

AIT challenge puts teamwork to the test

By Nathan Pfau Army Flier Staff Writer

Before trainees become Soldiers, they go through rigorous training to meet the highest standards, and for one group of advanced individual training Soldiers, they learned a vital Army lesson – that they can only be as good as their fellow Soldier.

Thirty AIT Soldiers in six teams got the chance to compete in the A Company, 1st Battalion, 13th Aviation Regiment, AIT Warrior Challenge Saturday – a competition designed to test the mettle of new recruits, according to Lt. Col. Kevin McHugh, 1st Bn., 13th Avn. Regt. commander.

But this iteration of the challenge focused more on teamwork than individual accomplishment, he added.

"What was unique about this event as opposed to the others ... was that today was about the team," said the battalion commander. "Every other [competition in the past] has been an individual event. Today is about teamwork, about professionalism, so it's not just about these Soldiers up front, it's about all of us.

"You all demonstrated excellence today," he said to the competitors. "Just the sheer fact that you guys signed up, volunteered to come do this and completed



AIT Soldiers run the final leg of the ruck march portion of the AIT Warrior Challenge competition as they're cheered on by fellow Soldiers Saturday.





AIT Warrior Challenge competitors work together to complete an obstacle at the Leaders Reaction Course.

it is absolutely impressive. This was a team effort today."

The winning team for this year's competition was the green team, which consisted of Pvts. Jalil Debrow, Shayne Cruz, Nathan Gootee, Danielle Letzelter and Shakeel Hackett, all of A Co., 1-13th Avn. Regt.

"It feels great to win and it feels great to be able to do it with a good

group, because we all worked as a team and it feels amazing," said Debrow. "Even when we didn't get something right, we looked good doing it as a team."

"We definitely had teamwork. I don't think I've worked with a better group than this," added Letzelter. "Mentally, I thought about that one thing that drives me and I told [my team] to do the



Soldiers work through an obstacle.

same thing. I said that finish line is at the top of that hill and we just have to keep going – don't stop."

The competitors' day started early with an Army Physical Fitness Test challenge, followed by an obstacle course run and pull-up challenge at the NCO Academy. Immediately following the obstacle course, competitors made

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By Nathan Pfau Army Flier Staff Writer

While 87 Soldiers from the Warrant Officer Candidate School Class 17-06 were being recognized for becoming warrant officers during a graduation ceremony at the U.S. Army Aviation Museum March 2, a former Soldier was also being honored for his personal courage.

The 1st Warrant Officer Company Iron Warrant Award, which was awarded during the ceremony, will now be known as the W01 Anthony Radetic Iron Warrant Award in honor of a former warrant officer who was able to overcome seemingly insurmountable odds, according to CW2 Mark Gonzalez, 1st WOC.

"The Iron Warrant Award is awarded to the most physically dexterous candidate through each warrant officer class," he said. "This particular award was the first award that we presented since officially naming it the W01 Anthony Radetic Iron Warrant Award."

Radetic served as a communications NCO before transitioning into Aviation and becoming a warrant officer, said Gonzalez. Unfortunately, he was injured in a motor vehicle accident more than six years ago, which left him paralyzed from the waist down.

Despite his injury, Radetic didn't allow his misfortune to keep him from living, and he began to train in various Paralympic-style sports, including skiing, swimming and cycling. His endeavors would eventu-



COURTESY PHOTO

Anthony Radetic, retired Soldier, presents W01 Nathan Jajo, Warrant Officer Candidate School graduate, the W01 Anthony Radetic Iron Warrant Award during a graduation ceremony at the U.S. Army Aviation Museum March 2.

ally bring him to the 2016 Invictus games in Orlando, Florida, during which he competed in the swimming and cycling competitions.

It's the level of dedication and motivation that Radetic displayed in the face of overwhelming adversity that he was selected as the namesake for the award, said Gonzalez. Before a decision was made, there were about six different potential honorees that the unit researched and voted on.

"It is a wonderful feeling to be able to come full circle after my injury and be able to recognize the accomplishments of my fellow warrant officer," he said "The warrant officer community creates highly skilled and successful leaders, and I appreciate the opportunity to recognize the qualities in them that exemplify the best of our profession and the resilience of a Soldier."

After looking at each of the potential honoree's backgrounds, it was voted that Radetic was best to represent the award, and, after final approval from senior leaders, the name became official, said Gonzalez.

"Mr. Radetic's history in the military and his performance after his injury is what really helped us make the final decision to name the award after him," he said. "His resiliency really displayed what we want to encourage in the Iron Warrant Award."

During the graduation ceremony, Radetic was able to personally recognize and present the award to this year' recipient, W01 Nathan Jajo.

Jajo was named this class's Iron Warrant based on his physical performance throughout the course, including a 10K ruck march, which must be conducted with a 48-pound ruck sack, as well as his Army Physical Fitness Training performance.

That level of performance and resiliency required of the recipient of the award is part of what keeps Radetic motivated to not allow his injury to defeat him.

"In competitive sports there is an immediate recognition with each accomplishment," he said. "I think through competition I was looking for a way to validate my personal struggle with my disability.

"I would like each group of new

SEE IRON WOC, PAGE A7

Retired general talks leadership with senior WOs

By Nathan Pfau Army Flier Staff Writer

The Army is a profession of arms, and as a profession, one retired Army general wants to remind senior leaders that leadership starts with personal responsibility.

Retired Gen. Carter F. Ham, Association of the U.S. Army president and chief executive officer, spoke with senior warrant officers at the Warrant Officer Career College during a visit March 8 where he spoke about the importance of ethics and leader development.

"As [these senior warrant officers] occupy cur-

SEE LEADERSHIP, PAGE A7



PHOTO BY NATHAN PFAU

Retired Gen. Carter F. Ham, Association of the U.S. Army president and chief executive officer, speaks with senior warrant officers on ethics and leader development during a visit to the Warrant Officer Career College March 8.

PERSPECTIVE

SOLDIER FOR LIFE Soldiers should plan future before making transition

By Bryan Tharpe, SFL-TAP TSM *Fort Rucker Soldier for Life Center*

What strengths do you have a result of military service? What have you done to improve your work place? What are your greatest achievements in the Army?

These are questions I have posed many times to groups of transitioning Soldiers. Think about it from a civilian employer's perspective. Will your experience in the Army make you a better civilian employee after you separate? Many civilian employers are counting on it!

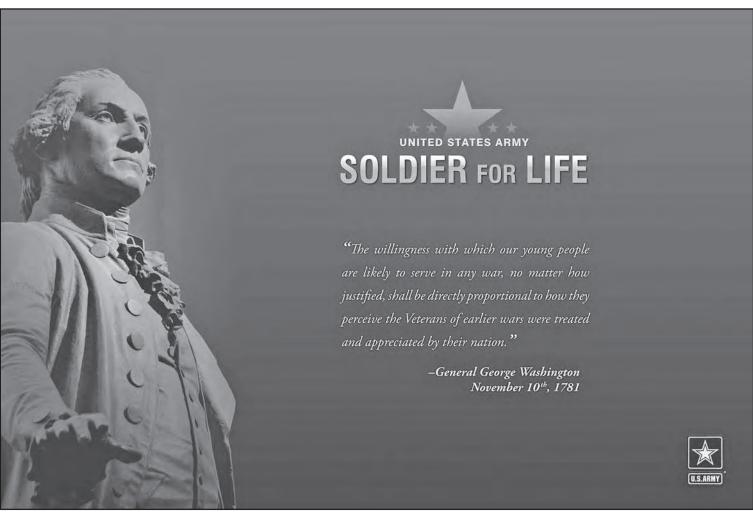
Think of what you will have to offer after years of challenging assignments.

You are flexible, adaptable, team oriented, healthy, certified drug free, disciplined, safetyconscious and trainable. You are great leaders, teachers, public speakers, motivators, mentors and quality control inspectors.

You have the ability to work long hours under adverse conditions, to perform multiple tasks with minimum supervision, to meet deadlines, to give and take directives and communicate effectively in the most culturally diverse organization in the United States. You have a security clearance, a global perspective, and technical training.

But how long do you need to serve in order to make the most of these skills and attributes? Two years? Five? Twenty? Serving even one enlistment is commendable, but there are more benefits to re-enlistment than you might have expected.

Acquiring the transferable skills and experience listed above doesn't happen overnight. It does



take years. Extended military service may just double or triple your employment options after you do separate.

So, what should you do after you re-enlist to maximize your strengths of military service? I have a few suggestions: skill build, volunteer, make improvements, seek responsibility and go to school.

Look for opportunities to learn new tasks on the job. There are always new things to learn right in front of you that you may have overlooked. Learn how to use a new piece of machinery or equipment. Identify a process or management problem and then use IT to solve it. Practice troubleshoot-ing.

Increase your typing speed. Design a course outline and then teach the class. Spearhead a committee. Look for ways to make your office more efficient or less costly. Devise a new safety or quality control measure.

Be the best supervisor or manager that you can be and make notes documenting times when you successfully used strong leadership ability to overcome a difficult situation.

After hours, take college courses. Re-enlist for several more years then start a specific educational program. Plan now so that when you separate you'll be bilingual, MSCE certified, halfway through a degree or whatever educational goal is right for you.

Now is the right time to think about your future. Don't wait until your separation to evaluate yourself.

If you had to write your resume today what would it look like? Would it be a list of accomplishments or just a description of your MOS?

Imagine your answers to typical interview questions, such as "What did you do to improve your office?" "What were your three greatest achievements in the Army?" and "What strengths do you have as a result of your military service?"

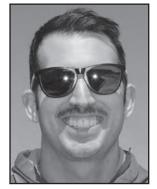
Let these questions be a guide as you continue to serve your country and make the most of opportunities for self-improvement. As a result, you will find both your Army experience and your transition to civilian employment much more rewarding.

Call SFL-TAP at (334) 255-2558 to schedule your pre-separation briefing. Spouses of transitioning Soldiers are invited and encouraged to attend.

ARMY GRAPHIC



Many people tend to get more sedentary during winter months and slow their workout regimen. What are some ways people can get back into the swing of working out after a long, cold winter?



Air Force 1st Lt. Sergio Flores, 23rd FTS

"Cultivate a year-round workout routine. Don't see it as punishment but as a way to better yourself."



Jan Becnel, civilian

"Workout from home, inside with a video, that way you're staying warm."



Emilee Smith, civilian

"I'm a Zumba person, and that's indoors. I'd say just get out and dance with something like Zumba."



Robin Kehler, retired family member

"I use my elliptical machine in my bedroom, so I hit that every morning before work."



Cody Lensmeyer, civilian

"Jump right back into working out. If you start off too slow you might not stick with it."

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National Prayer Breakfast helps build spiritual resiliency

By Nathan Pfau Army Flier Staff Writer

For many people, the power of prayer can help them get through difficult times, whether personal or professional, and Fort Rucker strives to keep its community strong through spiritual resiliency.

The National Prayer Breakfast was held at The Landing's Ballroom March 8 where Soldiers and civilians got the chance to strengthen that resiliency and be inspired by the words of retired Chaplain (Col.) Sonny Moore, former then U.S. Army Aviation Center chaplain, who encouraged people to find strength in their faith.

During the breakfast, scriptures were read and prayers were said for Soldiers, families and the nation, and it's in those prayers that Moore said it's important to show support for the American warfighter.

"We owe a debt to the American Soldier that this country will never pay," he said. "Nobody has given so much and asked for so little. We live in a town that supports Soldiers, and that's very important."

Throughout his sermon he told the story of King David, who or-



Retired Chaplain (Col.) Sonny Moore, former U.S. Army Aviation Center chaplain, speaks during the National Prayer Breakfast at The Landing's ballroom March 8.

dered his men to prepare for a battle, but also ordered 200 of those men to stay behind to guard their supplies.

"You've got to stick by your stuff because it's important stuff," said the retired chaplain to the congregation.

The "stuff" Moore was referring to is everything that individuals,

including chaplains, are involved in every day.

"Taking care of families and Soldiers is important stuff," he said. "What you and your teams are involved in is important stuff."

The greatest and most precious gift a person can give is of their time, said Moore, adding that it's more precious than money or any possession.

"The Bible says redeem the time, buy back the time, make use of your time, don't waste your time – I don't have any time to waste," he said. "If I give you my time, I'm giving something precious. Add to your bank account in heaven with acts of kindness. Help somebody that can't help themselves."

Moore, who spent 34 years in military service, said he did so in order to support and defend the Constitution of the United States of America against all enemies, foreign and domestic, and the only way to do that is through teamwork.

It's because of that teamwork he said it's necessary to invest in your fellow human beings.

"It takes all of these people and civilians, and it takes those men and women in uniform – it takes all of us – to win a war," said Moore. "Do justly, love mercy and walk humbly – that's what God requires of all of us. It's about the power of the team. Stick by your stuff, Fort Rucker. Train these Aviators. The Army needs what you do."

Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, closed the ceremony and encouraged people to take Moore's message of service to heart.

"When you hear a great message like that told with such enthusiasm and passion ... go out and have a great day and, more importantly, go out and make a day good for somebody else," said the general.

Dunford: Americans should be proud of role U.S. troops play in Iraq, Syria

By Jim Garamone

Defense Media Activity

WASHINGTON — Indigenous Iraqi and Syrian forces have made tremendous progress taking the fight to the Islamic State of Iraq and Syria, and Americans should be very proud of the role played in the effort by a small number of U.S. troops, the chairman of the Joint Chiefs of Staff said during an interview.

When Marine Corps Gen. Joe Dunford took over as chairman in October 2015, ISIS had taken vast portions of Iraq and Syria and sought to establish a caliphate. The counter-ISIS strategy he inherited sought to train local forces to combat the terror organization.

This meant small numbers of American and coalition troops would work with Iraqi and vetted Syrian forces. Coalition air assets, special operators and artillery units would support the campaign. "The Iraqis have to be very proud of their forces," Dunford said. "But I think we have to be very proud of the coalition, and what U.S. forces have accomplished." man said, and it's because young American service members are doing the hard work every day to make it happen.

"If you think of the relatively small number of Americans that had deployed to Iraq over the past 18 to 24 months," he said, "if you think about how hard they had to work in conjunction with Iraqi security forces to make sure we learned the lessons from Ramadi and Anbar province ... and applied those lessons with the right capabilities in Mosul – I'll just tell you I am proud of the force that has done that."

THE TASK AHEAD

There still remains much to do in Iraq, the general said, and he is taking nothing for granted.

In Syria, indigenous forces are isolating Raqqa and pushing back well dug-in ISIS



Iraqi forces pushed back ISIS in Ramadi and Beiji and are now pushing into western Mosul – the largest city taken by ISIS. The strategy is working, the chairforces on all fronts. There, the progress has been dependent on an even smaller number of Americans who worked to recruit, train and strengthen counter-ISIS forces.

"We sent those guys into an incredibly complex environment," Dunford said. "We told them to go in collect intelligence, develop relationships, vet people and identify people willing to take the fight to the enemy, train those people, equip those people, support those people and win."

And those special operations forces and

PHOTO BY SPC. CHRISTOPHER BRECHT

An Iraqi engineer operates a boat during assault bridging training at Camp Taji, Iraq, in February. U.S. soldiers trained Iraqi soldiers to quickly place standard ribbon bridges in support of Combined Joint Task Force Operation Inherent Resolve.

U.S. Air Force personnel did it – day after day, little by little, and under extreme circumstances, the chairman said.

"The fact that we are now talking about divergent political challenges, the fact that we are now addressing questions of what happens after Mosul or Raqqa, we shouldn't lose sight of the fact that it is a reflection of the members of the joint force that have actually enabled the indigenous force to take the fight to the enemy," Dunford said. "Now we have the political opportunities that we didn't have two years ago to establish the framework for long-term peace and stability, and we owe it to them."

Gate closure

The Enterprise Gate will be closed from about 8 p.m. Tuesday to 4 a.m. Wednesday while repairs are made on the roadway at the barrier system.

Supply closure

Supply Support Activity will conduct a wall-to-wall inventory Monday-March 24. Normal operations will be suspended on those dates. It is anticipated that normal business will resume March 27. Customers will be notified by the Accountable Officer. During this period, the SSA will only process emergency requisitions. All normal operations will be suspended until inventory is completed.

For more information, call 255-9504.

Pay office closure

The Defense Military Pay Office will close March 24 at noon. For emergencies, call 317-319 -7604.

SHARP car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team and U.S. Army Warrant Officer Career College Warrant Officer Candidate School Class 17-10 will host a SHARP Awareness Car Wash April 1 from 8:30 a.m. to 3:30 p.m. People will be treated to a free car wash as they meet the SHARP Team and receive information on preventing and increasing awareness of sexual assault and harassment.

For more information, call 255-2382.

Aviation Ball

The Landing will host the Aviation Ball April 8 from 6-11 p.m. Dress for military is dress mess or ASU with white shirt and bow tie. Civilian dress is formal. Meal choices are chicken cordon bleu, beef roast or vegetarian lasagna. Ticket prices are \$25 for E-6 and below, and \$35 for E-7 and above. To purchase tickets, contact your unit for point of contact information.

Spring cleaning

Fort Rucker's spring clean-up is scheduled for April 3-6. April 3 will be clean-up of interior offices and work areas, April 4 will be clean-up of exterior areas and police call areas, and April 5 will be continuation of interior and exterior clean-up, and also barracks common area clean-up. April 6 will consist of an inspection by the Fort Rucker garrison command sergeant major, the U.S. Army Aviation Center of Excellence command sergeant major and the Directorate of Public Works NCO in charge.

Hazardous materials, such as paint, batteries, thinners, solvents, etc., can be taken to the hazardous materials collection point at Bldg. 1315. For more information on hazardous material disposal, call 255-2541.

For more information on spring cleanup activities, call 255-0739.

AER scholarships

Army Emergency Relief is accepting applications for its 2017-2018 scholarship

program at www.aerhq.org. Scholarship opportunities are available for spouses and children registered in the Defense Eligibility Enrollment System who are pursuing their first undergraduate degree or certificate at an accredited college or university. Additional eligibility criteria can be found on the above website. Within a 50 mile radius of Fort Rucker, 71 recipients received scholarships for the 2016-2017 school year. Seventeen spouses received a total of \$27,500.00 – average of \$1617.65 – and 54 children received a total of \$120,600 – average of \$2233.33. The deadline is May 1.

For more information, call 255-2341.

Siren test

News Briefs

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

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

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.

Tax center

The Fort Rucker Tax Center is open for business, and a staff of fully trained preparers stands at the ready to help Soldiers, families and retirees. Located in Bldg. 5700, Rm. 371F, the center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15, and people should make an appointment to use the service, which also offers free electronic filing for Soldiers, family members and retirees.

The tax center also offers a drop-off service, which allows single Soldiers to come in and drop off their income tax paperwork, and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays for their returns. Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms.

For more information or to schedule an appointment, call 255-2937 or 255-2938.

CENTCOM COMMANDER: Iran poses 'long-term threat to stability'

By Lisa Ferdinando Defense Media Activity

WASHINGTON — Iran poses the most significant threat to U.S. Central Command's complex area of responsibility, the CENTCOM commander told the Senate Armed Services Committee March 9.

CENTCOM has dealt with a number of significant challenges over the past 12 months, including in Iraq and Syria, Pakistan, Yemen, Egypt and the Sinai, the Bab-el-Mandeb strait, Gen. Joseph L. Votel said.

"We are also dealing with a range of malign activities perpetrated by Iran and its proxies operating in the region," the general said at the hearing on the posture of U.S. Central Command and U.S. Africa Command.

"It is my view that Iran poses the greatest long-term threat to stability for this part of the world," Votel said.

Iranian activities of concern, according to Votel, include "malign influence across Iraq and Syria," and efforts to prop up the Syrian regime and exploit Shia population centers.

'HIGHLY COMPLEX AREA'

The CENTCOM area of responsibility, which covers four million square miles from the Arabian Gulf region into Central Asia, remains a "highly complex area, widely characterized by pervasive instability and conflict," he said.

The region is "increasingly



PHOTO BY SGT. MICHAEL J. MACLEOD

Pfc. Samuel Corsolini, a gunner assigned to F Co., 2-25th Avn. Regt., 25th CAB, pulls security as a UH-60 Black Hawk takes off after unloading his team as part of Operation Pranoo Verbena in order to disrupt Taliban operations in Kandahar province, Afghanistan, March 16, 2012.

crowded" with external nationstates, including Russia and China, that are pursuing their own interests in attempting to shift alliances, Votel said.

"The central region has come to represent the nexus for many of the security challenges our nation faces," he said, "and, most importantly, the threats in this region continue to pose the most direct threat to the U.S. homeland and the global economy."

Violent extremist groups such as al-Qaida and the Islamic State of

Iraq and Syria are taking advantage of the fragile security environment of heightened ethno-sectarian tensions, economic uncertainty, and weak or corrupt governance, Votel explained.

"These groups have clearly indicated their desire and intent to attack the U.S. homeland, our interests abroad and the interest of our partners and allies," he said.

COUNTER-ISIS FIGHT

The coalition against ISIS continues to build momentum in defeating the terrorists in Iraq and Syria and is pressuring the terrorists on multiple fronts and across all domains, according to Votel.

He highlighted the importance of working with coalition members and partners on the ground.

"As you are seeing clearly demonstrated in Iraq and Syria, Afghanistan, Yemen and elsewhere throughout our area of responsibility, we have adopted a 'by, with and through' approach that places a heavy reliance on indigenous forces," Votel said. The counter-ISIS campaign, now in its third year, is on track with its military plan to defeat the terrorists in Iraq and Syria, according to Votel.

"While we must take the necessary actions to counter immediate threats, such as ISIS in Iraq and Syria," Votel's written statement to the committee said, "we also need to find ways to address these and other root causes of instability if we hope to achieve lasting positive effects in that part of the world."

AFGHANISTAN UPDATE

Afghanistan's security forces are beginning their third year with full responsibility for security, with limited U.S. or coalition support, Votel pointed out.

While the Taliban made gains in 2016, the Afghan forces quickly responded and reversed some Taliban gains, he said. It is essential, according to the general, for the United States to continue to assist the Afghan forces in addressing capability gaps, including in aviation.

Votel said he and Gen. John W. Nicholson, the commander of the Resolute Support mission in Afghanistan, are developing advice and recommendations for Defense Secretary Jim Mattis on the way forward in Afghanistan.

"I do believe it will involve additional forces to ensure that we can make the advise and assist mission more effective," Votel said.

Africom commander: Enabling 'African solutions to African problems'

By Karen Parrish Defense Media Activity

WASHINGTON — U.S. Africa Command, its leader told the Senate Armed Services Committee today, employs partner-building efforts and small, targeted investments to enhance security on the African continent.

Marine Corps Gen. Thom-

European Union efforts to neutralize al-Shabab and other violent extremist organizations operating in Somalia," the general said. "And we also support the eventual transfer of security responsibilities from the African Union Mission in Somalia to the Somali national security forces."

In 2016, the general said, task force, he said. The task

"Since 2011, Boko Haram has consistently carried out attacks against civilians and targeted partner regional governments and military forces in the Lake Chad basin region," Waldhauser said. Africom works with

Africom works with forces from Benin, Cameroon, Chad, Niger and Nigeria in a multinational joint task force, he said. The task Africom's mission is dynamic and complex, and requires innovative solutions, he said.

"Even with limited resources and capabilities, Africa Command aggressively works with partners and allies to execute our missions and mitigate risk," Waldhauser said. "Moving forward, we continue to focus our decisive efforts on building African partner capacity, and will continue to work closely with the international and interagency partners to make small, wise investments which pay huge dividends in building stable and effective governments -- the foundation for longterm security in Africa."



as D. Waldhauser described the regional and continental challenges his command faces.

"Africa is an enduring interest for the United States. Small, but wise, investments in the capability, legitimacy and accountability of African defense institutions offer disproportionate benefits to America, our allies ... and most importantly, enable African solutions to African problems," he said.

PARTS OF AFRICA 'A BATTLEGROUND'

"Parts of Africa remain a battleground between ideologies, interests and values," Waldhauser said. "Equality, prosperity and peace are often pitted against extremism, oppression and conflict."

Transregional violent extremist organizations on the continent constitute the most direct security threat to the United States, the general said. To address those threats, he said, Africom's military strategy articulates a long-term, regionally focused approach for a safe and stable Africa.

Specifically, the strategy outlines an Africa in which regional organizations and states are willing and capable partners. Africom's strategy, he said, builds partners' abilities to direct, manage and operate capable and sustainable defense institutions.

"While we have achieved progress in implementing our strategy, threats and challenges still remain," Waldhauser acknowledged.

COUNTERING AL-SHABAB

"In East Africa, we support African Union and

al-Shabab regained some previously-held Somali territory, and the group continues to attack African Union Mission in Somalia forces.

"Additionally, we have also seen elements of [Islamic State of Iraq and Syria] begin to make inroads into Somalia, which will further test Amisom forces and the central government of Somalia," Waldhauser said.

Stability in Libya is "a long-term proposition," he said, adding that Africom supports Libya's efforts to reestablish legitimate and unified government. The Islamic State of Iraq and Syria is a rising threat, he noted.

"This is a significant challenge," he cautioned, "and we must carefully choose where and with whom we work ... in order to counter ISIS-Libya ... not to shift the balance between various factions and risk sparking greater conflict in Libya."

WEST AFRICA THREATS

In western Africa, the general said, Africom's mission centers on extremist groups Boko Haram and ISIS-West Africa, an ISIS splinter group. force, the general added, "has been successful in enabling multinational cooperation in coordinating multinational operations, and placed significant pressure on Boko Haram and ISIS-West Africa."

Central In Africa, through the combined efforts of military forces, civilian agencies and nongovernmental organizations, Africom works to build partner capacity to address regional threats such as maritime security, illicit trafficking of goods and persons, the Lord's Resistance Army and other criminal networks and enterprises, Waldhauser said.

Across Africa, the general said, "We support the efforts to enable African partners to respond to humanitarian crises, mass atrocities, disaster contingencies, and to support peace operations."

Through the "National Guard's State Partnership Program, along with their African partners, we've improved disaster management competency and readiness to assist civilian-led efforts," the general said.

Africom sees "great value" in and fully supports the National Guard's persistent engagement in the program, Waldhauser said.



SOLDIERS HELPING SOLDIERS

Army Emergency Relief turns 75

By David Vergun *Army News Service*

WASHINGTON — When retired Col. Ron Reichelderfer was a lieutenant, his brigade commander told him, "It's your responsibility as a leader to help Soldiers who are suffering in conditions beyond their control."

So, over the course of his 42-year Army career, Reichelderfer steered Soldiers who needed financial assistance to Army Emergency Relief. AER's staff of compassionate people were ready to help, he said, speaking Tuesday at the 75th-anniversary celebration of AER at the Pentagon's Hall of Heroes.

During his career, Reichelderfer had always encouraged people to contribute to AER, as well. But not once in his career did he ever think he'd become a recipient of support from AER.

Eight years into his retirement, Reichelderfer had a string of misfortunes. His family experienced a series of medical emergencies. At the same time, sequestration took effect and for eight months his defense contractor didn't have the money to pay him for his work.

"We're back on our feet today because of the help AER provided," he said. "We are forever grateful. It helped me appreciate even more the help that AER provides."

AER HELPED THE FRANKLINS

Retired Master Sgt. David Franklin said AER helped him twice, once while on active duty, AER secured a loan for him when his car broke down. The second time was when his wife was diagnosed with cancer after he retired.

Medical bills piled up and AER stepped in to help him avoid getting evicted from his house, he said.

Franklin's son secured an AER scholarship that enabled him to go to college. He hopes one day to become a corporate lawyer, Franklin said, and will forever be grateful for the help he received from AER.

SOLDIER'S WIFE HELPED BY AER

Vice Chief of Staff of the Army Gen. Daniel B. Allyn recalled the case of a staff sergeant from Fort Benning, Georgia, who faced the prospect of losing his wife a few years ago. She'd been diagnosed with leukemia.

Fortunately, she was a candidate for stem-cell transplant, a method that supports higher doses of chemotherapy than can normally be given, Allyn said. Her sister was a near-perfect match.

The problem was that her sister lived in the Philippines.



PHOTO BY DAVID VERGUN

Vice Chief of Staff of the Army Gen. Daniel B. Allyn speaks at the 75th anniversary of AER celebration at the Pentagon's Hall of Heroes March 7.

AER stepped in, Allyn said, providing nearly \$2,000 for the flight and the end result was lifesaving for the Soldier's wife.

AER IS FAMILY

Over the past 75 years, AER has delivered \$1.8 billion in assistance to 3.7 million people, Allyn said. In 2016, AER provided \$69 million to 45,000 Soldiers, family members and retirees.

"There's a sense in the Army that no matter where you

go, no matter with whom you were assigned, you are always surrounded by the Army family," Allyn said. "This captures the Army's relationship with Army Emergency Relief. AER embodies family because they are there for us in everything we do, personally and professionally, and their support, particularly during challenging times, gives us both strength and confidence."

"Nobody likes to admit they need help," he continued. "But when we need it most, AER is there. For this, we are eternally grateful."





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MAD SCIENTIST Conference explores emerging tech as Army releases strategy on robots

By Sean Kimmons *Army News Service*

FORT GEORGE G. MEADE, Md. — Swarms of robots scouring enemy terrain ahead of ground troops outfitted in high-tech exoskeleton suits are among the many ideas proposed in the Army's new strategy on ro-

botic and autonomous systems. In the not too distant future, Army leaders believe, war will be far more complex, calling upon Soldiers to engage enemies in multiple domains simultaneously. The 30-page strategy, which was released March 8, outlines five objectives to guide the technology that will ensure those Soldiers can survive and succeed in such an environment.

Whether the emerging technologies in question are operated by humans or entirely autonomous, the strategy's purpose is to consider how they will translate into realworld capabilities like increasing a Soldier's situational awareness, lightening physical and cognitive workloads, sustaining forces, facilitating movement and protecting Soldiers.

"As we look at our increasingly complex world, there's no doubt that robotics, autonomous systems and artificial intelligence will play a role," said Lt. Gen. Kevin Mangum, the deputy commander for Army Training and Doctrine Command. "We in the Army, and particularly at [TRADOC], need to get our arms around what's in the realm of the possible."

Speaking at TRADOC's Mad Scientist conference on robotics, artificial intelligence and autonomy, Mangum said March 7 he hoped to learn more from industry partners and those in the scientific community about



ARMY GRAPHIC

The battlefield of the future is closer than some may think. 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 alongside Soldiers. Overhead, unmanned aircraft will also serve as spotters to warn troops so they can engage the enemy on their own terms, according to the Army's new strategy on robotic and autonomous systems.

how the Army might fight in the future.

With the increasing sophistication of cyber and unmanned systems along with the expectation that fighting in the future will occur more often in densely populated urban areas, the Army has been refining its multidomain battle concept after officially rolling it out in October.

"We feel that we're going to be contested in every domain," Mangum said at the conference, which is intended to spark dialogue on technology innovation between the military, academia and industry. "That's why this session is so timely to talk about what the challenges and, more importantly, what the opportunities are for us to be able to operate in that space."

The battlefield of the future is closer than some may think. According to the strategy, the Army envisions that, by 2025, ground troops will conduct foot patrols in with robots called "squad multipurpose equipment transport vehicles" that carry rucksacks and other equipment. Overhead, unmanned aircraft will serve as spotters to warn troops of nearby enemy forces.

In the coming years, with commercial research and investments in science and technology, the Army may see even more science-fiction-type technology, with the strategy predicting autonomous systems being fully integrated into the force by 2040.

Another idea the Army is considering is a "warrior suit" that Soldiers can wear in combat, an exoskeleton equipped with computerized technology that can provide intelligence updates as well as integrate indirect and direct-fire weapons systems.

Small robots could also be used for reconnaissance to increase situational awareness, while unmanned aircraft systems deliver cargo to improve sustainment and reduce the reliance on manned rotary-wing support, the strategy notes.

But the Army will also need to invest in robust communications and network systems that allow autonomous systems to talk to each other.

"This is not just about robots, it's about a lot of other things," said Augustus Fountain, deputy chief scientist for the Office of the Deputy Assistant Secretary of the Army. "We need to think about autonomy as a much more holistic view and fashion."

Coding and new algorithms also lack funding, and although they may not be "very sexy" they are still required to make robots move. "You can have the slickest platform in the world, but if you don't have the right algorithms, it's not going to work," Fountain said, speaking at the Mad Scientist event.

The two-day conference, he added, should help Army scientists gain more insight from other experts on the potential impacts and capabilities of new technology.

"Scientists are great at developing technology, but sometimes we need the assistance of a larger community to understand what those second and third order impacts are," he said. "We need your help in envisioning the role of robotics and artificial intelligence in the future."

A major component of incorporating the new technology will be software, said Robert Sadowski, a chief roboticist at the Army's Tank Automotive Research, Development and Engineering Center.

"What I really want to be able to do is build the app store for robots and autonomous systems," he said.

Army G4: More munitions, prepositioned stocks big priorities

By David Vergun

Army News Service

WASHINGTON — The Army G-4 identified for lawmakers the top two items the Army considers priorities for funding.

The first is prepositioned stocks, Lt. Gen. Aundre Piggee told the House Armed Services Readiness Subcommittee March 8. Those stocks would be used by the combatant commanders for early-entry forces. Of immediate concern is filling the Army Prepositioned Stock 2 in Europe.

The second big priority is munitions, he said.

The Army is short of "preferred munitions." He explained that preferred munitions include those used for the Patriot and Terminal High Altitude Area Defense sysa new round of Base Realignment and Closure. However, in historical terms, a round of BRAC only results in the removal of 4 to 5 percent excess capacity, so the Army would still hold a tremendous amount of excess infrastructure, she explained

CIVILIAN HIRING FREEZE

Asked about the impact of the Army civilian hiring freeze, Anderson replied that it affects "all things readiness – going to war capabilities, from force protection, to training, to running ranges."



To compensate, the Army has been forced to enlist Soldiers to perform duties usually performed by civilians. These "borrowed" Soldiers are missing out on their own training, he added.

Bingham said the hiring freeze has impacted child development centers, particularly part-time child development services. However, no child development centers have yet closed.

She added that the acting secretary of the Army has validated and approved over 5,000 exemptions to the hiring freeze.

tems, as well as Hellfire missiles and Excalibur rounds used for howitzers.

Piggee was joined on Capitol Hill by Lt. Gen. Joseph Anderson, Army G-3/5/7, and Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management. All three testified at the hearing on "The Current State of U.S. Army Readiness."

TRAINING, MODERNIZATION, MANNING

Anderson said he welcomed the growth of the total Army to 1,018,000, as authorized by the National Defense Authorization Act for fiscal year 2017.

"If funded, we will use these increases to fill gaps in our current formations to prevent the development of a hollow force," he said.

Asked if that was a sufficient number of Soldiers, Anderson replied that he believes that the Army chief of staff said that 1.2 million "is the one that reduces us to moderate risk."

Funding levels commensurate with the end-strength increase will enable the Army to invest in modernizing its equipment, he continued. "We deferred many modernization investments which allowed our competitors to gain advantages in such areas as fires, area missile defense and armor."

The Army also would like to increase the number of combat training center rotations "from 19 starting in this fiscal year, up to 20 in FY20," he added.

FAILING FACILITIES

Installations also need a funding infusion. Bingham said 22 percent of installation facilities, or 33,000 structures, are rated as in "poor and failing conditions." It would take \$10.8 billion to fix them up.

She added that about 20 percent of all facilities are categorized as "excess infrastructure," meaning that they're not being used or are underutilized, and maintaining those facilities costs money.

"We still are favorable to a BRAC," she said, meaning



PHOTO BY STAFF SGT. CORINNA BALTOS

A tank crew from 1st Battalion, 8th Infantry Regiment, 3rd Armored Brigade Combat Team, 4th Infantry Division participates in a live fire exercise Jan. 16 in Zagan, Poland. • Have a family disaster plan and supply kit.

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Challenge

Continued from Page A1

their way to the Beaver Lake trail where a Humvee push was waiting for them, where each team had to work together to push the vehicle up an incline to designated point before embarking on a 4-mile ruck march to the next event.

Each of the Soldiers agreed that the most physically demanding portion of the competition was the last leg of the ruck march when they had to climb a steep hill before reaching their destination, but their support for one another was what made them able to pull through.

"The ruck was definitely the [most physically challenging], and I think the motivation for everyone was the hardest part," said Gootee. "We all kind of picked each other up and we just pushed each other through it."

The capstone of the competition was the leaders reaction course, where the teams' true ability to work together was tested.

Throughout the LRC, each team had an obstacle to overcome in which they had to either traverse aspects of the course with

their team and equipment, or both. This required communication between team members

And although each Soldier was at a different point in their training, that wasn't a dividing factor when it came to teamwork, said Letzelter.

"I feel like I didn't know any of these people before I was in this group and now I feel like we have a bond now," she said.

"I've been here for 18 weeks and I competed in the first warrior challenge, so it feels great to get out and do it again," added Hackett. "It was different than the last time with all of the teamwork, but it was better [working with a team] because if I was falling back they could help me out and if I was weak in something they were strong."

It's that level of teamwork that McHugh said is necessary for Soldiers to become professionals, and is indicative of what the Army stands for.

"What the company is doing today is fantastic ... and represents what all of us are trying to aspire to – trying to become professional Army Soldiers," he said.

Iron WOC

Continued from Page A1

warrant officers to know that we recognize what they are required to overcome," he continued. "I would hope that what other warrant officers would learn from my experience is that you have the ability to make the best of any circumstance. Life will set you back, but an Iron Warrant has the ability to see the opportunity for what it is and persevere. Not every situation can be overcome, but we can adapt ourselves to make the best of any situation."



Continued from Page A1

rent senior leadership positions and will move on to even more senior leadership positions, I think it's important every now and then to take pause from the technical and tactical world that they live in ... and to think a little bit more broadly about senior leadership and what it means to be a senior leader in the Army," said Ham. "Given our experiences over the past couple years where we have seen some very highly visibly ethical and behavioral shortcomings, I think it's very important for senior leaders to think a little bit about their role in cultivating ethical behavior."

Ham said it's important that the Army is viewed as a profession by not only Soldiers, but civilians, as well. behavior, our own beliefs and our own actions," he continued. "It's not about you – it's not ever about you. It's OK to have ambition, it's OK to have aspirations, it's OK to want to aspire to other things in the Army, but that has to be bridled by humility and a deep-seated, genuine sense of selfless service."

With that sense of personal responsibility, Ham said that there also needs to be communication between other senior leaders, and for that reason it's necessary for all Soldiers to get perspective from cohorts other than their own, which is another reason he wanted to speak with the warrant officers.

"It's certainly worthwhile for the students to have the opportunity to engage with a diverse group of outside speakers," said the retired general. "Not just from

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"It is important that we convey to those who are considering Army service to make sure that [they know] this is not a job," he said. "You are joining a profession that has rules, that has regulations and has standards of conduct that assesses itself, and is committed to a larger purpose to serve others, which I think is a very important distinction for those who want to serve."

On the other end, Ham said it's important to educate the civilian population that do not have military experience to understand that the Army is committed to a set of ideals that go beyond any one individual's objectives.

During his time with the senior warrant officers, he said he chose to talk about this topic because of high-profile cases of unethical behavior involving senior officers in recent years. Although the cases may not be widespread, it's not something that people should become accustomed to.

"I think this is something that we've got to pay attention to," he said. "We can say all day long that these are just anomalies and that these things happen and aren't very prevalent, but I would say it's a concern for all us who hold leadership responsibilities in the Army.

"We need to be increasingly self critical, and because we're all human and subject to human feelings, we need some help sometimes when understanding our own serving or former senior military folks, but from thought leaders in academia, in business, in government. It's important for these senior leaders to understand a variety of perspectives, all of which they take aboard, think about it and what it contributes to their individual portfolio of how they're going to lead."

Ham said that level of perspective runs both ways.

"The flip side of that, particularly for the warrant officer cohort, is there aren't many people inside the Army who have any depth of understanding how special this cohort really is, so the opportunity for those of us outside of the warrant officer corps to see this, to engage with them, and to share that knowledge more broadly about the tremendous capability that is resident in the warrant officer corps, I think that's value added, as well," he said.

"It's important for us to think about how to get a clearer picture of ourselves," he continued. "It's for all of us to take on a very personal role in leader development, and your participation here as you go forth from this school with the responsibilities that you have and the opportunities that you have to mentor, to coach, to develop those with whom you serve is an important responsibility for you. The honor is in serving."

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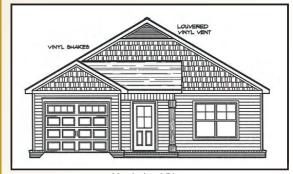


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SAVING A LIFE

JTF-Bravo MedEvacs critically ill U.S. retiree in Honduras

By Capt. Denise Hauser Joint Task Force-Bravo Public Affairs

SIGUATEPEQUE, Honduras — Joint Task Force-Bravo's Medical Element and the 1st Battalion, 228th Aviation Regiment provided vital medical support that helped save the life of a U.S. military retiree Feb. 18.

According to Dr. Miguel Coello, a ME-DEL foreign liaison officer, the patient had a ruptured abdominal aortic aneurism. This condition is one of the most fatal surgical emergencies, with an overall mortality rate of 90 percent.

Despite these odds, the patient survived.

"He's alive now because of the quick response from JTF-Bravo's leadership and the fast movement of this patient to Tegucigalpa for further treatment," said Coello.

Coello and a team of medical personnel were traveling when he got a call from a cardio vascular surgeon in Tegucigalpa that there was a critically ill U.S. citizen in Siguatepeque that needed to be transported right away for advanced emergency care. Coello made some quick phone calls to JTF-Bravo leadership and got the approval to start the medical evacuation.

The 1-228th Avn. Regt.'s MedEvac company was called upon to transport the patient in a HH-60 Black Hawk helicopter.

"We're here full time, we keep an alert shift that's always on call," said CW3 James Baker, the pilot in command of the MedEvac operation.

"We are always postured to have a crew of two pilots, a crew chief and a medic on call at all times," said Baker. "From the time we got the call, we were off the ground in half an hour. The patient had issues that required urgent surgery."

The Aviators flew to the specified landing zone in Siguatepeque to pick up the patient who was already packaged to go.

SEE MEDEVACS, PAGE B4



COURTESY PHOTO

Members of the 1-228th Avn. Regt.'s MedEvac company transport a critically ill U.S. military retiree from a hospital in Siguatepeque to Tegucigalpa for further care Feb 18.



Retired Soldier to co-pilot spacecraft

By Sean Kimmons Army News Service

HOUSTON — When retired Col. Mark Vande Hei blasts off into space later this year for a five-month mission aboard the International Space Station, he'll be proud to play a part in helping advance the human race.

But what he really can't wait for, he said, is the stellar view from 200 miles above Earth, where the space station orbits the planet every 90 minutes.

In 2010, a cupola was installed on the station. It's

ARMY PHOTO

A pilot assigned to 2nd Assault Helicopter Battalion, 82nd Combat Aviation Brigade inspects the rear rotor on a UH-60 Black Hawk

before an aerial gunnery training exercise at Marine Corps Outlying Field Atlantic, N.C., March 2.

BORN UNDER FIRE

Soldiers, Airmen learn to maintain helicopters

By Airman 1st Class Kaylee Dubois 633rd Air Base Wing

JOINT BASE LANGLEY-EU-STIS, Va. — Along a half-mile radius at Joint Base Langley-Eustis, large warehouses filled with 300 different training simulators and about 3,000 computer stations provide a real-life training experience for Army and Air Force helicopter maintenance students.

In those warehouses, instructors and course developers assigned to the 128th Aviation Brigade transform about 6,000 Aviation maintenance, logistics and leadership students into technically qualified aviation maintainers and logisticians as tactically proficient aviation maintenance leaders every year, according to Mark Jones, 128th Avn. Bde. deputy to the commander

The 128th Avn. Bde. earned its name, "Born Under Fire," when it was temporarily formed during Operation Just Cause in Panama in 1989. The brigade served there until its deactivation in 1995 and was then reactivated in 2012. Today, the 128th Avn. Bde. is made up of three battalions that train roughly 1,750 students a day, where initial entry Soldiers learn how to repair and maintain avionics, electrical systems and armaments for the AH-64 Apache, CH-47 Chinook and UH-60 Black Hawk, Jones said.

Each battalion ensures training is realistic, relevant and rigorous to establish a well-rounded aviation specialist for each battalion's aerial platforms, he added.

"We try to make the atmosphere here as professional and realistic as possible for the students," said Jones. "We teach our students with tangible equipment and full-scale helicopters to provide realistic training opportunities and prepare them for realworld scenarios in Aviation repairs."

As technology continues to advance, the training equipment throughout the program is upgraded to reach the demands of the aircraft and students.

"Our Logistics Training Department is constantly looking at better ways to train our Soldiers and Airmen," said Jones. "We have to be

cognizant of how each generation learns, and with this generation we can cut down the amount of time it takes to train through technology and web-based models."

According to Jones, the Air Force has plans to build new UH-60 Pave Hawk virtual trainers, which will help prepare Airmen in the Brigade's courses on how to repair the advanced aircraft.

The technology upgrades benefit more than initial entry Soldiers. The brigade offers advanced NCO technical-level classes, warrant and armament officer technician courses, and international student studies, shaping Soldiers of all ranks and backgrounds into proficient Aviation mechanics and leaders.

"There's a lot of support from our instructors here to completely understand what we are doing," said Spc. Benjamin Conover, 1st Battalion, 222nd Aviation Regiment student. "They are constantly pushing students to ask questions, so we have everything we need when we go out

SEE HELICOPTERS, PAGE B4



PHOTO BY AIRMAN 1ST CLASS KAYLEE DUBOIS

Students with the 128th Avn. Bde. train on UH-60 Black Hawks at Joint Base Langley-Eustis, Va., Feb. 24.

a multi-windowed observatory module that offers 360-degree views of the blue planet. Inside, astronauts use various levers and controls to perform tasks like using the station's robotic arm to pull in routine supply loads launched into space.

They can also take time to reflect on the Earth's beauty.

"I'm actually looking forward to seeing what it's like to see the planet from a different perspective," said Vande Hei, 50, who retired last year from the Army where he served as a Ranger-tabbed combat engineer.

The sight of Earth is so breathtaking, it brought tears to the eyes of a fellow astronaut the first time he peered out of the cupola, Vande Hei said. Once he gets that chance, the former colonel believes, he will finally see Earth as it really is – an island in the huge ocean of space.

"Hopefully, [I'll be] getting a better understanding of what it means to be a human being on planet Earth," he said.

But he will be doing more than just sightseeing. With Russia choosing to send just one cosmonaut on the upcoming mission after deciding to reduce its footprint at the space station due to high costs, Vande Hei has taken on more duties. They include serving as the co-pilot of the Russian Soyuz spacecraft that now ferries American astronauts into space since NASA's space shuttle program ended in 2011.

"Once we lost that other Russian, I had to jump into that co-pilot seat," Vande Hei said, adding that another NASA astronaut has also joined the mission. "Instead of being kind of a passenger, I'm really helping that commander fly that spacecraft. That is a huge change in responsibilities."

Vande Hei's mission was originally locked in for March, but it had to be postponed to mid-September so he could train for a few months in Russia. That extra time also allowed him to learn more of the Russian language, which will help him communicate with the

SEE SPACECRAFT, PAGE B4



PHOTO BY SEAN KIMMONS

Retired Col. Mark Vande Hei waves as he is lowered into NASA's Neutral Buoyancy Laboratory pool near Johnson Space Center in Houston as part of training March 1.

Army Flier Classifieds

B2







MedEvacs

Continued from Page B1

Within minutes, the patient and his nurse were loaded into the Black Hawk and were swiftly on their way to Tegucigalpa.

Baker said 30 minutes is the mandated time from when a call comes in until they launch, but it all depends on the severity of the injury, which can allow more time for flight planning, and this was pretty severe.

Baker said while the MedEvac unit itself seems to get all the glory for saving lives, it takes a concerted effort across the JTF to get patients to safety.

Spacecraft

"Because we frequently train for this, we were prepared," he said. "From leadership to the operations crew, to the people on call, to the medical team, it was everyone working together to make this happen."

Coello said the patient is back in the hospital in Siguatepeque and is making a good recovery.

It was through the partnerships and connections formed with the Ministry of Health, local Honduran hospitals, and JTF-Bravo by doing medical readiness exercises within the region that the cardio vascular surgeon knew to reach out to JTF-Bravo for help.



COURTESY PHOTO

A Soldier from the MedEvac company runs towards an HH-60 Black Hawk during the life-saving mission.

Continued from Page B1

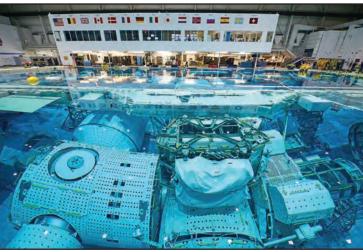
spacecraft's Russian commander.

PREPARING FOR WEIGHTLESSNESS

Like other astronauts preparing to go to space, Vande Hei must undergo an extensive training regimen. Last week, he spent a six-hour session submerged underwater at the Neutral Buoyancy Laboratory near Johnson Space Center in Houston.

The lab boasts one of the world's largest pools. At more than 200 feet long and 40 feet deep, it's big enough to hold a replica of the space station. Using a specialized spacesuit that simulates microgravity, Vande Hei floated around the mock station, practicing replacing large nickel hydrogen batteries with lithiumion ones, a task he may have to perform as part of a spacewalk.

The next day, he trained on an advanced resistive exercise



NASA's Neutral Buoyancy Laboratory pool near Johnson Space Center in Houston March 1.

device, which astronauts use to prevent muscle loss while they're weightless in space. Astronauts can simulate free-weight exercises in normal gravity using the device's adjustable resistance piston-driven vacuum cylinders that provide a lift load of up to 600 pounds.

"It's vitally important. It's one of our biggest countermeasures on orbit to mitigate bone loss and muscle atrophy," said Staci Latham, an astronaut strength, conditioning and rehabilitation specialist who is helping train Vande Hei.

sheet, astronauts can lose up to 15 percent of their muscle volume if they don't exercise in space.

"They would start to degrade," Latham said, adding that muscle loss in space could be impossible to regain once back on Earth.

Before heading into space, astronauts will see Latham 16 times in personal one-hour sessions to ensure they know how to use the machine. While in space, astronauts will typically spend 2 1/2 hours each day exercising for six days a week, she said.

Vande Hei plans to use the teamwork skills he honed in the Army while he works as part of the six-person team tasked with maintaining the space station and conducting science experiments. After all, being stuck for months inside the station – about the size of a six-bedroom home – can present difficulties if people can't get along.

"You can drive each other cra-According to a NASA fact zy really easily," he said. "So it's really important that people who do this job are people who can have fun while isolated from the rest of humanity for an extended period of time."

That level of teamwork must also be reflected among the many employees at NASA and other agencies who work together to make space travel possible.

"No astronaut could have gotten to the moon without thousands of people working to make that spacecraft work properly," he said. "I feel honored to be in that position, but I also feel very humbled that I'm in a situation where I really could not be in without a lot of other people helping me out.'

Upon his return to Earth, which is currently slated for late February, he hopes to work as a capsule communicator in mission control. It's a job he has done before, but this time he will be able to draw on his own experience to guide the astronauts who follow in his

Helicopters

Continued from Page B1

into the real-world."

According to Conover, the program emphasizes discipline and quality work within the Soldiers during the 12- to 24-week courses. Instructors teach maintenance procedures by the book and stress repetition as the key to safety in the workplace.

"It never ceases to amaze me as the different generations flow through here, they are as motivated and as patriotic as the previous generation," said Jones. "They may do things a little differently, but their motivation is just the same. The pride that the folks who work here have in seeing these young Soldiers graduate and move on to do great things is what makes working here really



PHOTOS BY AIRMAN 1ST CLASS KAYLEE DUBOIS Spc. Benjamin Conover, 128th Avn. Bde. student, examines the





COMMUNITY C **OLD GUARD** K-9s keep nation's dignitaries, fallen warriors safe Story on Page C5

MARCH 16, 2017

TRASH OR TREASURE Event makes yard sale

shopping, selling a snap

By Jeremy Henderson

Army Flier Staff Writer

Moving can be a chore, but Fort Rucker's seasonal community yard sales provide an opportunity for military families to shed unnecessary items and earn a little extra cash for the journey ahead.

"Imagine multiple yard sales in one centralized area," Katie Oskey, Fort Rucker special events coordinator, said. "No more driving neighborhood to neighborhood early Saturday morning in the hopes of finding a great deal. Fort Rucker's Spring Outdoor Yard Sale and Flea Market brings them all together on the festival fields."

Registration is currently open for sellers to bring their wares to the festival fields April 1 from 7-11 a.m. Sellers must register no later than March 29.

"Spaces are open to the public," Oskey said. "Rental pricing varies by the space desired and the status of the seller: government affiliated or a member of the general public. Military ID (active duty service members and their family members, retired military, reserve, DOD personnel) is required for government rate pricing.

"If you are mailing your registration form, you will either have to bring in your ID card prior to the event or show it at the registration table the day of the event," she added. "If no ID is shown, the general public rate will be applied."

Spaces for military ID or CAC card holders are available for \$25 for a 15-by-20 space and \$35 for a 30-by-20 space. The general public may also purchase space for \$35 and \$45 respectively. "This event is fun and ben-



Shoppers point out finds at a previous outdoor yard sale. This year's Fort Rucker Outdoor Yard Sale and Flea Market is scheduled for April 1.

eficial for both the sellers and the shoppers," Oskey said. "The sellers have the opportunity to do some spring cleaning of their household goods by displaying and selling them in a controlled environment with a built in customer base. And thanks to their spring cleaning efforts, the shoppers get their pick of gently used household goods, clothing and much more at a fraction of department store prices.

"By participating in the Fort Rucker Yard Sale and Flea Market, much of the hard work is done for the seller," she added. "DF-MWR handles all marketing ef-

forts and reservation of space. No more taping posters to stop signs, and no more strangers trampling through your yard or rummaging through your garage."

According to Oskey, sellers can improve their experience with a few easy steps.

"To be successful in the Fort Rucker Yard Sale, we recommend a few housekeeping tasks," she said. "Arrive on time for setup, clearly label pricing on each item and come prepared with a change bank."

Set up will begin at 5 a.m. April 1 and all sellers will need to be ready to open by 7 a.m. for the first shoppers.

"In the past, the crowd has congregated early, therefore, being set up on time will support the seller's success," Oskey said. "There will be no shopping prior to 7 a.m. Tear down will be from 11 a.m. until 1 p.m. – there will be no early tear down and the field must be vacated no later than 1 p.m."

According to Oskey, the Fort Rucker Yard Sale and Flea Market differs from a typical yard sale as the sellers themselves vary. Each seller brings an assortment of items, drastically increasing the selection over what one would find in a typical yard sale.

"For single Soldiers, couples and families, everyone is sure to find a treasure from at least one of the sellers," she said. "Whether you are looking for a new or gently-worn outfit or a piece of ister, call 255-2997 or 255-1749.

furniture that you can refurbish to fit your home décor, the Fort Rucker Yard Sale and Flea Market may have what you are looking for."

The event allows a wide variety of vendors to sell items in a central location, but a few items are prohibited.

"We encourage commercial vending with a contract," Oskey said. "This includes, but is not limited to, Scentsy, Mary Kay, home-based businesses, arts and crafts made for retail, etc. No business promotion is allowed. No live animal sales. No weapons sales. DFMWR reserves the right to remove items from sale without discussion, such as items that are considered to be inappropriate or endanger patrons in any way."

Sellers who do not possess a military ID or CAC card must obtain a visitor's pass prior to the day of the event, according to Oksey.

"If a member of the public does not have a current visitor pass, they will need to obtain one prior to Saturday morning," she said. "The Daleville Visitor Control Center will not open until 8 a.m. on Saturday and sellers will need to be set up prior to this time. Shoppers who do not intend on arriving at the yard sale until after 8 a.m. may obtain a pass that morning; however, they should expect processing time at the gate





Shoppers look through clothing on sale at a previous outdoor yard sale.

that will delay their shopping For more information or to reg-

BEPREDARED

Preparation key to safety during severe weather seasons

Army Flier Staff Reports

As the weather continues to bounce between spring heat and winter cold, Fort Rucker officials urge people to prepare for the year's first severe weather season.

Not including hurricane season, the southeast experiences two severe weather seasons throughout the year and preparation is key to weathering the storms, according to Willie Worsham, Fort Rucker's Emergency Management Officer.

"We are currently in our first severe weather season," he said, which typically runs through April, with the second season running August-September.

"As winter comes to a close, cold fronts come down from the north and the subtropical ridge in the south begins to warm and move northward into the southeast," said Worsham. "As

If people hear tornado sirens, they should immediately move to an interior area of their house, such as a hallway or closet, and try and shield themselves with mattresses or anything they can."

these two systems collide, vio- tion of tornados," he said. "If lent weather patterns can erupt due to the drastic differences in temperatures."

The second season hits when cold fronts begin moving back down and colliding with the warm air of summer, he said.

"The subtropical ridge doesn't allow the cold front to move through, so it will cause a lot of instability in the atmosphere," which can lead to severe thunderstorms and even tornadoes, he added.

People can expect strong storms with high winds, heavy downpours, lightning, possible tornadoes and even flooding in low-lying areas, said Worsham. But tornados are one of the main things people need to be prepared for since they are so unpredictable and can strike without warning.

"The dynamics in the atmosphere during these periods are very conducive for the formapeople hear tornado sirens, they should immediately move to an interior area of their house, such as a hallway or closet, and try and shield themselves with mattresses or anything they can."

Because of the unpredictable nature of weather, Worsham said that people should always have a plan ready for such an occasion and stay informed. Listen for sirens and make sure everyone in their household knows what to do in the event of a severe weather emergency, he added.

Worsham offered tips for people to follow to prepare for such emergencies.

- · Make a family communications plan.
- Identify levees and dams in the area, and determine whether they pose a hazard.
- Be sure trees and shrubs around the home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Bring in or secure all outdoor furniture, decorations, garbage cans and other items that are not tied down, so they do not become a hazard.
- Set the refrigerator thermostat to its coldest setting and keep its doors closed in case of power outages. Freeze water in containers and place



in freezer to help keep food

• Close all interior doors, and

• Watch pets closely and keep

them under your direct con-

trol. Be sure to have enough

• Fill the bathtub and other

containers with water in case

the tap water is contaminated

for sanitary purposes such as

cooking, cleaning and flush-

These tips can be used for just

about any weather emergency,

including hurricane season,

which typically runs from June-

November, said the emergency

food and water for pets.

secure and brace external

• Turn off propane tanks.

frozen.

doors.

ing toilets.

response manager.

ARMY GRAPHIC

Regardless of the type of weather emergency, Worsham said people need to be ready for anything, because anything can happen.

"(Something) people tend to forget is that during these storms, power can go out at any time and stay out for days," he said. "This is something people need to be ready for, especially in more rural areas."

Normally people should prepare for a 72-hour time period, but in the more rural areas, it might take longer for help to get out to those areas, so people might want to prepare for a bit longer, he said.

For more information on emergency weather preparation, visit www.ready.army.mil.



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

Newcomers welcome

A newcomers welcome is scheduled for Friday from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or 255-2887.

Go Green Skate Night

The Fort Rucker School Age Center will host its Go Green Skate Night Friday. Youth are welcome to wear green from their heads to their toes for a chance to take home a prize. Safety skate costs \$2 and will be from 6:15-7:15 p.m. Regular skate costs \$5 and will be from 7:30-9:30 p.m. Parents must be present. Payment is accepted by cash only. Participants must be registered with child and youth services.

For more information, call 255-9108.

Teen Gladiator

The Fort Rucker Youth Center is looking for youth to participate in its Teen Gladiator, a youth obstacle course challenge. Youth must arrive by 1 p.m. Saturday in order to lock in teams. Youth must be a child and youth services member to participate – ages 11-18 and grades six-12.

For membership information or to sign-up for membership, call 255-9638.

Trivia Tuesday

Mother Rucker's hosts its free Trivia Tuesday Tuesdays from 6:30-8:30 p.m. People are welcome to put teams together or play solo. Teams can be up to eight players and winners will be announced after each round. A \$20 Mother Rucker's gift card is given out each round to the winning team. The team with the overall highest score at the end of the evening receives a \$25 gift card. Participants will have the chance to win door prizes throughout the evening. Trivia Tuesday is open to the public for those ages 18 and older.

For more information, call 503-0396.

Spouse Leadership Academy

The Spouse Leadership Academy taking place Tuesday and Wednesday focuses on helping spouses enhance their leadership capabilities, according to Army Community Service officials. It combines several Army Family Team Building modules, leadership classes and resiliency training for successful leadership roles. The academy is open to spouses of platoon sergeants, first sergeants, sergeants major, commander sergeants major, flight school and Captain Career Course students, unit commanders, battalion commanders and brigade commander spouses, senior leadership spouses and spouses within family readiness groups.



LE PHOT

Outdoor Yard Sale

The Fort Rucker Spring Outdoor Yard Sale and Flea Market is scheduled for April 1 from 7-11 a.m. on the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion. The event will be open to the public. No commercial vendors will be allowed without a contract – contact special events for details and fees. Booth cost for ID card holders (active-duty military, family members, retired military, members of the reserve component and Department of Defense civilians) is 15x20, \$25; 30x20, \$35; and tables, \$10 each. Cost for members of the general public: 15x20, \$35; 30x20, \$45; and tables, \$10 each. Registration due by March 29. People can register at MWR Central, 255-2997. For more information, call 255-1749 or 255-9810. Pictured is a scene from a previous yard sale.

Feeding Your Child - birth to age 5

The Army Community Service New Parent Support Program will host its free child nutrition program, Feeding Your Child, March 24 from 9-11 a.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. The program is designed to help parents of children ages infant to 5 years. Registration deadline will be March 20. Child care will be provided.

For more information, call 255-9647.

School age center spring break

The Fort Rucker School Age Center will host its spring break, with carnival as the theme, March 27-31. Officials said they have many carnival games and activities planned, and also field trips to Rucker Lanes, a pizza place, hiking at Beaver Lake and a trip to a marine park in Panama City, Florida, and a carnival finale. Spring break hours of operation will be 5:30 a.m. to 6 p.m. All children must be registered with child and youth services and be in first-fifth grade. For more information, call 255-9108.



For registration and more information, call 255-9578 or 255-3161.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present a Blended Retirement System Seminar Wednesday from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. This discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by Tuesday. Free childcare is available with registration.

For more information and to register, call 255- 3765 or 255-9631.

Federal jobs workshop

Army Community Service will host its federal job workshop March 23 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman's "Jobseeker's Guide (7th Edition)." Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

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

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The play-group is for families with children ages birth to 3 years old.

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

Youth center spring break cooking, sports camp

The Fort Rucker Youth Center will host its spring break cooking and sports camp March 27-31. The camp will feature a trip to Panama City, Florida, bowling at Rucker Lanes and more. The camp will run from 7 a.m. to 8 p.m. Monday-Thursday and will be from 7 a.m. to 10:30 p.m. Friday. Youth must be members of child and youth services, ages 11-18 in grades six-12, to participate.

For membership information or to sign-up for membership, call 255-9638.

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night March 30 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 255-0768.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session March 30. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about noon. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program. For more information, call 255-2594.

Coupon Class

The Center Library will host a free coupon class April 4 from noon to 1 p.m. Attendees will learn the trade secrets of avid coupon clippers on how to save money when shopping, according to organizers. The event is open to authorized patrons.

To register, or for more information, stop by the Center Library or call 334-255-3885.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 16-19

Thursday, March 16

Friday, March 17

Saturday, March 18

Sunday, March 19

Monster Trucks (*PG*) 7 *p.m.*

Beauty and the Beast (PG) 4 & 7 p.m.

Beauty and the Beast (PG) 4 & 7 p.m.

Beauty and the Beast (PG) 1 & 4 p.m.

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

WOMEN'S HISTORY 14 women who helped pave way for integrated Army

By Don Wagner *Fort Lee Public Affairs*

FORT LEE, Va. — Women have played a vital role in forming the U.S. Army since 1775. From Molly Pitcher to those now serving, their accomplishments have shaped not just the Army, but the country.

Recent strides toward full integration include the first women graduating from Ranger School, the first women reporting for infantry and armor training, and the opening of all military occupational specialties to women.

"Women have served in the defense of this land for years before our United States was born," said retired Gen. Gordon R. Sullivan, chief of staff of the Army from 1991 to 1995. "They have contributed their talents, skills and courage to this endeavor for more than two centuries with an astounding record of achievement that stretches from Lexington and Concord to the Persian Gulf and beyond."

The following 14 pioneers in female integration are just a sampling of the many women who have contributed to shaping the U.S. Army.

Mary Ludwig Hays McCauley

Revolutionary War (1775 - 1783)

Mary Ludwig McCauley gained the nickname of "Molly Pitcher" in 1778 by carrying water to the men on the Revolutionary battlefield in Monmouth, New Jersey. She replaced her husband, Capt. John Hays, when he collapsed at his cannon. Since then, many women who carried water to men on the battlefield were called "Molly Pitchers."

Clara Barton

Civil War nurse (1861 - 1865)

Clara Barton witnessed immense suffering on the Civil War battlefield and did much to alleviate it. She was on the scene ministering to those most in need, taking care of the wounded, dead and dying.

Barton became a "professional angel" after the war. She lectured and worked on humanitarian causes relentlessly and went on to become the first president of the American Association of the Red Cross. At the age of 77, she was still in the field taking care of Soldiers in military hospitals in Cuba during the Spanish-American War.

Susie King Taylor Civil War (1861-1865)

Col. Oveta Culp Hobby First WAC director (1942-1945)

Col. Oveta Culp Hobby was called upon to serve as the chief, Women's Interest Section, Bureau of Public Affairs for the War Department. She served in this position for one year before becoming the first woman sworn into the Women's Army Auxiliary Corps, or WAAC in 1942 and appointed as its director. The WAAC was converted to the Women's Army Corps in July 1943 and Hobby was appointed to the rank of colonel in the Army of the United States as she continued to serve as director of the WAC.

After setting the stage for the creation of the WAC, Hobby built the corps to the strength of over 100,000 by April 1944. She established procedures and policies for recruitment, training, administration, discipline, assignment, and discharge for the WAC. She surmounted difficulties in arranging for the training, clothing, assignments, recognition, and acceptance of women in the Army. Hobby made it possible for women to serve in over 400 noncombat military jobs at posts throughout the United States, and in every overseas theater.

Hobby was later called upon by President Dwight D. Eisenhower to serve as the first secretary of the Department of Health, Education and Welfare from 1953 to 1955.

Col. Bettie J. Morden

WAC deputy director (1971)

Bettie J. Morden had a long, distinguished career in the Army that took many turns. She enlisted in the WAAC on Oct. 14, 1942. She receiving basic and administrative training at the First WAAC Training Center, Fort Des Moines, Iowa. She served throughout World War II at the Third WAAC Training Center, Fort Oglethorpe, Georgia, as an administrative noncommissioned officer of the Publications Office. Morden later served as a first sergeant with Headquarters Company on the South Post. After the war ended, Morden was discharged in November 1945.

In September 1949, she entered the WAC, U.S. Army Reserve, and was commissioned a second lieutenant in February 1950. In November 1966, she was assigned as executive officer, Office of the Director, WAC, at the Pentagon and was promoted to full colonel on June 9, 1970. She assumed the position of acting deputy director, WAC, on Feb 1, 1971. She retired on Dec. 31, 1972, and was awarded the Distinguished Service Medal. In July 1973, Morden was elected president of the WAC Foundation, now the U.S. Army Women's Museum Foundation, a private organization formed initially in 1969 to support the museum. Morden resigned from the presidency in June 2001.



Civil War nurse Clara Barton witnessed immense suffering on the battlefield and did much to alleviate it.

On Sept. 1, 1987, she was promoted to brigadier general and appointed the chief of the Army Nurse Corps.

In 1991, she was selected to be commanding general of Fort Belvoir, Virginia, and served in this capacity as well as that of deputy commanding general of the U.S. Military District of Washington until her retirement in 1993.

Command Sgt. Maj. Yzetta L. Nelson

First woman command sergeant major (1944-1970)

Yzetta L. Nelson joined the Women's Army Corps in 1944. In 1966, she was promoted to the rank of sergeant major. On March 30, 1968, she became the first WAC promoted to the new rank of command sergeant major. She continued to serve in the WAC until her retirement in 1970.

Brig. Gen. Sherian G. Cadoria

First African-American female general (1961-1990)

Promoted to brigadier general in 1985, Sherian G. Cadoria was the highest-ranking black woman in the Army until she retired in 1990. She entered the Army in 1961, with a direct commission as a first lieutenant in the Women's Army Corps. In the 1970s, she transferred to the Military Police Corps.

Sgt. Danyell E. Wilson

First African-American female sentinel at Tomb of Unknowns

Sgt. Danyell E. Wilson became the first African-American woman to earn the prestigious Tomb Guard Badge and become a (The Old Guard). She completed testing and a rigorous eight-month trial period and became part of the Honor Guard Company of The Old Guard.

Sgt. Maj. Michele S. Jones

First command sergeant major of Army Reserve

In September 2003, Sgt. Maj. Michele S. Jones was selected by Lt. Gen. James R. Helmly, Army Reserve chief, to become the ninth command sergeant major of the Army Reserve. She was the first woman to serve in that position and the first to be chosen as the senior NCO in any of the Army's components. For some time, she was also the highest-ranking African-American in any of the military services.

Jones entered the Army in 1982. She attended basic training at Fort Jackson, South Carolina, and advanced individual training at Fort Benjamin Harrison, Indiana. She was the first woman to serve as class president at the United States Sergeants Major Academy.

Lt. Gen. Nadja West

Surgeon general of the U.S. Army

Lt. Gen. Nadja Y. West is the 44th surgeon general of the United States Army and commanding general, U.S. Army Medical Command.

West is a graduate of the United States Military Academy with a bachelor of science in engineering. She earned a doctorate of medicine from George Washington University School of Medicine in the District of Columbia.

Her last assignment was as the Joint

Civil (1001 1002)

Born a slave in Georgia in 1848, Susie Baker, who later became known as Susie King Taylor, gained her freedom in April 1862. Baker was initially appointed laundress of the 33rd U.S. Colored Troops, re-organized from the 1st South Carolina Volunteers. Due to her nursing skills and her ability to read and write, her responsibilities with the regiment began to multiply. More than a few African-American women may have provided service as the Union Army began forming regiments of all black men. After the war, Taylor helped to organize a branch of the Women's Relief Corps.

Dr. Mary Walker

Union Army contract surgeon (1861-1865)

Dr. Mary Walker graduated from Syracuse Medical College in 1855 and later earned a second degree in 1862 from Hygeia Therapeutic College in New York. During the Civil War, she worked at first as a volunteer in Manassas and Fredericksburg, Virginia. Later she worked as a contract physician for the 52nd Ohio Infantry Regiment. Walker is the only woman ever granted the Medal of Honor.

Mary Catherine O'Rourke

Telephone operator and interpreter (1917-1918)

Mary Catherine O' Rourke was one of 450 "Hello Girls" who served in the Signal Corps Female Telephone Operators Unit during World War I. They were bilingual female switchboard operators recruited by Gen. John J. Pershing to improve communications on the Western Front.

The Signal Corps women were given the same status as nurses, and had 10 extra regulations placed on them to preserve their "status as women." They had the rank of lieutenant but had to buy their own uniforms.

Mary Catherine O'Rourke was in the fourth group of these women who shipped off to France during World War I. She studied French with instructors from the University of Grenoble. She was assigned to Paris and served as interpreter for Gen. John J. Pershing during months of negotiations at the Paris Peace Conference which resulted in the Treaty of Versailles.

Jacqueline Cochran

Pioneer female Aviator (Pre-World War II to 1970)

After developing a successful line of cosmetics, Jacqueline Cochran took flying lesson in the 1930s so that she could use her travel and sales time more efficiently. She eventually became a test pilot. She helped design the first oxygen mask and became the first person to fly above 20,000 feet wearing one. She set three speed records and a world altitude record of 33,000 feet – all before 1940.

She was the first woman to fly a heavy bomber over the Atlantic. She volunteered for duty as a combat pilot in the European Theater during World War II, but her offer was rejected. She trained American women as transport pilots in England for the Air Transport Auxiliary of the Royal Air Force.

Upon return to the United States, she oversaw flight training for women and the merging of the Women's Auxiliary Ferrying Squadron into the Women's Airforce Service Pilots in July 1943. She was awarded the Distinguished Service Medal in 1945 for her service in World War II.

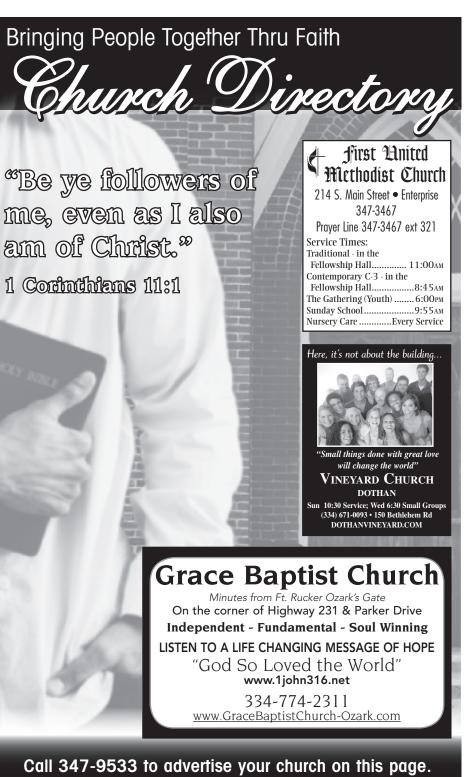
After the war, she was commissioned in 1948. She became the first woman to break the sound barrier in an F-86 Sabre Jet in 1953 and went on to set a world speed record of 1,429 mph in 1964. She retired from the Air Force Reserve as a colonel in 1970.

Brig. Gen. Clara L. Adams-Ender Army Nurse Corps (1961-1993)

In 1967, Brig. Gen. Adams-Ender became the first female in the Army to qualify for and be awarded the Expert Field Medical Badge. She was also the first woman to earn a master's of military arts and science degree .at the U.S. Army Command and General Staff College in Fort Leavenworth, Kansas. sentinel at the Tomb of the Unknowns, Jan. 22, 1997.

Born in 1974 in Montgomery, Wilson joined the Army in February 1993. She was a military police officer assigned to the MP Company, 3rd U.S. Infantry Regiment

Staff surgeon at the Pentagon. In that capacity, she served as the chief medical advisor to the chairman of the Joint Chiefs of Staff and coordinated all health services issues to include operational medicine, force health protection, and readiness.





By Katie Lange Defense Media Activity

WASHINGTON - Out of the nearly 3,500 Medal of Honor recipients, only one was a woman and her medal was actually rescinded just before she died.

In honor of Women's History Month, here's a look at the life of Dr. Mary Walker, who helped change the face of medicine during the Civil War.

Walker was born in Oswego, New York, to abolitionist parents who encouraged her to pursue an education. She really embraced that idea and in 1855 graduated as a medical doctor from Syracuse Medical College.

Walker went into private practice for a few years, but then the Civil War broke out in 1861. She wanted to join the Army as a surgeon but wasn't allowed because she was a woman. Because of her credentials, she didn't want to be a nurse, either, so she chose to volunteer for the Union Army.

HELPING HOWEVER SHE COULD

Walker worked for free at the temporary hospital set up at the U.S. Patent Office in Washington, D.C. She also organized the Women's Relief Organization to help the families of the wounded who came to visit them at local hospitals.

In 1862, Walker moved on to Virginia, this time treating the wounded at field hospitals throughout the state. In 1863, her medical credentials were finally accepted, so she moved to Tennessee, where she was appointed as a War Department surgeon. Her position was paid, and it was the equivalent of a lieutenant or captain.

Walker was captured in April 1864 by the South and held as a prisoner of war for about four months. She and other Union doctors were eventually exchanged in a



Dr. Mary Walker wearing her Medal of Honor

prisoner-of-war swap for Confederate medical officers. According to the National Library of Medicine, sources say Walker had been captured intentionally,

so she could spy for the North, but there is little evidence to support that claim.

Not long after being released by the Confederates, Walker returned to her craft as an assigned medical director at a hospital for women prisoners in Kentucky.

SUPPORTING FEMINISM

Aside from her wartime efforts, Walker was also an outspoken advocate for women's rights.

As the war raged on, feminists also struggled to further their cause, which





LIBRARY OF CONGRESS PHOTO

Walker, around 1911.

included being able to wear clothing that enabled better mobility. Walker chose to wear what was known as the "Bloomer costume" as a modified uniform all throughout the war. It was a dress-andtrouser combination that had gone out of favor long before the war began, but she didn't care - she wore it anyway.

Walker eventually switched to wearing men's clothes and was even arrested for impersonating a man several times. In her defense, she argued that she was given special permission by the government to dress that way.

MEDAL OF HONOR CONTROVERSY

In November 1865, having left government service for good, Walker was awarded the Medal of Honor by President Andrew Johnson, even though she was a civilian who had never been a commissioned officer in military service.

That civilian status is why Walker's medal was rescinded in 1917, two years before she died - along with 910 others. Walker refused to return the medal, though, and continued to wear it until she died two years later.

Sixty years after that, in 1977, President Jimmy Carter restored the honor in her name, thanks to efforts made by her family.



OLD GUARD DOGS

K-9s keep nation's dignitaries, fallen warriors safe

By Katie Lange Defense Media Activity

WASHINGTON — We've all seen photos and videos of service members wearing those giant puffy suits getting chased down by military working dogs, right?

I was offered a chance to take a turn in that suit. At first, I was pumped to do it. But I quickly changed my mind when I saw Spc. Michael Finochio get taken down – hard.

After initially being trained as puppies at Lackland Air Force Base in San Antonio, the dogs of the 947th MPD are further disciplined in patrol explosive and narcotics detection, as well as specialized searching. While they're based in the NCR, they're sent wherever their assigned dignitaries go.

"We could be overseas on the flip of a dime, anywhere where POTUS, the first lady, vice president, or any other dignitaries that might have the request in for explosives support," said Staff Sgt. Hector Gabriel Rodriguez, the plans and operations sergeant for the detachment.

TRAINING

While some of the detachment is located at Fort Myer, Virginia, the majority of the training is done at the Fort Belvoir kennel. The dogs are required to train four hours a week, so they go out every day and practice the six phases of controlled aggression at the kennel's basic obedience course. That includes responding to commands, jumping hurdles and running up ramps and through confined spaces. And, of course, dog bite training.

For specialized search training – known as scouting – the dogs are sent into the woods to train. Others do searches across the base on roadways, in warehouses and in vehicles to keep up their skills.

"It helps them work better through the environments that they're in to actually sniff out for the explosives," Rodriguez said.

When they're working on explosives detection, the dogs learn to sniff out various odors like C4 explosive, standard military explosives, homemade bombs and other restricted odors that they might come across. Whatever the new bomb threat is, they're learning the scent.

Since the dogs are part of the Army's 3rd Infantry Regiment "The Old Guard," they also have a unique mission: sweeping the grounds of the Tomb of the Unknowns and other sacred grounds ahead of ceremonies at Arlington National Cemetery.

Their training and workdays aren't all business, though. The handlers let the dogs play and be themselves as much as possible.

"We were in Cambodia supporting the first lady [Michelle Obama] and my dog ran off her leash," Rodriguez remembered. "She was just kind of playing with the first lady's staff. It was kind of funny, but kind of embarrassing at the same moment. It was a very humbling moment, and she was very friendly with everybody, thankfully."



Spc. Michael Finochio tries to pull free from K-9 Ricky during bite training as Ricky's handler, Pfc. Sadie Vollendorf, looks on.



Finochio trains Izmos on explosives detection.

Case and point: Breyer, who's been a dog handler for about seven years, once had a stopover in Germany on his way home from a tour in Afghanistan. In the airport, he asked one of his vet techs to watch his dog while he went to the restroom.

"We'd just been together for 12 months and I hadn't left his side, so with the anxiety of, 'Where's daddy going?' he dragged the bench halfway across the airport trying to chase me."

Now that's dedication!

SUCCESS BASED ON TEAMWORK

The dogs' success is really dependent on how well they match up with their handlers. For many of the dogs' human counterparts, once they've initially bonded and figured each other out, it's pretty simple.

"Dogs are a lot easier to work with than people," said Staff Sgt. John Breyer, the NCO in charge at the Fort Belvoir kennels. "It's easy to train a dog to do something, but it's not easy to train a human being. That's one of my favorite things about it."

But the bonds they form make the inevitable goodbyes one of the toughest parts of the mission. The dogs stay with their detachment their whole careers, but their military handlers come and go, so leaving can be very difficult for both.

"Most dogs get so attached to some of those handlers, and they'll only act on those specific handlers," Rodriguez said. "A lot of the handlers – especially for those of us guys who have deployed – you've spent so much time with that dog specifically ... to come home and leave him is probably one of the hardest parts."



Vollendorf and her dog, Ricky, pose with Finochio and Izmos outside the Fort Belvoir. Va., kennels "I tied him up to one of the big airport benches and I walked off. All of a sudden, I started hearing 'EEEE!' and my dog was dragging this bench," Breyer said.



Vollendorf plays with Ricky for a few minutes in between training.



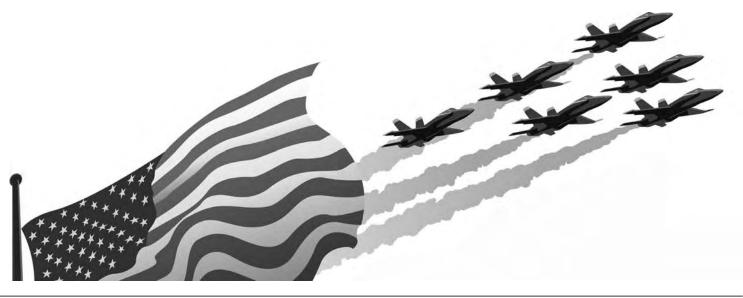


Maxwell AFB honors its heritage

Maxwell Air Force Base Press Release

Maxwell Air Force Base will host its Heritage to Horizon: Legacy of the Great War — A Century of Airpower air show and open house celebrating the Air Force's 70th anniversary April 8-9 from 8 a.m. to 4:30 p.m. both days. Admission is free. The U.S. Air Force Thunderbird demonstration team will headline the event, which also features and the French demonstration team, Patrouille de France, and other air and ground demonstrations.

For more information, visit http://www.maxwell.af.mil/airshow.aspx.



WIREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

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.

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

DALEVILLE

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

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

DOTHAN

MARCH 19-20 — Southeast Alabama Community Theatre will host open auditions for its production of "The Miracle Worker" March 19 from 2-4 p.m. for children and 4-6 p.m. for adults, and at 6:30 p.m. for adults. Auditions will be held at the Cultural Arts Center located at 909 South St. Andrews Street. Callbacks may be necessary on March 22. No experience is necessary and audition information is available at www.SEACT. com. Performances will be April 25-29 at 7 p.m. a silent auction and rock exhibits. Admission and parking will be free. For more information, visit www. wiregrassrockhounds.com or call 334-673-3554.

ENTERPRISE

MARCH 19 — First Presbyterian Church of Enterprise will host a free organ recital at 2 p.m. by Roy Hoobler. Music of Bach and contemporary composers will be featured. Also on the program is vocalist Cynthia Moses. The program will last an hour and the public is invited to a reception afterwards. For more information, call 334-347-9515.

MARCH 23 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its monthly lunch program at 11 a.m. at PoFolks Restaurant. Eckhard Schuller will be the guest speaker. He will talk about safe driving. He will discuss the latest safety information that benefits seniors, emphasizing new rules of the road and helpful driving habits. All federal employees, active or retired, are invited to attend the lunch programs regularly scheduled at 11 a.m. every fourth Thursday at PoFolks. NARFE, the organization that supports the benefits of active and retired federal employees, schedules speakers to discuss these benefits and other information important to the membership. For more information, call 334-393-0492.

ONGOING — The Enterprise baseball team is starting a league and is in need of players. High school- and college-aged people are eligible to play. Tryouts will be held every weekend until April. For more information, including times and locations of tryouts, call 334-347-1660.

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.

706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

OZARK

APRIL 1—The Friends of the Ozark/Dale County Public Library and the Claybank Master Gardeners will host their annual spring sale at the library. The book and bake sales will be from 9 a.m. to noon, and the plant sale will be from 8 a.m. to noon. All proceeds will go to the library.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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

APRIL 7-8 — The Wiregrass Master Gardeners will host its free spring plant sale from 9 a.m. to 5 p.m. April 7 and 8 a.m. to noon April 8 the master gardeners' nursery at the Dothan Area Botanical Gardens, 5130 Headland Avenue. There will be a wide selection of plants for sale. Information will also be available on fire ant control, soil testing and gardening.

MARCH 18 -19 — The Dothan Gem and Mineral Club will host the Dothan Gem and Mineral Show from 9 a.m. to 5 p.m. March 18 and 10 a.m. to 4 p.m. March 19 at the Houston County Farm Center.Vendors from across the country will be selling gemstones, mineral specimens, fossils, jewelry and lapidary equipment. There will be jewelry making, and gemstone cutting and polishing demonstrations, along with door prizes,

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

MARCH 23 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the senior center, located one block behind the old New Brockton Police station. Food and drink will be served followed by regular Chapter business. Veterans throughout the Wiregrass are invited to join the organization. For more information, call 334-718- 5707.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at

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

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

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

Beyond Briefs

Blue Angels Practice

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays between March and November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practicies typically begin at 11:30 a.m. and last about an hour. The outside viewing area for the Blue Angels practice is located on the museum flight line north of the museum. Signs are posted to direct visitors to viewing and parking locations, including limited parking for handicapped visitors.

Open bleacher seating is available for 1,000 people. Chair service is provided at each practice session – a limited quantity of chairs are available for a fee of \$3 per chair good for that day's practice session. Concessions and merchandise are also available, and there is a 100-percent ID check for all visitors 16 years old and over to access the museum flight line. Backpacks, daypacks, luggage and similar items are not allowed on the flight line. Small purses, bags containing medications, and diaper bags are allowed, but are subject to search by Naval Air Station Pensacola Security personnel.

Cancellations due to weather or maintenance are made at the team's discretion and may not be made until the morning of the practice.

For more information, visit http://www. navalaviationmuseum.org/.

'Dauphin Island'

The Alabama Shakespeare Festival in Montgomery will host a world-premiere production by Jeffry Chastang, "Dauphin Island," March 23 to April 9. Developed by the Southern Writers' Project, suspicion and fascination dovetail when – en route from Detroit to a new job on Dauphin Island – Selwyn Tate interrupts the self-imposed isolation of Kendra in the Alabama woods — dramatizing the risks involved when two displaced souls intertwine. "Dauphin Island" is a recipient of the 2016-2017 Edgerton Foundation New Play Award. The play is recommended for people ages 16 and older.

For more information, including show times and ticket information, visit asf.net/ project/dauphin-island/ or call 334-271-5353.

Pensacola JazzFest

Pensacola JazzFest is a free all-jazz festival scheduled to be held April 1 from 10:30 a.m. to 6:30 p.m. in historic Seville Square in downtown Pensacola, Florida. The two-day festival celebrates America's unique musical art form – jazz, according to organizers. The event will feature music, a children's area, arts and crafts, food and drink, and more.

For more information, visit http://jazz-pensacola.com/.

A Bark to Remember

Gulf Coast Health Care will host its A Bark to Remember – a free dog-friendly event to raise awareness for the local Alzheimer's Association – April 1 from 10 a.m. to 3 p.m. at Community Maritime Park in Pensacola, Florida. The event will feature dog contests, a variety of vendors, a silent auction, entertainment, food and drink, and more, according to organizers.

Reptile show

The Navarre Conference Center in Pensacola, Florida, will host ReptiDay Pensacola April 15 from 10 a.m. to 5 p.m. The one-day reptile event will feature vendors offering reptile pets, supplies, feeders, cages and merchandise, as well as live animal seminars. Admission will be \$10 for adults, \$5 for children ages 5-12 and free for children younger than 5.

For more information, visit http://repticon.com/florida/reptiday-pensacola/.

Calera & Shelby Railroad

The Heart of Dixie Railroad Museum in Calera offers people the chance to take a trip back in time as they board vintage railroad coaches restored to their former glory on Saturdays from March 18 to Sept. 30, according to museum officials. The Calera & Shelby Railroad runs on a portion of the former L&N Alabama Mineral Railroad established in 1891. People will be able to ride behind a first-generation diesel-electric locomotive as they travel through the scenic forests of Shelby County. People can also upgrade to a caboose or locomotive ticket to get an up-close look at railroad operations. The Calera & Shelby train ride lasts about an hour and people are asked to arrive one hour prior to departure.

For more information, including ticket costs, visit https://www.hodrrm.org/default. cfm.

Museum celebrates artist who used comics to educate Soldiers

By Rick Scavetta

Aberdeen Proving Ground Public Affairs

BALTIMORE — Will Eisner's comic characters in "P.S." magazine offered tips essential for troubleshooting Army equipment that Command Sgt. Maj. Toese J. Tia Jr. has never forgotten.

Tia, the U.S. Army Aberdeen Proving Ground Garrison's senior enlisted leader, shared memories of Eisner's artwork and its impact on Soldiers during a March 5 museum launch of an exhibit at Geppi's Entertainment Museum in Baltimore that focuses on the famous cartoonist's contribution to the Army.

"We had a very important spot for our 'P.S.' magazines and it was part of our battle rhythm monthly as we received the new 'P.S.' magazine," Tia said, recalling his service as a young mechanic at Fort Riley, Kansas, in the late 1980s. "We had to familiarize ourselves and use it as a reference. We found it to be very effective."

The "Will's War" exhibit honors Eisner's use of comics to educate and inform Soldiers. The exhibit includes 21 framed pieces of Eisner's work, much of it part of Benjamin Herzberg's collection. Herzberg, an Eisner expert who once worked with the artist, organized the panel discussion.

Creator of "The Spirit," a comic superhero, Eisner was drafted in 1942 and went to APG for basic training, Herzberg said.

"He was already very well known. He was in the 'Baltimore Sun,'" Herzberg said. "So they put him on the post newspaper, 'The Flaming Bomb.'

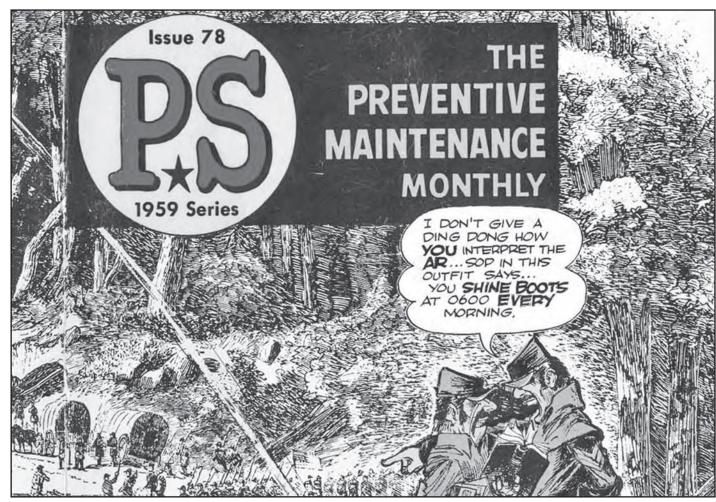
At APG, Eisner created characters Private Dog Tag and Joe Dope. And he came up with a novel idea – use comics to teach Soldiers about preventive maintenance.

Eisner developed "Army Motors" magazine in World War II and later "P.S., The Preventive Maintenance Monthly."

APG Garrison 1st Sgt. Richard Bernard recalled how researchers from 'P.S.' once asked him how to maintain protective masks, a topic later featured in comic form.

Bernard said he has turned to 'P.S.' for tips for 22 years.

"It's captivated me enough to retain a lot of information that would not have been gained from a boring [technical manual]," Bernard said. "This targets the audience it needs to target." Eisner's audience was the "Soldiers who have busted knuckles, greasy oily grimy hands, worn coveralls and scuffed boots ... the Soldiers who keep the Army's equipment ready," said Jonathan Pierce, the current editor of 'P.S.' maga-



Will Eisner designed artwork, like this 1959 cover for 'P.S.' Magazine, for 21 years.

zine.

"Rarely has art and the written word been so well blended," Pierce said. "Will Eisner showed that content and sequential art complement one another."

Now, 'P.S.' will become a mobile app with interactive features, Pierce said. The conversion is rooted in the same principle as when Eisner created the magazine in the early 1950s.

"Get Soldiers where they are at. Deliver to it to them in a format that they find interesting," Pierce said. "We'll continue to have our contract artists draw the magazine; it's just going to be on the mobile app."

Daniel Boehm, a government civilian with the U.S. Army Medical Research Institute of Chemical Defense at APG, recalled always reading 'P.S.' at the motor pool when he served in uniform.

Now a self-proclaimed comic nerd, Boehm and his son attended the exhibit launch. He said learning about the Eisner legacy was interesting, as was hearing about the new 'P.S.' app.

"They are trying to remain on the cutting edge with technology, where it seems the trends are going," Boehm said.



PHOTO BY RICK SCAVETTA

Aberdeen Proving Ground's centennial year is 2017 and it would also be Will Eisner's 100th birthday.

play include the first Superman and the first Batman comics and several original Eisner "Spirit" comics.

The Eisner exhibit opened the same day as the museum's Batman exhibit, according to Michael Solof, the museum's be Eisner's 100th birthday, Tia said.

He added that the Army's priority of readiness sparked Eisner's efforts and he leaves a legacy in the generations of Soldiers who benefited.

"Down the road, when I reflect, I can

ARMY PHOTO

The museum's collection includes more than 6,000 items, from the 19th century to the present day. There are toys, posters, unique art and memorabilia. More than 1,000 comic books on disexhibits and collections manager.

"Will Eisner only drew Batman two times," Solof said. "So it's amazing that we got one to show."

This year is Aberdeen Proving Ground's centennial year and would also say I served where Will Eisner was, walked the same [path]. I'm part of the 'P.S.' magazine development," Tia said. "At one time, a young Soldier like me read that magazine. Now, I'm here as a command sergeant major looking at the





Aberdeen Proving Ground, Md., officials discuss Eisner's work.

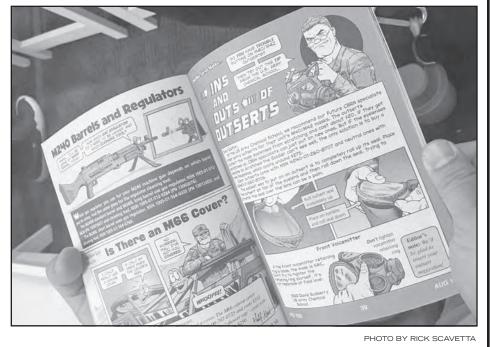


PHOTO BY RICK SCAVETTA

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Medal of Honor recipient didn't receive recognition until decades after heroics

By Katie Lange Defense Media Activity

WASHINGTON — Lt. Vernon Baker's selfless actions in World War II in 1945 earned him respect across the Army, but they weren't fully recognized until long after his fighting days were over.

Baker joined the Army in the summer of 1941 for the simple reason that he needed a job. The 21-year-old Wyoming native was assigned to the segregated 370th Infantry Regiment, 92nd Infantry Division.

The 370th was the first black unit to see action in the war, but that wouldn't be for another three years after Baker joined up. His unit wasn't activated until June 1944 when they were sent into Naples, Italy, to fight their way north.

A few months into his deployment, Baker ran into a German sentry while doing night patrol. He killed the enemy, but was severely wounded in the encounter and spent two months in a hospital.

By the spring of 1945, Baker had recovered and worked his way up to lieutenant – the only black officer in C Company – and had been put in command of a weapons platoon that was making its way up the Italian coast.

On April 5, Baker's platoon was ordered to launch an assault against Castle Aghinolfi, a German stronghold at the top of a mountain. Baker made his mark in several ways that day.

-- During a gun battle about 250 yards from the castle, Baker noticed two cylinders sticking up from the ground. When he realized they were observation scopes, he stuck his rifle in them and shot, killing two Germans who were directing the gunfire aimed at them.

-- He shot and killed two enemy soldiers manning a camouflaged machine gun nest.

-- While in a ravine, he killed a German soldier who had tossed a grenade at him and a commanding officer. Thankfully, the grenade turned out to be a dud.

-- He blew open the fortified entrance of a hillside dugout with a grenade, shot an enemy sniper who ran out, and then went in and killed two more Germans.

Despite Baker's successes, many in his platoon were casualties of the heavy fighting. Their captain ordered a withdrawal and Baker covered them as they left. On his way to safety, he and his remaining platoon members came across two more German machine gun posts. Baker destroyed both with hand grenades.

His heroics weren't over just yet, though.

The next day, Baker volunteered to lead his men on another assault of the castle. This time, they were successful in routing the Germans from the stronghold, despite having to dodge minefields and heavy fire.

For his actions, Baker earned the Distinguished Service Cross in July 1945. His Medal of Honor, however, wasn't bestowed upon him until several decades later.

In 1996, Baker and seven other black World War II veterans were recommended to receive the award after a call had gone out to reevaluate the heroism of black men during that conflict.

Baker was finally awarded the medal in 1997, with President Bill Clinton placing it around his neck. The veteran was the only living black recipient from World War II to receive it.



Lt. Vernon Baker

ARMY PHOTO

FORT RUCKER RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Bldg. 8940 8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday)4 p.m. Catholic Confessions (Saturday)5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036

9:30 a.m. Protestant Sunday School
10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads
(Contemporary Worship Protestant Service)
11 p.m. Eckankar Study
(4th Sunday)

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

BIBLE STUDIES

TUESDAYS Crossroads Discipleship Study (Meal/Bible Study) Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel Wings Chape, 9 a.m. and 6 p.m.

TAKE YOUR NETWORK







GOBBLER CLASSIC

ODR hosts its Gobbler Classic Turkey Hunt now through April 30

See Briefs on Page D3

FONEBACK

Warhawks cool down Heat Check, 53-48

MARCH 16, 2017

By Nathan Pfau Army Flier Staff Writer

Excitement is alive and well during the 2017 Fort Rucker Intramural Basketball Season.

The Headquarters Headquarters Company, 164th Theater Airfield Operations Group Warhawks took on the A Company, 1st Battalion, 145th Aviation Regiment Heat Check, during a game that seemed to have the latter as the clear-cut winners throughout most of the game, but the Warhawks proved that it's not over until it's over, as they were able to come back in the final minutes to win the game, 53-48.

"We were trying to figure out our game plan early on," said Sgt. Erik Owens, coach for the Warhawks. "We tried a 2-1-2 [strategy], but it didn't work and it gave the other team the jump on us because we tried something we've never done before. But once we figured out it wasn't working, we went back to our old game plan, rotated players in and out, got some good wind in and picked it back up from there."

The game started out in the Warhawks favor as they gained possession at the tipoff, but failed to score and Heat Check took possession.

The 1-145th started off strong with their first possession and managed to score the first points of the game, giving them a lead



Pvt. Treviance Ricks, player for the Warhawks, goes for a layup during a game at Fortenberry-Colton Physical Fitness Center Tuesday.

they would hold for the majority just minutes in. of the game.

Both teams came out with a strong game plan with strong offenses, but the Warhawk's defense seemed to falter early on, allowing Heat Check to pull away, sinking three-pointers to pull a more than 10-point lead

The 164th TAOG wasn't giving up, though, and managed to close the scoring gap to trail their opponents, but Heat Check reupped their offense to regain a comfortable 10-point lead with only minutes remaining in the half.

The Warhawks weren't completely out of it and they managed to close the gap to trail by only 4 points as the half ended, but it was obvious they needed to switch up their strategy to get back in the game, and that's just what they did.

As the second half started, Heat 164th TAOG, 53-48.

Check had possession to start, but the Warhawks would be the first to score in the half as they caught their second wind.

The 164th TAOG managed to tie the score, 28-28, just minutes into the half, but Heat Check wasn't giving up the lead so easily and managed to pull away once again with two 3-point shots to retake the lead.

The 1-145th held onto their lead throughout most of the half but the Warhawks stayed close, determined to come from behind and get in the lead.

The 164th TAOG managed to pick up their offense and a string of fouls against the 1-145th allowed the Warhawks to trail by only one point, which in turn followed by a layup allowed them to take the lead for the first time in the game.

Heat Wave's defense began to falter as the 164th TAOG managed to sink a string of shots, and more free throws allowed them to pull away from their opponents.

As the Warhawks stepped up their game, the 1-145th team wasn't giving up as they kept fighting to try to retake the lead, trailing by only one point with only one minute remaining.

It was anybody's game in the final seconds, but it was a missed shot by Heat Wave followed by a foul that sealed the win for the

PEAK PERFORMANCE MHS partners with other agencies to build healthy diets

Military Health Systems Communication Office

"The goal is to fill half of the commissaries.com/. DECA also late with fruits and vegetables each uses featured sales fliers for in-st shopping to promote healthy recipes and habits.



Staff Report

FALLS CHURCH, Va. — The unique demands of a job in the military require service members to be at optimal physical and mental performance levels.

The Department of Defense recognizes that what a service member eats contributes to mission success and life-long health, said Col. Joanna Reagan, a registered dietitian and the chair of the DOD Food and Nutrition Subcommittee.

"Just like with athletes, we want to know how we can optimize overall performance," Reagan said. "If you're not eating healthy, getting enough sleep and enough activity in your life, you can't perform, because those things are all connected."

The government's latest dietary guidelines (available at https://health. gov/dietaryguidelines/) raise awareness about the amount of sugar in foods and provide more information on fat content, including which fats are healthy. Reagan advised avoiding trans fats and watching out for hidden sugars in foods. The benchmark for fat in the diet is 30 percent of total caloric intake, and limiting unhealthy saturated fat within that overall number.

She said the push remains to get people to eat fruits and vegetables.

day," she said. "We are encouraging easy grab 'n go options, with tips to achieve this goal. It's not easy, but by making small changes, it is possible."

She pointed to several healthy food initiatives in the military, including Go for Green, a program to optimize the performance, readiness, and health of service members by promoting nutritious food and beverage choices. "We want healthy food to be the easy choice," said Reagan.

Partners in these efforts include DOD organizations running dining facilities and the Defense Commissary Agency.

"The commissary has the potential to follow a service member and his or her family all the way through a career and on into retirement," said Deborah Harris, DECA's dietitian. "We can have a big impact on influencing dietary habits by providing nutrition and health promotion education right in the stores. DECA is committed to forming and nourishing robust partnerships with DOD health and wellness stakeholders, and helping them assure that health and wellness is targeted where people eat, work, play and shop."

Harris said DECA has increased its presence on social media platforms, such as Facebook and Twitter, and enhanced its website at http://www.

These efforts include DECA's Thinking Outside the Box, a weekly message that features nutrient-dense foods on sale at the commissary, and promotes increased fresh fruit and vegetable consumption that pair up with those nutrient-dense items. In the end, people can learn how to turn their healthier selection of groceries into cost-effective, time-saving, healthy meals.

"It's geared toward the novice cook to build skills," said Harris. "After the sale promotion date, it's stripped of any brand-specific information so customers can use the information long after the sale ends. Clinics and those in command can also use this to teach patients and troops how to eat healthier. Using these meal solutions, service members can plan weekly menus and develop a shopping list."

In January, DECA started offering its Nutrition Guide Program (available at https://www.commissaries. com/healthy-living/nutrition-guide. cfm), with information placed next to items on store shelves. The goal is to provide nutrition data about the products as well as to identify highperformance, nutritionally dense items that have a "Thumbs-up" icon on their tag. DECA coordinates their education efforts about nutrition with the military's health and wellness campaign encouraging physical activity - at least 10,000 steps a day with the right types of vigorous exercise - and eight hours of sleep a night, among other tips.

"We have a wonderful relationship with DeCA, particularly the new labeling information that is going out to shoppers," said Reagan, who noted that very visible information presented on store shelves can lead to better choices.

"It's not just some messaging campaign," said Reagan. "It needs to be something to believe in and lead to actual healthy behaviors that carry well into the future."

Wiregrass area community healthcare providers networked during the TRICARE Collaboration event at Lyster Army Health Clinic March 7. Pictured are Vernon Johnson. CEO of Dale Medical Center; Bridget Stroud, TRICARE contract liaison; Health Phillips, CEO of Medical Center Enterprise; Lt. Col. James Nolin, Lyster deputy commander of nursing; Sharon Jones, Humana Military Health System consultant; Gwenn Keitt, Humana military market director; and Joey Hester, Flowers Hospital vice president of professional services.

Lyster, healthcare network providers collaborate

By Jenny Stripling

Lyster Army Health Clinic Public Affairs Officer

Lyster Army Health Clinic and Humana Military held the fourth annual TRICARE Collaboration Event March 7 at the clinic welcoming community providers to Fort Rucker, and providing them a chance to meet Lyster clinicians and staff.

The event gathers TRICARE Network Providers who see TRICARE beneficiaries and works to enhance relationships, optimize military treatment facility care and increase satisfaction while affording an opportunity for the military physicians and civilian providers to meet and mingle.

More than 150 community doctors, physicians and nursing staff attended the event that included a presentation from Lt. Col. James Nolin, Lyster deputy commander of nursing.

"We rely on our network to get our Soldiers the specialty care they require and tonight is a great way to finally put faces to the names we see on patient reports from outside clinics," Nolin said. "We appreciate the networking with government partners."

Nolin thanked the providers for being an extension of Lyster and informed attendees that the clinic's success is also their success. He spoke to the group of providers about the importance of referrals and complete results being sent back to the clinic, as well as the benefits of using eRx, an electronic way to fill prescriptions for patients.

Bridget Stroud, TRICARE contract liaison at Lyster Army Health Clinic Resource Management

DECA PHOTO ILLUSTRATION



The Defense Commissary Association Nutrition Guide Program places nutritional data on store shelves with food products so shoppers can make more informed choices.



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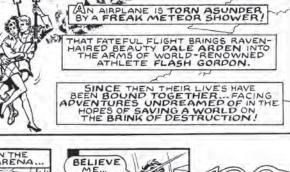
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Super Crossword

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by Fifi Rodriguez

1. ANIMAL KINGDOM: What is the world's slowest mammal?

2. HISTORY: Which was the only Confederate state capital east of the Mississippi that did not fall to the Union Army during the Civil War? 3. LITERATURE: Who wrote the

novel "Catch-22"? 4. MOVIES: What famous movie

had the tagline, "In space no one can hear you scream"?

5. GENERAL KNOWLEDGE: Who does the Swiss Guard protect?

6. MEDICINE: What is an otolaryngologist more commonly known as?

7. MUSIC: Which 1980s song featured the lyrics, "Risin' up, straight to the top, had the guts, got the glory"? 8. FOOD & DRINK: What is sauer-

kraut made from? 9. AD SLOGANS: What product

featured the slogan, "When it rains, it pours"?

10. FAMOUS QUOTES: Which U.S. president once said, "Tact is the ability to describe others as they see themselves"?

See Page D3 for this week's answers.



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See Page D3 for this week's answers.

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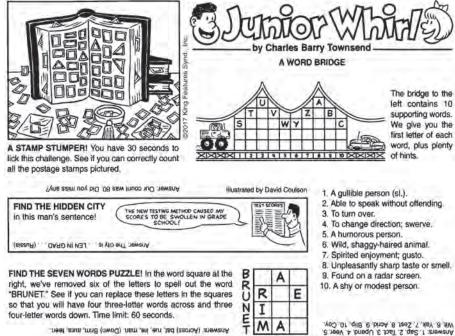
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See Page D3 for this week's answers.

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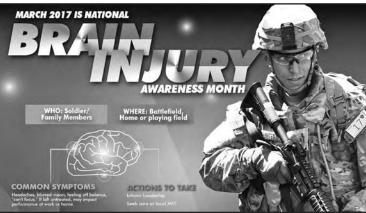


By Wesley P. Elliott Army Medicine Public Affairs

JOINT BASE SAM HOUS-TON, Texas — March is Brain Injury Awareness Month and although traumatic brain injuries are the signature wound of the wars in Iraq and Afghanistan, TBIs can be caused by motor vehicle accidents, assaults, falls and sport injuries, as well as explosions.

It is important for someone who had sustained a TBI to seek medical help to address any changes in their physical, emotional and cognitive abilities.

"Someone doesn't have to lose consciousness when they suffer a mild TBI. There can be a feeling of being dazed or seeing stars, but



ARMY GRAPHIC

in some cases it can involve a very brief loss of consciousness which can last for a few seconds to a few minutes, but is typically less than 30 minutes, said Dr. Aparna Vijayan, Speech-Language Pathologist at the Eisenhower Army

Medical Center Traumatic Brain Injury Clinic.

After a mild TBI, patients can experience cognitive issues including difficulty with concentration, memory, perception, problem solving, comprehension,

word selection, sequencing and slower than normal responses. Cognitive problems can often cause patients to avoid social and recreational activities that they previously enjoyed.

"Fortunately, the brain is a resilient organ and individuals who have sustained a mild TBI are likely to return to their normal abilities within two to 12 weeks after the injury", said Vijayan. "For some, the issues may persist for longer causing headaches, pain issues, mood or sleep disturbances, and a speech therapist or occupational therapist can provide strategies and resources to help improve the cognitive abilities after injury."

Army Medicine has specialized clinics, neuroscience and rehabilitation centers, that treat Soldiers and family members who have sustained a mild concussion.

TBI clinics utilize a multidisciplinary team including physiatrists, neurologists, psychiatrists, neuropsychologists, psychologists, physical therapists, occupational therapists, speech therapists, recreational therapists and social workers to provide a wellcoordinated and individualized treatment plan to all TBI patients.

Three-weeklong outpatient programs or functional recovery programs are also available, which offer both an understanding of the symptoms and what can be done about them, while being administered in a group setting, enabling the participants to find support from other patients.

Vision problems common TBI symptom

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Staff Report

SILVER SPRING, Md. - Vision problems are common symptoms of traumatic brain injury. Sometimes, they can have a major impact on your quality of life.

In fact, an estimated 60 percent of people with TBI have vision issues that may affect their professional and academic performance.

Car accidents, blunt force trauma and other possible traumatic events may lead to swelling in the brain. This can cause problems with vision or eye coordination. Visual problems after a TBI often affect eye coordination and can be difficult to diagnose, especially when there is no loss of clear vision or other outward sign of injury.

Lyster

Continued from Page D1

Division, said these types of collaboration events help strengthen the relationships between outside providers and Lyster.

"Collaboration events such as this not only improve

Here are some common symptoms after a TBI:

- Double vision;
- Loss of vision;
- Dizziness:
- Vestibular (balance) issues;
- Constant headaches;
- · Flashing lights and/or floaters in vision;
- Increased sensitivity to light;
- Difficulty reading including difficulty processing and retaining information;
- Eye pain;
- · Injury or a foreign body on the surface of the eye — can be indicated by a scratching feeling under the eyelid;
- Visible injury of the eye or eyelid;
- · Difficulty performing any visionbased activity, including walking; and
- Vision Treatment Following TBI.



Air Force Maj. Thuy Tran, ophthalmologist, evaluates a patient during an eye exam.

Katie Stout, director of clinical affairs for Defense and Veterans Brain Injury Center, said specialized treatment is available for TBI-related vision challenges.

"These conditions often require specialty evaluation and treatment," she said.

Specialty eye care providers can prescribe corrective lenses, prisms, tints and rehabilitative therapy for TBI-related eye problems.

Dr. Felix Barker, an optometrist and associate director of research at the Defense Department Vision Center of Excellence, said appropriate specialty eye evaluation and care is a high priority when recovering from a TBI.

"Undiagnosed TBI visual coordination problems can affect near vision tasks such as reading, frustrating reintegration to normal work activities," Barker said. "These silent visual effects of TBI may be inaccurately attributed to PTSD and cognitive problems often seen with TBI. Specialty eye evaluation and care is essential."

If you recently experienced a TBI and notice problems with your vision, discuss the issue with your health care provider. Depending on the nature of the TBI and resulting vision symptoms, a health care provider may refer you to a specialist.

the relationships we have with our community healthcare partners, but, most importantly, improve patient care that we are all providing to our beneficiaries," said Stroud. "During the event, many ideas were shared and

there was much discussion on ways to improve and enhance the processes in which patient care is provided.

The event was a big success for everyone."

Lyster sends patients to community providers for services such as cardiovascular, dermatology, gastroenterology, general surgery, neurology, obstetrics/gynecology, ophthalmology, orthopedics, otolaryngology and psychiatry.

FORT RUCKER SPORTS BRIEFS

SKIES Swim Lessons

SKIES will offer swim lessons for youth now through May at the Fort Rucker Physical Fitness Center indoor pool. Enrollment opens on the 15th of each month. There must be three students enrolled to conduct and continue a class. Students must reenroll each month. Classes are subject to change. Swim schedules are available. Private classes are designed for those that may need a one-on-one approach in instruction.

For more information or to sign up, visit www.webtrac.mwr.army.mil or call 255-1867.

Lifeguard training course

A lifeguard training course will be held at the Fort Rucker Physical Fitness Center March 27-31 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs \$125 for Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test on first day must be passed to enter the course. People can register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to the course start date. Candidates who take the training program are also eligible for employment with Fort Rucker MWR. All candidates who apply with Fort Rucker MWR Aquatics after successful completion of the training program will have 50 percent of their training fees reimbursed to them at the end of the 2017 summer season -must work through Labor Day.

For more information on how to apply, call 255-9162.

Gobbler Classic Turkey Hunt

Outdoor recreation will host its Gobbler Classic Turkey Hunt now through April 30. The entry fee is \$25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card. Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at ODR or

MWR Central.

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

Shamrock Shuffle

The Fort Rucker Physical Fitness Center will host the annual Shamrock Shuffle 5k/10k Walk and 1-Mile Fun Run Saturday - now with the new walker division. Registration on the day of the event will take place from 7:30-8:45 a.m. The 5k run/ walk and 10K will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. The fun run will be free, be open to children 12 and under, and will begin after the run is completed. Each fun run participant will receive a medal. Participants are encouraged to pre-register for the event at either of the PFCs or MWR Central. Refreshments will be provided.

For registration or more information, call 255-2296, 255-3794, or 255-2997.

Two-Man Buddy Bass Tournament

Fort Rucker Outdoor Recreation will

host its Two-Man Buddy Bass Tournament Saturday from 6 a.m. to 2 p.m. Entry Fee is \$100 per two-person team - only 25 slots will be available. The Top 3 weigh-in totals will receive a cash prize. There will also be a cash prize for biggest fish. Participants must have an Alabama State Fishing License, Fort Rucker Post Fishing Permit and Fort Rucker Boater Safety Completion Card. The event is open to the public. People can register at ODR or MWR Central.

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

Intramural Softball Coaches Meeting

Intramural softball coaches meetings are scheduled for March 23 at 9 a.m. and 5:30 p.m. at the Fort Rucker Physical Fitness Center conference room. Units interested in entering a team should send a representative to one of the meetings.

For more information, call 255-2296 or 255-9567.

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