those evaluations do lie with him."

Logan F. Harris, U.S. Forest Service helicopter inspector pilot, provided oversight and was looking for 75-percent of the bucket's 2,000-gallons to hit the target. Harris oversees all special-use mission certifications for the region, outside of normal day-to-day operations. Based out of Redmond, Oregon, Harris is a part of the U.S. Forest Service's Regional Aviation Group that includes Oregon, Washington and Alaska.

Pending positive results, Harris then accredited CW4 Ford with an immediate grade slip, with a more formal letter sent after. Ford will then be able to train and certify other members of B Co., similar to the Army's "Train-the-Trainer" type programs.

Ford said that while it is true that he is the one being graded and evaluated, it truly is an evaluation on the entire program. This was the first time that the unit had worked with Harris and they wanted to put their best foot forward.

"I wanted him to know that we are just as skilled as the civilian crews that he evaluates," said Ford.

Westman-Evans said that even though the unit has people who have fought fires for the last four seasons, they still requalify each year, to ensure all of their personnel are good to go.

"Typically the unit aims for four-to-five crews each fire season that are qualified, so, two pilots, a flight engineer and a crew chief," said Westman-Evans. "Right now our numbers look good and we have a few more weeks to get everybody ready, about 16-20 personnel."

The Soldiers utilize a drop site, through previous coordination with local landowners; they lovingly refer to as "Juni-



PHOTO BY CAPT. LESLIE REED

Oregon Army National Guard, Sgt. Marcus Hickman, B Co., 1st Bn., 168th Avn. Regt., crew chief, conducts a preflight check on a Bambi Bucket prior to departure from the airport in Pendleton, Ore., May 5.

per." The site is adjacent to the Columbia River, allowing the crew to dip the 2,000-gallon capacity Bambi bucket relatively close to where they complete the water drops on specified targets. They have used the same area to test Bambi bucket drops since 2013.

CW3 Anson Smith, B Co. pilot, says "Juniper" works well as a training area (for the water bucket operations) because of its diverse topography.

"The changing terrain exposes both pilots and the crew to the different types of water drops we can encounter while out on a fire and the necessary coordination to deliver the water," said Smith.

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JUNE 21, 2018

TIME TRAVELERS

Youth learn ages-old life lessons at Vacation Bible School

By Nathan Pfau
Army Flier Staff Writer

Children on Fort Rucker had the chance to travel back in time through the stories of the Bible during this year's Vacation Bible School June 11-14.

Throughout the week, children had the chance to take themselves through Daniel's journey, including being taken into captivity, forced to live in a foreign land and learn about making choices, according to Nancy Jankoski, Fort Rucker Religious Support Office director of religious education.

The children were split into 12 tribes, each representing the 12 tribes of Israel, and during their travels through time they rotated through different stations to not only learn about the history of Daniel, as well as their specific tribe, but also learn about the different culture of the time and get a hands-on understanding with some of the experiences of the time.

As they rotated through the various stations, the children got the chance to try their hand at carpentry, learn about planets and constellations, and even learn to write in different languages, such as Hebrew, Arabic and Aramaic.

Learning about life in biblical times and about the choices Daniel had to make throughout his journey is something that Jankowski said can resonate with children since they will have many choices to make throughout their own lives.

"Each time, (Daniel's) choices had consequences, and each time Daniel made the right choice, even when it would lead to him being punished and sometimes placed in harm's way," she said. "There are many life lessons children can learn from the story of Daniel: about standing up for what is right, knowing what you believe and why, and having the courage to work for the good of people who are different than you are, even when you may have been mistreated," adding that Daniel never sought revenge for how he felt he was treated throughout his life by the Babylonians.

"Certainly, in our day, the idea that you must treat everyone with dignity and respect and do your best when life's circumstances aren't what you wanted or expected is an important lesson for all," said the religious education director. "Our military students are very familiar with making moves and sometimes those moves are to foreign nations. So, they can relate to Daniel and his friends being in an unfamiliar place and having to figure out how to live in a new land."

Although the VBS program is Christian-



PHOTOS BY NATHAN PFAU

Johnny Buchanan, volunteer, helps Eden Swift, military family member, file down a piece of wood at the carpentry station during Vacation Bible School at the Spiritual Life Center June 13.

based, Jankoski said the lessons learned transcend religious denominations.

"We always use or write curriculum that teaches foundational truths that all Christian denominations have in common," she said. "This year's theme is from what Christians would call the Old Testament, and Daniel and his friends were Jewish youths who were determined to continue to be faithful to their religious beliefs."

Through the lessons of Daniel, Jankoski said they are able to help students learn to respect and appreciate each other, which is what she hoped the program was able to accomplish.

"Daniel treated all he encountered with honor and respect while remaining true to his own faith," she said, adding that she hopes the children were able to learn to do the same.



Mark Barker, volunteer, performs a science experiment with children as part of Vacation Bible School.

LEARNING THROUGH FUN

Center Library entertains youth through hands-on learning

By Nathan Pfau
Army Flier Staff Writer

As part of its summer reading program, the Fort Rucker Center Library is hosting events throughout the summer to keep children's minds stimulated through hands-on learning.

The library is hosting events throughout the summer to keep children engaged in learning while out of school, specifically through workshops designed to stimulate their creative side through science, technology, engineering and mathematics programs, according to Cameron Hill, Center Library youth librarian.

The next event will be Catapulting Through STEM June 28 from 2-3 p.m. at the library in partnership with the U.S. Army Aeromedical Research Laboratory where children will learn about the history of catapults and even get to create their own.

"The children learn about engineering concepts through building because they're going to be creating these on their own," said the youth librarian, adding that the need to combine fun and learning is something she feels is missing in the classroom.

"A lot of these concepts are missing in some schools today, especially with art," she said. "There is a big need in the job market to-



PHOTO BY NATHAN PFAU

Then-CW4 Blake Leibach, C Co., 1-212th Avn. Regt., gives a hand to Aniya Tuner and Alyssa Hansen, military family members, during the Fizzy Chemistry Mad Scientist Workshop at the Center Library last year.

day for science and technology positions, and children want to learn about these things ... and hopefully this will build on the concepts that they already know and they can work and grow on it."

Other hands-on events include Tie-Dye Travels July 12 from 2-3 p.m. at the library. Children will get the chance to create their own

tie-dye T-shirt designs. Also, children will get the chance to create their own bath bombs during the Bath Fizzie Workshop July 19 from 2-3 p.m.

Hill said the workshops and events are less about simply creating crafts, but learning about the processes involved with creating such things.

There are intricate processes when it comes to crafting certain things, such as catapults or bath bombs, and the workshops are a great way for children to figure out how they work, said the youth librarian.

All of the events are in conjunction with the summer reading program, meant to stimulate chil-

dren's minds and keep them reading throughout the summer, said Hill.

"This is a good way to keep the kids reading and engaged throughout the summer when they might lose a little bit of what they've learned, so this will help reinforce what they've learned throughout the year," said Hill.

The program, which is for children ages 4-17, allows children to read books of their choice and log minutes online to reach milestones and earn prizes.

Children read their favorite books and log their minutes through an online system, and for each milestone reached, participants will receive a virtual badge, as well as an email notification to come into the Center Library to claim a prize for that particular milestone.

"(The prizes) just give them a little bit of incentive to keep reading throughout the summer," said the youth librarian, adding that prizes will be age appropriate.

To participate in the program, participants must be authorized patrons of the library and register online at <https://ftruckercenterlibrary.beanstack.org>. Once registered, parents can begin logging minutes for their children now through July 20.

For more information on events or the summer reading program, call 255-3885.

Armed forces DNA lab helps identify the fallen of past conflicts

By Air Force Tech. Sgt. Robert Trujillo
Dover AFB Public Affairs

DOVER AIR FORCE BASE, Del. — Members from the Armed Forces Medical Examiner System traveled to Louisville Kentucky recently, to support the Defense Prisoner of War/Missing in Action Accounting Agency Family Member Update.

The mission of DPAA civilian and military personnel, along with other U.S. and foreign specialists, research, investigate, recover and identify remains of Americans unaccounted for from World War II, Korean War, Vietnam War, Cold War, and Iraq/Persian Gulf Wars.

The AFMES DNA Operations Laboratory supports the DPAA family member updates by identifying and collecting relative family reference samples needed for comparison to DNA results generated by the DNA Ops Lab," said Dr. Timothy McMahon, Department of Defense DNA Operations director.

DNA can be used to support anthropology and archaeological of recovered skeletal remains or be used as primary means of identification. DNA samples can also be used to exclude individuals from other sets of remains.

During the FMU, Armed Forces DNA Identification Laboratory analysts collected samples from donating family members via cotton swabs.

"We utilized the swabs to collect cells on the inside of a person's cheek," said Gina Parada, AFMES DNA analyst. "It was extremely touching to hear the family members talk about their missing loved ones and it reminded me how sacred this mission is."

McMahon said his team's goal is to acquire at least two maternal, paternal and autosomal DNA reference samples for every case. Current forensic testing includes mtDNA sequencing (maternal lineage), Y chromosomal STR testing (paternal line) and autosomal STR testing (mother, father, siblings, children). We utilize all testing methods due to the age of the samples and providing the greatest ability to have a reference to use for comparisons. This allows us to include or exclude an individual. By getting two of each type, AFMES-AFDIL can facilitate any scenario that may arise from the DNA testing and allow for more efficient testing.

In addition to DNA collection, these meetings are a way for families to learn about the overall accounting community mission and to discuss their loved ones case with their DPAA case analyst. These gatherings also provide an opportunity for families of missing personnel to meet one another and share experiences with those who best understand their loss.

"I learned about these updates from a local paper a few years back," said David E. Franklin, whose uncle went missing in action in July 1950 during the early days of the Korean War. "I donated DNA and sent in additional information, anything that would help."

Franklin's uncle, U.S. Army Cpl. Paul E. Hoots, E Company, 34th Infantry. Regiment, is one of 7,702 Americans still unaccounted for from the Korean War, according to the DPAA.

"Growing up it wasn't something we talked about but I couldn't stop thinking about what happened to my uncle," Franklin said. "I will keep coming to these meetings as long as I can, it gives me an opportunity share about my uncle's service, keep his memory alive."

Franklin's memories and thoughts of his uncle echo the inscription on the POW/MIA flag "You are not forgotten."

"For as far back as I can remember, my family kept his bedroom exactly the same from the day he left," Franklin said. "It's good to know that there are people out there who are still looking, still searching."

McMahon said that this opportunity to provide closure is not lost on him.

"I think that this is the noblest of all missions and I'm honored to come to work every day knowing that what I do is for the missing service members and their families," said McMahon. "There is no greater feeling than seeing the relief on a family member's face that their loved one is home."

For more information about the Defense Prisoner of War/Missing in Action Accounting Agency visit their <http://www.dpaa.mil> or visit <https://health.mil/afmes> for information about the Armed Forces Medical Examiner System.

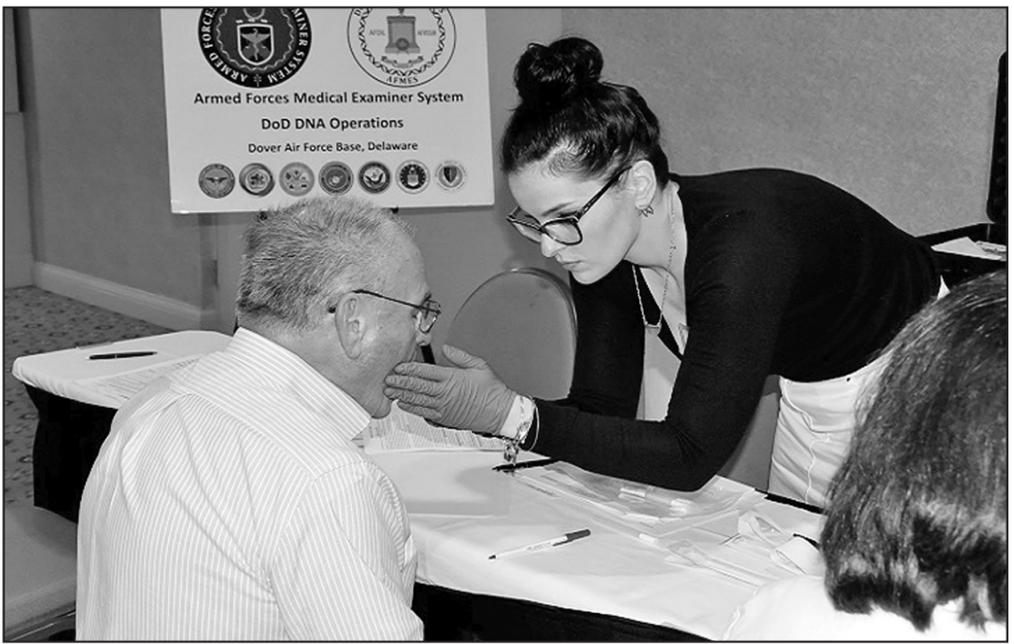
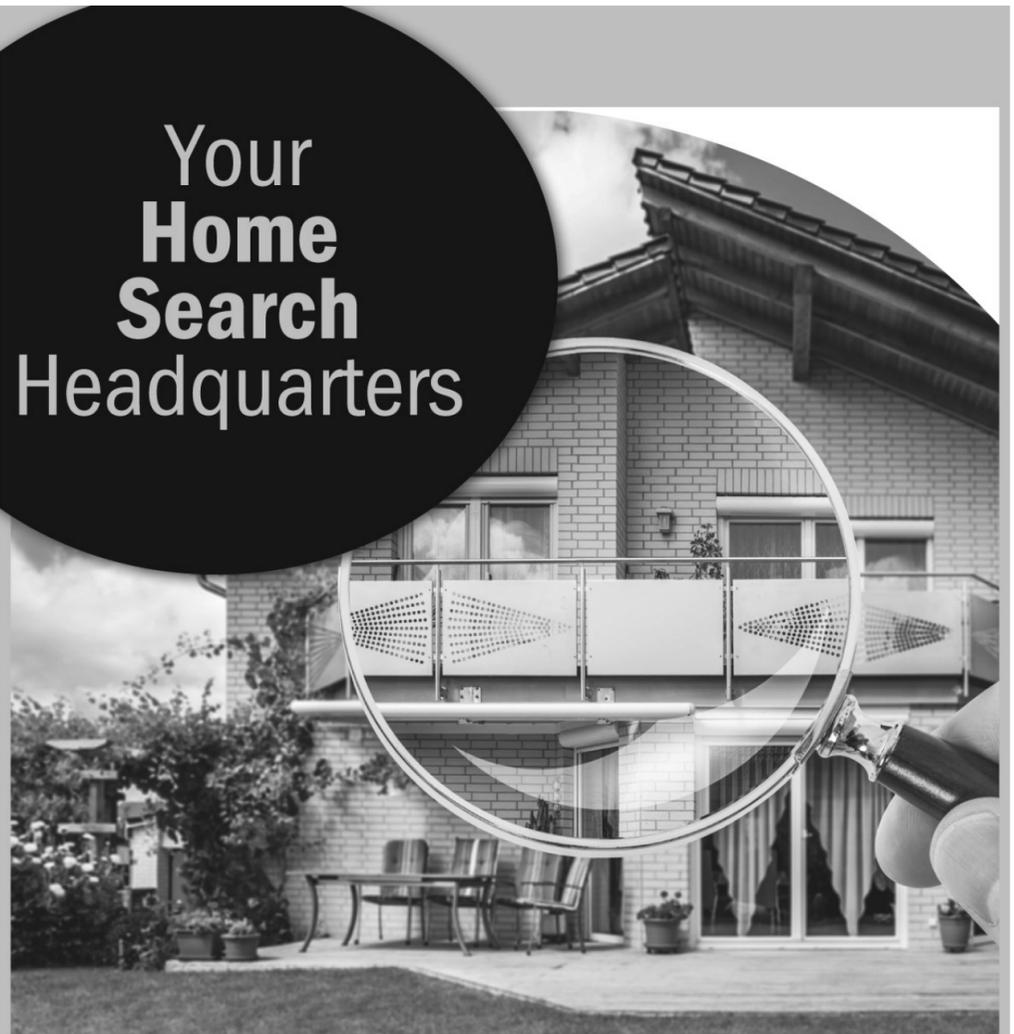


PHOTO BY AIR FORCE TECH. SGT. ROBERT M. TRUJILLO

Gina Parada, Armed Forces Medical Examiner System DNA analyst, collects a DNA sample during a POW/MIA Accounting Agency Family Member Update in Louisville, Ky. DNA can be used to support anthropology of recovered skeletal remains or be used as primary means of identification.



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 AFTER THE WAR ITSELF, THAN CARING FOR OUR WOUNDED WARRIORS."
 SECRETARY OF DEFENSE ROBERT M. GATES

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WE STAND TOGETHER

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.

School Age Center Summer Camp

The School Age Center will offer its summer camp for children Kindergarten through 5th grade now through Aug. 3. The camps will be offered every Mondays - Fridays from 8:30-11:00 am. The following camps will be available: dinosaur/fossil, rainforest/jungle, forensic/human body and solar system/space. Each camp will last for 2 weeks and will give children an opportunity to meet new friends, do arts and crafts, go swimming and bowling each weekly, and learn life skills. Breakfast, lunch and snacks will be served daily. All children must be enrolled with child and youth services and fees must be paid weekly.

For more information, call 255-9108 or 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 26 and July 10, 17, 24 and 31. The Friday clinics will be held from 9:30-10:30 a.m. June 22 and 29, and July 13, 20, 27 and Aug. 3. For more information, call 255-0089.

Soccer Registration

Youth Soccer registration is open now through July 31, and practice will begin Aug. 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 Aug. 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 through July 31. Cost

DFMWR SPOTLIGHT

FREEDOM FEST

June 29 ★ Fort Rucker

FRIDAY, JUNE 29
4 PM - 10 PM
FESTIVAL FIELDS

- ★ Fireworks
- ★ Rolling Thunder MCoE Band
- ★ Music Artist - Michael Jay Hughes
- ★ Static Aircraft Displays
- ★ Sky Diving Demonstration
- ★ Fallen Heroes ~ Field of Flags
- ★ Food, Activities & Vendors
- ★ Rides & Children's Inflatables

Tickets and armbands are available for purchase.

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Special Events (334) 255-1749
Rucker.ArmyMWR.com

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 Aug. 6 and a parents meeting will be held at the Youth Center, Bldg. 2800, Aug. 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. The program is open to children ages 4-17

and runs through July 31, and all participants must be authorized patrons. People can register and long reading times online at <https://ftruckercenterlibrary.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.

Craft Adventures

The Fort Rucker Arts and Crafts Center hosts its Craft Adventure every Saturday through Aug. 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 now through June 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.

Army Birthday Cake Cutting

Fort Rucker will celebrate the Army's 243rd birthday with a cake cutting ceremony at The Landing June 21 during lunch hours where people are invited to enjoy free cake.

For more information, call 255-0769.

Be sure to stop in at The Landing on June 21 during lunch for a slice of FREE cake, in celebration of the Army's 243rd birthday. This special is available while supplies last. Come and celebrate the Army's Birthday with us! For additional details, contact The Landing at (334)255-0769.

Foundation/Informal Fund Training

Fort Rucker Army Community Service will host the Rucker Experience Army Learning Informal Fund Custodian Training June 21 in Bldg. 5700, Rm. 371F from 8:15 a.m. to 1 p.m. The training will highlight standards that provide guidance for the Family Readiness Group mission, the FRG informal fund, and the roles and responsibilities of the commander, funds custodian and alternate funds custodian when dealing with FRG funds.

Registration is required and free childcare is available with registration.

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

Single Parent Family Game Night

Families are invited to join Army Community Service and the Fort Rucker Community Health Promotions Council Community Resiliency Work Group for family time and games during Single Parent Family Game Night June 21 from 5-7 p.m. at the post exchange food court. The event is free and open to single parents who are active duty, retired, DoD employees and families, and is Exceptional Family Member Program friendly. Space is limited to the first 20 families and families must register by June 8.

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

The Power of Music Class

The Military Child Education Coalition Parent to Parent program will host The Power of Music Class June 21, July 12 and Aug. 16 at 10 a.m. in Bldg. 5700, Rm. 371F. The class will discuss the many benefits of music and how to incorporate music into daily routines with children. The program is free and provides an interactive experience between baby and caregiver. Registration is required.

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

FORT RUCKER MOVIE SCHEDULE FOR JUNE 21-24

Thursday, June 21

Incredibles 2 (PG)7 p.m.

Friday, June 22

Incredibles 2 (PG)7 p.m.

Saturday, June 23

Incredibles 2 (PG)4 p.m.
Tully (PG-13)7 p.m.

Sunday, June 24

Ferdinand (PG)1 p.m.
Overboard (PG-13)4 p.m.

TICKETS ARE \$4 FOR ALL AGES FOR REGULAR RELEASES. FIRST RUN MOVIES ARE \$7.50 FOR ADULTS AND \$6.50 FOR CHILDREN, 12 AND UNDER. 3D MOVIES ARE \$9 FOR ADULTS AND \$8 FOR CHILDREN. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

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

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Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth)6:00PM
Sunday School9:55AM
Nursery CareEvery Service

Call 347-9533 to advertise your church on this page.

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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.

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

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

NOW-JULY 20 — The Wiregrass Museum of Arts will host Summer Art Camps for ages 18 months to 18 years. Offerings include Discovering Art, Stop-Motion Animation, Arty Pants for toddlers, Art Around the World, and two clay camps -- Exploring Ceramic Forms, for high-school students, and Clay Explorations for younger artists. Cost is \$45-\$75 for WMA members and \$55-\$85 for non-member. Scholarships are available.

Online registration is available at <https://www.wiregrassmuseum.org/camps/>. For more information, call 794-3871 or email education@wiregrassmuseum.org.

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

ONGOING — American Legion Auxiliary Unit 12 hosts a pancake breakfast the third Saturday of each month. Pancakes will be served from 7-10:30 a.m. for \$6 for the general public, \$5 for military members and veterans and free to children 8 and under. Proceeds go toward helping veterans, military members and their families. The post is located at the intersection of S. Park Street and Hwy. 605 (Brannon Stand Road). For more information, call 334-400-5345.

ENTERPRISE

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 — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at vfwpost6683.com.

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

JUNE 28 — The Disabled American Veterans Wiregrass Chapter 99 meeting will be held at 6 p.m. in the New Brockton Senior Center. Officers for the upcoming year will be nominated. For more, call Charles Lobdell at 718-5707.

JULY 26 — The Disabled American Veterans Wiregrass Chapter 99 meeting will be held at 6 p.m. in the New Brockton Senior Center. Officers for the upcoming year will be nominated. For more, call Charles Lobdell at 718-5707.

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.

OZARK

NOW-JUNE 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. 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.

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

ONGOING — Every Monday through Friday, aerobic classes are open to the public

at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

ONGOING — Every Thursday at 5:30 p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Alanon holds meetings at the Lutheran Prince of Peace Church. Meetings will be held on the third and fourth Tuesday of each month at 6 p.m., and also the last Friday of each month at noon. For more information, call 334-237-0970.

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.

WIREFLASS AREA

JULY 12 — The U.S. Army Warrant Officers Association "Above the Best" Silver Chapter is having their monthly meeting at 11:46 a.m. in Swartworth Hall, Rm. 4 and 5, located at 5302 Outlaw Street. In addition to normal monthly meeting activity, attendees will work on plans for the 100th anniversary celebration of the U.S. Army Warrant Officer. Lunch and refreshments will be served. USAWOA will host a golf tournament July 7 at the Fort Rucker Silver Wings Golf Course. For more, call 703-665-7004 or visit <https://www.facebook.com/AboveTheBestSilverChapterUSAWOA/>.

Beyond Briefs

Parks guide

The "2018 Guide to Georgia State Parks and Historic Sites" can help people plan spring break, summer vacations or even family reunions. The free booklet is filled with tips on the ideal hiking trails, fishing spots, cabins, campsites and company picnics. Produced annually by the Georgia Department of Natural Resources, the travel guide features colorful photos from all across the Peach State.

For a free copy, call 770-389-7286 or stop by any Georgia State Park or State Historic Site. An online version can be found at GeorgiaStateParks.org. Outdoor enthusiasts and history buffs can keep up with the latest news and discounts by signing up for the park system's e-newsletter at GeorgiaStateParks.org/enews or following them on Facebook at Facebook.com/georgiastateparks.

Palafox Market

Downtown Pensacola hosts its Palafox Market

Saturdays from 9 a.m. to 2 p.m. Saturdays at Martin Luther King Plaza. Admission is free to the market that features fresh produce, live plants, baked goods, fine art, antiques and more. Items originate directly from onsite vendors who grow, make, or create the fruits, vegetables, herbs and art for sale, according to organizers. The event takes place rain or shine.

For more information, call 850-434-5371 or visit <http://palafoxmarket.com/>.

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

Montgomery's parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing, and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit <http://www.funinmontgomery.com/>.

Tips to quit tobacco

Use the 5 Ds to help with urges

- **Deep breathing** — Take slow deep breaths to feel relaxed and in control.
- **Drink water** — Drink at least 8 glasses of water a day to flush out nicotine from your system.
- **Do something else to keep busy.**
- **Discuss your urge with a friend or family member.**
- **Delay** — Don't reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.

Jeep CELEBRATION EVENT

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Army divers find honorable duty in excavating underwater tombs

By Sean Kimmons
Defense Media Activity

NHA TRANG, Vietnam — Full of sediment from the bottom of the sea, a gray metal basket slowly rose out of the turquoise water. While it appeared to only contain muck, it offered hope to the U.S. military divers waiting to inspect its contents. The divers -- mainly from the Army's 7th Engineer Dive Detachment -- were archaeologists of sorts. As they sifted through the mud the consistency of wet cement, the divers searched for personal effects or aircraft wreckage to prove they were on the right path.

The ultimate discovery, though, would be the remains of the six soldiers who went missing after their Chinook helicopter crashed off the coast here during the Vietnam War.

Each year, the Defense POW/MIA Accounting Agency oversees more than 70 joint missions around the world in search of the remains of American service members at former combat zones. In Vietnam, there are still over 1,200 service members who have not yet been found.

Some of those operations are underwater recovery missions, which rely heavily on the Army's small diving force.

"Everybody in the military signs up to go to war. We fight the nation's battles. That's what we do," said Army Sgt. 1st Class Christopher Kratsas, the agency's only master diver. "But I know if I ever got killed in battle somewhere, I would want my remains brought home to my family and I know they would want the same."

ZERO VISIBILITY

As the most senior diver on the recent 45-day mission near Nha Trang in southern Vietnam, Kratsas helped ensure the safety of the divers who plunged 80 feet into the dark waters. Depending on the weather, four two-man teams from the dive detachment spent about an hour each day on the sea floor. While hidden beneath the waves, they used 8-inch vacuum systems to dredge sediment within specified grids of the archaeological site.

At times, the divers stood on the sea floor buried in thick silt up to their shoulders. Divers sucked out the silt until they reached the hard-packed seabed, where pieces of the helicopter had been resting for decades. The next day, much of the silt had to be dredged out again due to the sea currents that brought in more.

The painstaking efforts of these underwater missions, especially in the murky waters off the coast of Vietnam, are repeated daily in hopes to reunite those lost in war with their loved ones.

"We do exactly what the land team does," said Kratsas, 46, of Lordstown, Ohio. "We dig a hole in the earth, we put it in a bucket and we screen it. The same exact process that they do, except ours is at 80 feet and we can't see it."

Side-scan sonar and magnetometer work helps pinpoint metal objects on the sea floor to better focus diving operations. But sites can often cover a vast area, particularly if an aircraft or ship has broken into pieces.

A site's depth can also limit how long a diver can safely stay under the water. At 80 feet below, the Army divers only had 55 minutes to work during each dive. Once back on the floating barge, they were rushed into a pressurized chamber to ward off chances of a decompression illness by gradually returning them to normal air pressure.

"Bottom time is definitely a premium," said Army Spc. Lamar Fidel, a diver with the detachment, which falls under the 8th Theater Sustainment Command in Hawaii. "That's where we make our money."

In a previous mission, Fidel said, they were able to dive for about six hours at a time. That



PHOTOS BY SEAN KIMMONS

Army divers from the 7th Engineer Dive Detachment jump into the water during an underwater recovery mission near Nha Trang, Vietnam, March 20, 2018. Divers plunged 80 feet to the sea floor and spent about an hour dredging sediment, which was then screened for human remains and material evidence that could lead to the identification of missing American service members.

site, which was in search of two pilots from an F-4 Phantom fighter jet that crashed in the Gulf of Tonkin near northern Vietnam, was only about 20 feet deep. It was also Fidel's most memorable diving mission so far.

For 14 years, he said, the agency had gone to the site unable to recover any human remains. Then last year, using the work of past missions, his team discovered a bone that led to the identification of one of the missing pilots.

"As soon as you see that, that hits you right in the heart," said Fidel, 28, of Atlanta. "It makes you realize what you did ... wasn't all for nothing."

EXCLUSIVE GROUP

While DPAA depends on Army divers for many of its missions, there are only about 150 of them across the service. The small, elite career field has a high failure rate of roughly 60 to 80 percent for those training to become a diver. Much of the reasoning behind the tough entry course is that lives are always at stake during missions. "Every time we get in the water, you have a chance of having a diving-related casualty," said Army Staff Sgt. Les Schiltz, a diving supervisor assigned to the agency.

The deeper people dive, the more at risk they are to suffer from a decompression illness. The two main problems divers face are decompression sickness, or the "bends," and an arterial gas embolism. While the "bends" results from bubbles growing in tissue and causing local damage, the latter can have bubbles travel through the arteries and block blood flow. It can eventually lead to death.

Divers also need to watch out for sharks, jellyfish and other dangerous marine life.

"There are a lot of things in the water that can hurt you," Schiltz said. "You plan accordingly, you look ahead to where you're going to be, and you try to mitigate all those risks as much as you can."

The thrill of diving often outweighs the dangers for many of the soldiers. When under the water, Schiltz, 28, of Vernal, Utah, says it is like being in a different world.

"It's probably the same reason someone will explain to you why they skydive or why they snowboard off cliffs," he said. "There's always a danger to it, and that just makes it even better."

Army divers are tasked to do a variety of missions that can have them repairing ships and ports or conducting underwater surveys. For many divers, though, the re-



Army Sgt. Eoin Audet, a diver with the 7th Engineer Dive Detachment, shovels sediment out of a metal basket into buckets that are screened as part of an underwater recovery mission near Nha Trang, Vietnam, March 20, 2018. Divers dredged sediment from a Vietnam War-era Chinook helicopter crash site on the sea floor.

covery missions have the most impact on them.

"It takes you to a more emotional point in your life," Schiltz said.

While every diver wants to be the one who discovers the remains of a service member, the master diver describes the somber event as a shared win whenever it happens. "Everybody's out here to do one job and just because you happen to be the one diver on the job when you find something, it's not you that found it," Kratsas said. "It was a team effort."

When not diving, soldiers have several side jobs to keep operations afloat. They monitor oxygen levels and depth of fellow divers or serve as back-up divers to assist in an emergency. They also tend to umbilical cords that connect divers to the barge or help run a water pump for the suction hose. When a basket is brought up to the barge, they all scoop out the sediment into buckets and screen it.

Some divers are surprised by the condition of some items pulled from the water. Even if items are buried at sea for a long time, salt water can sometimes preserve them better than at land sites where the acidity of soil breaks them down faster.

"A lot of times the wreckage is in such good condition, you can still read serial numbers," said Army Capt. Ezra Swanson, who served as the team leader for the recent mission.

Pieces of an aircraft can also

put things into perspective for the divers when they hold them in their hands. "The last time someone was with that, it was the aircrew when they were going down," said Swanson, 30, of Fond du Lac, Wisconsin. "It's like a connection between you and that crew."

ARCHAEOLOGICAL SITE

Decades of sediment often buries human remains in an underwater tomb. To unearth them, dig sites are properly logged with historical data from previous missions. Dive teams may pick up where they left off before or continue another team's work at a site. An underwater archaeologist will direct a team where to dredge using grids, typically 2 by 4 meters wide, which are marked off on the seabed.

Similar to the guessing game of "Battleship," if a certain grid has a successful hit with evidence being dredged up from it, divers will concentrate on nearby grids.

Even one fragment, such as a bone or tooth, could solve a case if it can be identified by laboratory staff back at the DPAA headquarters on Joint Base Pearl Harbor-Hickam, Hawaii.

"Sometimes you only find small fragments, but with today's technology and with DNA [testing], we can still get a lot of information even from tiny little bits," said Piotr Bojakowski, an underwater archaeologist with the agency. Personal effects, such as rings, wallets or dog tags, can

also produce a strong case for identification.

Since the recovery process can be slow and methodical, Bojakowski will remind divers to stay patient to ensure no evidence is overlooked. "Take your time, don't rush the process," he tells them. "It's more important that you do screening properly and find this small piece than to rush it through. Because once you lose it, we will never find it again."

If years of careful research do not provide clues of human remains at a site, the agency may be forced to redirect efforts elsewhere.

"It's a difficult, difficult decision to make," Bojakowski said. "The ideal situation is to find the remains and material evidence. But providing an answer that the remains are not at the site is also an answer to some degree. Sometimes that's the only answer we can get."

Despite the long, hot days that had baskets come up empty during their recent mission, the Soldiers still kept at it for weeks. And when the time comes again, they will likely return to the same spot to do the same work. To them, the mission is bigger than themselves.

"They know the cost and the sacrifice and have a very high appreciation for the guys who lost their lives," said Swanson, the team leader. "They're willing to push through the challenges and make sure they do everything they can to bring those guys home."

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RED, WHITE, BLUE

Silver Wings Golf Course sports 3 9-hole courses, many challenges

By Nathan Pfau
 Army Flier Staff Writer

When it comes to recreation on the golf course, fans of the sport don't have to travel far to find some of the best fairways and greens in the area.

The Silver Wings Golf Course boasts a 27-hole championship facility with some of the most challenging holes in the Wiregrass Area said Stan Tanna, SWGC business manager.

"Most places in the area only offer 18 holes and we offer 27 holes, so we're able to accommodate a larger traffic of golfers, especially during the weekends," said Tanna. "Unless there is a big tournament going on, we're normally never in a situation where we have to turn people away."

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

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

Prices for annual membership are: \$528 for ranks E1-E6, youth golfers and Gold Star spouses; \$852 for ranks E7-O3 and warrant officers; \$858 for ranks O4 and above, government employees, veterans and contractors; and \$924 for the general public. Family rates are also available. There is also a Range Club membership for \$275 for a single membership and \$50 for each additional family member.

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

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

For those who are just getting into the sport, SWGC offers classes with PGA pro-



PHOTOS BY NATHAN PFAU

Madison Opfer, LPGA professional, lines up her putt as her teammates, Richard Hutson and Armand Millette, retired military participants, look on during the SWGC Pro-Am tournament last year.

fessional Ty Andersen. Golfers can join Andersen for Afternoons on the Range or Evenings on the Range, Saturdays from 1-2 p.m. and Thursdays from 5-6 p.m., respectively. Cost is \$10 per session and must be paid at the pro shop before sessions begin.

The golf course also offers dozens of tournaments throughout the year. The next big tournament will be the Commanding General's Golf Tournament June 29 at 8 a.m. The format will be a four-person scramble and the amount of teams will be limited to the first 26 to pay, so people should sign up early, said the business manager.

Cost for the tournament is \$50 for members and \$60 for non-members, and includes tournament course fees, 18 holes of golf, range balls, carts, breakfast and lunch. Prizes will be awarded for longest drive, closest to the pin, Top 3 teams and highest scoring team.

"For what you're getting here, you really can't beat it," said Tanna.



Silver Wings Golf Course offers all the amenities of a professional course on post.

Physicians break down anxiety one fear at a time

Military Health Systems
 Communications Office Staff Report

FALLS CHURCH, Va. — Even a subtle sight, smell or sound can trigger Marine Staff Sgt. Andrew Gales, making him jittery, inducing a pounding in his chest or causing him to break out in a sweat. He suffers from anxiety related to post traumatic stress disorder, and he never knows how long an anxiety bout will last – it can be moments, or it can be hours.

For Gales, who did combat tours in Iraq and Afghanistan, situations where he used to be calm and collected, such as when spending time with family or going to the store, now increase his anxiety. "(It gets worse) with things I can't control," he said. "The loss of control increases the hypersensitivity to people and situations around me."

Gales is not alone. Generalized anxiety, panic disorder, and anxiety related to PTSD are common. An estimated 31 percent of U.S. adults experience anxiety at some point in their lives, according to National Institute of Mental Health diagnostic interview data from the 2017 Harvard Medical School National Comorbidity Study.

"Everyone experiences symptoms of anxiety," said Navy Capt. (Dr.) Sawsan Ghurani, a staff psychiatrist at Walter Reed National Military Medical Center in Bethesda, Maryland. "When it disrupts your daily life – going to work, leaving the house, interrupting sleep – that's when we classify it as a disorder."

Asked for a few PTSD anxiety symptoms, Dr. Amanda Edwards-Stewart, a research psychologist at the Psychological Health Center of Excellence, Joint Base Lewis-McChord in Tacoma, Washington, cited avoiding driving in the passing lane for fear of being boxed in; taking a different route to work every day for fear of being followed or ambushed; displaying hypervigilance as one waits for the next bad thing to happen; or, as seen in generalized anxiety, experiencing ruminating thoughts of losing one's job, family, or health. She said the anxiety has to be constant and debilitating to be considered a disorder.

Unfortunately, many people have more than one disorder at a time – for example, depression and anxiety. Edwards-Stewart explained some of the common related disorders and their symptoms:

Depression is often found in people with anxiety. Major depression includes feelings of hopelessness that last for more than two weeks, a change in eating and sleep-



NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS KEVIN CUNNINGHAM

Marine Staff Sgt. Andrew Gales participates in 'battlefield' acupuncture, also known as 'ear acupuncture,' at Walter Reed National Military Medical Center, as a treatment for anxiety related to PTSD.

ing patterns, and social isolation. Depression can be so severe that the person cannot get out of bed, or it may take a slightly milder form.

Panic disorder involves consistently having panic attacks that can include sweating, heart racing, hyperventilating, and a general feeling that one is going to die. Panic attacks can last 20 minutes or more and often are triggered by no apparent event or situation.

PTSD occurs several months after a psychological trauma. Those who suffer from it go to great lengths to avoid people, places, and thoughts that remind them of the trauma. They are numb and have difficulty feeling a full range of emotions. They also have problems with sleep and invasive thoughts. The Diagnostic and Statistical Manual of Mental Disorders changed PTSD to a stress trauma disorder in 2013.

If one suffers from one of these disorders, the good news is that MHS providers are using a variety of treatment services. "If you're just prescribing medication, you're not getting at the root cause," Ghurani said.

But some forms of therapy may seem counterintuitive. Edwards-Stewart noted that treating panic disorder sometimes involves recreating the setting that induces the panic. "By putting the person in the situation that scares them, it teaches them it is OK to feel that

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TRICARE GRAPHIC

Keep your DEERS information up to date

TRICARE.mil
 Staff Report

FALLS CHURCH, Va. — Do you or your family member expect to experience a Qualifying Life Event, including planning to move, this summer?

If so, you'll need to update your information in the Defense Enrollment Eligibility Reporting System. To remain eligible for TRICARE coverage, you must keep your information current in DEERS. DEERS is a computerized database of active duty and retired service members, their family members and others who are eligible for TRICARE. Proper and current DEERS registration is key to getting timely, effective TRICARE benefits.

It's essential to update and verify your information in DEERS anytime you have a QLE. This is especially true during the summer moving season. After you arrive at a new duty station or location, update your information in DEERS. Your Social Security number and the SSN of each of your covered family members must be included in DEERS for your TRICARE coverage to be accurate.

You have several options for updating and verifying DEERS information. You can make changes in person, by phone, online or by mail.

ADD OR REMOVE FAMILY MEMBERS

- **In person:** Visit a local ID card office. Find an office near you at www.dmdc.osd.mil/rsl.

UPDATE CONTACT INFORMATION

- **Phone:** Call 1-800-538-9552 (TTY/TDD: 1-866-363-2883) or fax updates to 1-831-655-8317.
- **Online:** Log into milConnect at <https://milconnect.dmdc.osd.mil>.
- **Mail:** Mail updates to: Defense Manpower Data Center Support Office, Attention: COA, 400 Gigling Road, Seaside, CA 93955-6771.

Only sponsors can add a family member in DEERS. But family members age 18 and older may update their own contact information. Find more information about DEERS on the TRICARE website at <https://tricare.mil/deers>.

DOWN TIME



Trivia test

by Fifi Rodriguez

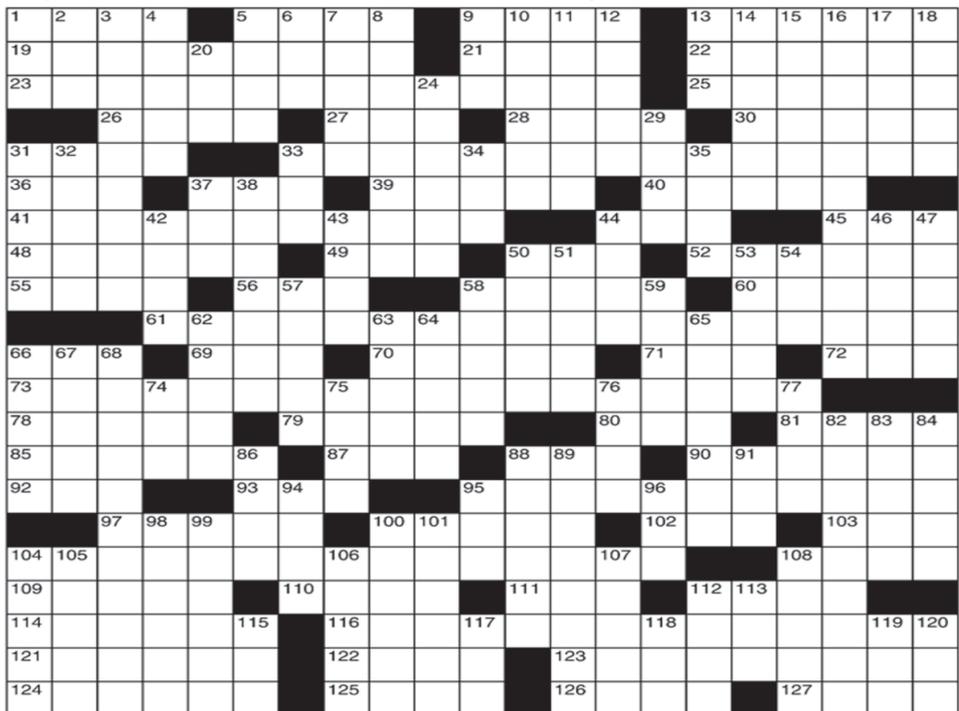
T R I V I A

1. ANIMAL KINGDOM: What is the only bird that can fly backward with precision?
2. EXPLORERS: What was the name of the ship that explorer Henry Hudson sailed on a river that bears his name today?
3. LITERATURE: What was the name of Hermione's pet cat in the "Harry Potter" book series?
4. FOOD & DRINK: What type of bread also is commonly known as "pocket bread"?
5. BIBLE: In which book does the phrase "the love of money is the root of all evil" appear?
6. GEOGRAPHY: Where is the famed Trevi Fountain located?
7. MUSIC: Which band was named after an 18th century agriculturalist who invented the seed drill?
8. GEOLOGY: What kind of black, glass-like rock forms when magma cools suddenly?
9. HISTORY: When did the great fire of London occur?
10. LANGUAGE: What is the meaning of the Latin phrase "anno domini"?

See Page D3 for this week's answers.

Super Crossword "IF THE SHOE FITS ..."

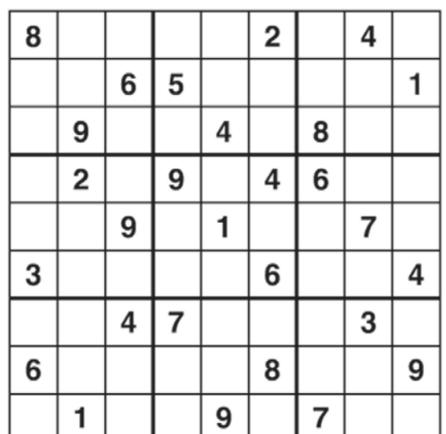
- ACROSS**
- 1 Gillette razor brand
 - 5 Sled in the Olympics
 - 9 "Hey, you over there"
 - 13 Sermon deliverer
 - 19 Debuted
 - 21 Choral voice
 - 22 Like a lie
 - 23 Car riders' jolters, to a shoe collector?
 - 25 Buccaneer
 - 26 Kingly name of Norway
 - 27 IRS money
 - 28 Highly eager
 - 30 Paradigm
 - 31 Rakish sort
 - 33 Treasure hunters, to a shoe collector?
 - 36 Everybody
 - 37 Part of ENT
 - 39 Direct (to)
 - 40 Hot-rod rods
 - 41 "I'm Walkin'" singer, to a shoe collector?
 - 44 Week — glance
 - 45 Tree with samaras
 - 48 More neat
 - 49 Suffix with lyric
 - 50 Covertly add to an email
 - 52 One of the Brady girls
 - 55 Not veiled
 - 56 Nametags, e.g.
 - 58 Blend on high, maybe
 - 60 They may be irregular
 - 61 What Romeo and Juliet were, to a shoe collector?
 - 66 Not cooked
 - 69 Itty-bitty
 - 70 Put on — (fake it)
 - 71 506, in old Rome
 - 72 "Kwon do" or "Bo" lead-in
 - 73 Fleeing, to a shoe collector?
 - 78 Quarterback Kyle
 - 79 Pivots on an axis
 - 80 The "A" of ETA: Abbr.
 - 81 Title girl in a J.D. Salinger story
 - 85 Jenny Craig patron
 - 87 Antiquated
 - 88 Midpoint: Abbr.
 - 90 Stacks off
 - 92 Ending for mountain
 - 93 Amazed feeling
 - 95 Snoring, to a shoe collector?
 - 97 LaBelle or LuPone
 - 100 — the "Champions"
 - 102 Big U.K. lexicon
 - 103 Comic Charlotte
 - 104 Emerson's metaphor for art, to a shoe collector?
 - 108 "... that try — souls"
 - 109 Chef
 - 110 Brooches
 - 111 Plains native
 - 112 Slant
 - 114 Ad-lib
 - 116 Some cooked taters and peppers, to a shoe collector?
 - 121 Book after Nehemiah
 - 122 One-named New Ager
 - 123 Threatening like a lion
 - 124 — Rides Again" (1939 film)
 - 125 Lip off to
 - 126 Be in a choir
 - 127 Picnic intruders
 - 33 Partner of to
 - 34 Sci-fi carrier
 - 35 This is a test
 - 37 Ending for Milan
 - 38 Flemish painter Brouwer
 - 42 Sardine cans
 - 43 Various stuff: Abbr.
 - 44 Got 100% on
 - 46 Zodiac sign
 - 47 Billiards shot
 - 50 Anheuser —
 - 51 Minos' island
 - 53 Benefit
 - 54 Court arbiter
 - 57 Bottom-of-barrel stuff
 - 58 H.S. junior's hurdle
 - 59 Village VIP
 - 62 Bakery string
 - 63 French painter Dufy
 - 64 One way to turn right
 - 65 Too old to qualify
 - 66 — Island (U.S. state)
 - 67 Condor nest
 - 68 Aquatic flora
 - 74 Colon half
 - 75 Big ice mass
 - 76 Mata —
 - 77 Barking sea creature
 - 82 "Yes, we're open," e.g.
 - 83 Actress Mullally
 - 84 Dangerous curves
 - 86 Fixed charge
 - 88 Dangling enticement
 - 89 Noisy birds
 - 91 Three past A
 - 94 Bit of hair
 - 95 Used a chair
 - 96 Anti votes
 - 98 Deplane, e.g.
 - 99 More eensy
 - 100 Ryder of "Mermaids"
 - 101 Pieces from pundits
 - 104 Was gabby
 - 105 Beethoven title name
 - 106 Gets stuck in the mud
 - 107 "Likewise"
 - 108 — Carta
 - 112 Big ice mass
 - 113 Despot Amin
 - 115 Hear legally
 - 117 Swedish carrier
 - 118 Pasty-looking
 - 119 Dine
 - 120 Relatives of aves.



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

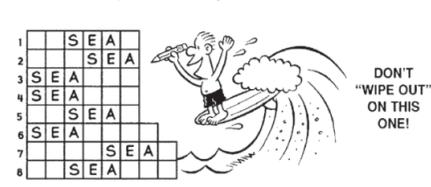


THIS NEARSIGHTED KNIFE THROWER is lucky to hit one out of three tries at popping balloons. Can you figure out which was the lucky toss?

Answer: Number 1 hits the target.

Junior Whirl

by Charles Barry Townsend



DON'T "WIPE OUT" ON THIS ONE!

Let's "see" what you know about the "sea." Above is a stack of eight words, each of which contains the word "sea." Using the following hints, try to sail home safely in five minutes or less.

1. Part of a pant leg.
2. Result of overheating.
3. A Navy carpenter.
4. To add salt and pepper.
5. To remove from office.
6. A weather protector.
7. A chair for two.
8. An egotistical, self-assured person.

Answers: 1. Seaman, 2. Nausea, 3. Seabeat, 4. Season, 5. Unseat, 6. Sealt, 7. Loveseat, 8. Wiseacre.

Wishing Well®

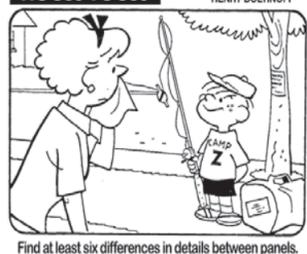
6 3 2 5 4 3 5 2 4 3 7 3 5
A C C S K O E H E R B R T
4 7 6 7 4 8 2 7 2 8 4 6 7
E A W L P S A M L T C A Y
8 7 2 6 2 7 8 6 3 7 6 5 2
A D L R E A Y M E Y F N N
4 8 5 7 5 7 4 5 2 4 8 7 4
H N E S W A I G N E H U
7 8 4 5 3 6 7 5 3 5 7 5 3
E U P O C R A A T L D S M
2 6 2 8 6 3 6 2 3 6 2 6 2
E I S T E I N A S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

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 BOLTIKOFF



Find at least six differences in details between panels.

Answers: 1. Hair is missing, 2. Arms is missing, 3. Fingers is missing, 4. Mouth is missing, 5. Shoes is missing, 6. Lungs are missing, 7. Lungs are missing, 8. Lungs are missing, 9. Lungs are missing, 10. Lungs are missing.

A GIDDYAP GUESSER! A lone cowpoke boarded into Dodge City on Friday, stayed at Ma Bindles boarding-house for two days, and then ambled back out of town on Friday. That's a mighty short week. How did he do it?

Answer: Simple: His horse's name was "Friday."

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "SHOALS." Can you replace these letters in the squares so you will have four three-letter words across and three four-letter words down? Time limit: 90 seconds.

Answers: (Across) 1. Seal, 2. Sail, 3. Shell, 4. Sole, 5. Sole, 6. Seal, 7. Seal, 8. Seal, 9. Seal, 10. Seal, 11. Seal, 12. Seal, 13. Seal, 14. Seal, 15. Seal, 16. Seal, 17. Seal, 18. Seal, 19. Seal, 20. Seal, 21. Seal, 22. Seal, 23. Seal, 24. Seal, 25. Seal, 26. Seal, 27. Seal, 28. Seal, 29. Seal, 30. Seal, 31. Seal, 32. Seal, 33. Seal, 34. Seal, 35. Seal, 36. Seal, 37. Seal, 38. Seal, 39. Seal, 40. Seal, 41. Seal, 42. Seal, 43. Seal, 44. Seal, 45. Seal, 46. Seal, 47. Seal, 48. Seal, 49. Seal, 50. Seal, 51. Seal, 52. Seal, 53. Seal, 54. Seal, 55. Seal, 56. Seal, 57. Seal, 58. Seal, 59. Seal, 60. Seal, 61. Seal, 62. Seal, 63. Seal, 64. Seal, 65. Seal, 66. Seal, 67. Seal, 68. Seal, 69. Seal, 70. Seal, 71. Seal, 72. Seal, 73. Seal, 74. Seal, 75. Seal, 76. Seal, 77. Seal, 78. Seal, 79. Seal, 80. Seal, 81. Seal, 82. Seal, 83. Seal, 84. Seal, 85. Seal, 86. Seal, 87. Seal, 88. Seal, 89. Seal, 90. Seal, 91. Seal, 92. Seal, 93. Seal, 94. Seal, 95. Seal, 96. Seal, 97. Seal, 98. Seal, 99. Seal, 100. Seal, 101. Seal, 102. Seal, 103. Seal, 104. Seal, 105. Seal, 106. Seal, 107. Seal, 108. Seal, 109. Seal, 110. Seal, 111. Seal, 112. Seal, 113. Seal, 114. Seal, 115. Seal, 116. Seal, 117. Seal, 118. Seal, 119. Seal, 120. Seal, 121. Seal, 122. Seal, 123. Seal, 124. Seal, 125. Seal, 126. Seal, 127. Seal.

Five tips to improve men's health

TRICARE.mil
Staff Report

FALLS CHURCH, Va. — June is Men's Health Month. This month-long observance is an opportunity for men to take command of their health.

Taking preventive steps and making changes to your lifestyle can improve your health. According to the Centers for Disease Control and Prevention, the leading causes of death among men in the U.S. include heart disease, cancer, respiratory diseases, and stroke.

Here are a few tips for men to improve their health.
Recognize preventable health problems early – Be aware of potential health concerns, even if you aren't sick or injured. Your doctor can help you identify problems, like being overweight, or experiencing depression or anxiety. So it's important to see a doctor or health care professional for regular checkups and preventive screenings. Also, review your family health history. Your provider can assess your risk of disease based on your family history and other factors.

Get regular screenings – TRICARE covers clinical preventive services. You can get one Health Promotion and Disease Prevention Examination each year if enrolled in TRICARE Prime or TRICARE Select. Your doctor can



TRICARE GRAPHIC

help you decide what tests you need based on your age and risk factors.

Important health screening tests for men include:

- Blood pressure screening;
- Cardiovascular screening;
- Colorectal cancer exams;
- Prostate cancer exams;
- Skin cancer exams; and
- Testicular cancer exams.

Speak openly with your provider – Establish a working relationship with your doctor. Also, don't be afraid to talk to him or her honestly about your health concerns. Honest

doctor-patient communication can prevent misdiagnoses and unnecessary tests. If you don't have a primary care manager or need help finding a doctor, visit Find a Doctor on the TRICARE website at <https://tricare.mil/FindDoctor>.

Make healthy lifestyle choices – Get adequate sleep, exercise regularly, and eat healthy balanced meals to stay in control of your mental and physical health. If you're depressed, seek help. Depressed men may appear to be angry or aggressive instead of sad, making it more difficult to recognize symptoms. Learn about TRICARE's mental health coverage at <https://tricare.mil/mentalhealth>.

Minimize risky behavior – If you smoke or use other tobacco products, ask your doctor to help you quit. Smoking can cause conditions, such as heart disease and cancer – top two leading causes of death among men. If you drink alcohol, do so in moderation. Drinking too much can contribute to poor health. For resources to help you quit smoking, check out TRICARE Tobacco Cessation Services at <https://www.tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices>. Also, visit the TRICARE Alcohol Awareness page at <https://www.tricare.mil/HealthWellness/Alcohol> for information about alcohol and drinking responsibly.

Check out the TRICARE monthly tips on the Healthy Living page at <https://tricare.mil/HealthWellness> for more information and resources about your health.

Goal-oriented Soldier fights his way to 2018 DOD Warrior Games

By Robert Whetstone
Brooke Army Medical Center, Texas
Public Affairs

U.S. AIR FORCE ACADEMY, Colo. – Eleven years ago on May 31, 2007, Army veteran Capt. Alex Wilson was on patrol with his element in Sab al Bor, Iraq, northwest of Baghdad. Just a few days before, an improvised explosive device blew a huge 14 x 20 foot crater in the road of a much-traveled route in the area his unit was responsible for patrolling.

The crater caused Wilson (then an active duty first lieutenant) to alter the patrol's route slightly. That's when another IED interrupted what had been a normal patrol.

Wilson came into the Army as a chemical officer. He wanted to challenge himself to strengthen what he felt were areas in need of improvement. He had the desire to hone his skills, particularly leading Soldiers in combat. He learned the tools of the trade of scout reconnaissance in the unit he was assigned to, and took over a platoon while he was deployed to Iraq. It was a goal he set and accomplished early in his career.

The Department of Defense Warrior Games were not on Wilson's radar when he suffered the injuries that caused the amputation of his left leg, slightly above his ankle, and a titanium rod to be

put in his right leg after it was severely broken. Wilson's first goal was to simply stand and walk. "When I was still in the hospital, just transferring from the bed to a wheelchair, I literally almost passed out," he said.

After numerous surgeries in Iraq, Landstuhl, Germany, and extensive rehab at Brooke Army Medical Center's Center for the Intrepid, Wilson's focus shifted to meeting small but important objectives on his way to regaining more of his physical ability. It was at the CFI where he was introduced to adaptive reconditioning. "When I was initially going through rehab, the Warrior Games didn't exist," explained Wilson. "The therapist did a great job of setting goals and encouraging me to do different sorts of events, so I always had a goal to work toward."

Wilson's next goal was the Multiple Sclerosis 150-mile bicycle race from San Antonio to Corpus Christi, Texas. His therapist signed him up for the race a few days after he got out of BAMC. Wilson was a little perplexed by what seemed like such high expectations. He told his therapist, "Don't you think that's a little far?" His therapist said he didn't have to finish the race, the point was to have a goal. Wilson finished the race using a hand-cycle part of the way, and an upright bicycle too.

After participating in the Bataan



PHOTO BY ROBERT WHETSTONE

Army veteran Capt. Alex Wilson works on his service during sitting volleyball practice May 30 at the U.S. Air Force Academy Cadet Center Gymnasium, Colo., in preparation for the 2018 Department of Defense Warrior Games.

Memorial Death March (which involves walking or running 26 miles in New Mexico), an internal triathlon, kayaking, scuba diving and other events, Wilson gained an appreciation for what adaptive reconditioning can do for wounded warriors. "It means a lot to do the sports and reconditioning because that's a way for Soldiers, sailors, airmen and Marines to do the physical aspect that they know, and a beneficial way to bring them back to a sense of normalcy."

Being a member of a team is something seen throughout Army culture. Wilson was the only member wounded during the IED blast. After first checking to make sure everyone else was okay, it was his team that pulled together and got him to safety. He sees that same mentality in Team Army at the 2018 DoD Warrior Games, hosted this year by the U.S. Air Force Academy.

"We have great coaches in every sport, especially in (sitting) vol-

leyball," Wilson explained. "The fact that it is a team sport, we have to pull together. Because we have that experience of everyone working together in the Army, I think that definitely is reflected here." Teammates pulling together, the respect they have for each other, and the overall Army value of selfless service is evident on Team Army, he added.

Wilson stands 6'5. He is a tall man with big goals. He had a goal to get to the Army Trials and make the team, and a goal to compete in this year's Warrior Games. "The goal is to win," Wilson said, without hesitation. "Yes, you want to get better and work hard for the team, but if you're not trying to win, why are you here?"

"Once you have that goal, everything else seems to fall away," said Wilson. "If you have something to work towards instead of just sitting in the hospital and wondering why this happened to you, that's (goal) a way to get better."

For Soldiers and veterans who have not participated in adaptive reconditioning, Wilson recommends they first find something they like to do. They should embrace opportunities that may be new to them. "It's tough to describe the feeling I get being back here with comrades again," said Wilson. "Being with service members who have the same mind set; it just feels good."

Anxiety

Continued from Page D1

way, and it becomes less anxiety provoking," she said.

In addition to cognitive therapy, Walter Reed Bethesda also offers patients "battlefield" acupuncture, which treats the whole

body by stimulating corresponding points on the ear; as well as transcranial magnetic stimulation, a noninvasive, effective intervention that uses magnetic energy to help relieve symptoms.

Gales, who's been receiving medical care since 2011, has tried many forms of treat-

ment and has found help for his anxiety. He explained that one of the Marine leadership principles, "seek self-improvement," was a key factor in why he sought help.

"It was realizing this isn't a failure," he said. "I have some sort of a problem. (The important thing is) accepting it, and

realizing reaching out for help is not a weakness. For those who are on the fence, come in with an open mind. There are a lot of treatments available. It's like anything in the military – resources are there, and it's up to you to take advantage of it to improve yourself."

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.

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.

Hunting Incentive Program

Fort Rucker Outdoor Recreation is offering a Hunting Incentive Program to help control the coyote and feral pig population from now until 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.

Saturday Afternoons on the Range

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

For more information, call 255-0089.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Hummingbird
2. The Half Moon
3. Crookshanks
4. Pita
5. 1 Timothy 6:10
6. Rome, Italy
7. Jethro Tull
8. Obsidian
9. 1666
10. "in the year of the Lord"

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0 DOWN
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 PER MO*

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\$399
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\$298
 PER MO*

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 Stock # PC1614

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 Stock # PC1618

\$42,995

'17 Volvo V60
 Stock # PC1565

\$32,780

'14 MERCEDES-BENZ E350
 Stock # PC1585A

\$21,899

'15 GMC YUKON DENALI
 Stock # PC1596

\$39,988

'15 LEXUS ES 350
 Stock # PC11450A

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