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ARMY FLYER

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FORT RUCKER ★ ALABAMA

APRIL 20, 2017

COMMITMENT TO EXCELLENCE

Fort Rucker Schools principal earns top DODEA honors

By Nathan Pfau
Army Flier Staff Writer

The principal of the Fort Rucker Elementary School and Fort Rucker Primary School is the Department of Defense Education Activity Americas Elementary Principal of the Year.

Dr. Vicki Gilmer earned the honors after the announcement was made by Dr. Christy Huddleston, DODEA Southeast District superintendent, during a surprise ceremony at the elementary school Friday that included the entire FRPS and FRES staff.

“We all know that to get to the places where we are, it requires support, it requires a positive climate, a positive school culture, requires a vision – all of those things really encompass what makes a great leader. A great leader cares, they listen, they understand, they help support, they are honest, they grow you, they build capacity, they sustain, and I’m very proud of the two faculties that will become one,” the district superintendent said, referring to the eventual combining of the two schools under one roof.

Gilmer said that the recognition came as a surprise, but that it wasn’t something that she alone was able to accomplish.

“The recognition that comes with blending of the schools and

the principal of the year selection is a great confirmation of what is going on in the schools,” she said. “I am not a party of one, but a member of one of the most dynamic educational staffs in DODEA.

“Both schools are high performing and collaborative, so blending them together now is a natural next step as we prepare to be physically under one roof in the future,” she continued. “Additionally, we make it our fundamental goal every day to provide the highest level of success for all students, and that type of dedication and focus is worth recognizing. I would love for this recognition to be named the DODEA School of the Year.”

Col. Shannon T. Miller, Fort Rucker garrison commander, and Command Sgt. Maj. Christopher D. Spivey, Fort Rucker command sergeant major, were among those on hand to congratulate Gilmer on her achievement and thank her for her commitment to the education system on the installation.

“It is a tremendous honor and privilege to serve with you,” said Miller after giving Gilmer a garrison commander coin. “Your leadership has tremendously impacted our Fort Rucker community. Well done and it’s very well deserved. We’re extremely proud of you.”

Dr. Lisa Coleman, DODEA Georgia/Alabama community su-



PHOTO BY NATHAN PFAU

Col. Shannon T. Miller, Fort Rucker garrison commander, presents Dr. Vicki Gilmer, DODEA Americas Elementary Principal of the Year and Fort Rucker Schools principal, a garrison commander's coin as Dr. Lisa Coleman, DODEA Georgia/Alabama community superintendent looks on Friday.

perintendent, said that Gilmer’s accomplishment is a testament to the type of educator she has become, and reflects her commitment to the students and schools.

“She has been a stellar leader, not just as a curriculum leader, but as an ethical person,” said Coleman. “We have lots of good leaders within our community, but she is one of our great leaders, and I don’t say that lightly – she deserves the recognition. As her community superintendent, I am very proud of her.”

Gilmer, who has more than 27 years of education experience with DODEA, began her career as a

kindergarten teacher at Fort Rucker Primary School, and was selected as teacher of the year in 2000.

She began her administrative career when she was selected as the FRPS assistant principal, then served as the FRES principal until 2016, when she was selected to become principal of both schools that will soon become one.

Gilmer attributes her success to the people along the way who have helped and inspired her to become the best educator possible. For her, it’s all about the team.

“Every person at the Fort Rucker Schools is invaluable,” she said. “We have worked on the team

concept for several years and now are even rolling that concept into our students’ curriculum. There is great power in a group that has a clear purpose because it ties what you do daily to the success of your team.

“It is a deeply mutual feeling of respect and purpose which leads to a powerful, collective commitment to excellence,” she continued. “I think too often people go about their job looking for immediate success. We go about our tasks daily knowing that the ultimate goal is to empower our students with every skill needed for long-term success.”

CANNON FIRE, BUGLE CALL



PHOTO BY NATHAN PFAU

NCO Academy Soldiers fold the flag during the “Retreat” ceremony on Howze Field in this file photo.

‘Reveille,’ ‘Retreat’ keeps post steeped in tradition

Army Flier
Staff Reports

From the bugle call early in the morning to the cannon fire in the evening, people on military installations across the U.S. have become accustomed to these sounds, and Fort Rucker is no exception when it comes to upholding this centuries-old tradition.

“Reveille” and “Retreat” are traditions that honor the flag and nation, according to Sgt. Maj. Dave Ewing, U.S. Army Aviation Center of Excellence G-3 sergeant major.

“‘Reveille’ marks our flag being hoisted and signifies the beginning of our duty day,” said Ewing. “It originated from the French word ‘wake up’ and was historically used to wake

military personnel at dawn for assembly of the troops and roll call.”

Ewing added that “Retreat” was first used by the French army and dates back to the Crusades.

“The Army’s use of this bugle call dates back to the Revolutionary War,” he said. “It was originally used to notify guards to start challenging all by instructing them to halt and identify themselves. It also tells the rank and file to go to their quarters and stay there.”

The familiar sound of the bugle and boom of the cannon are mostly ceremonial in today’s military, but still signify the beginning and end of the duty day on the installation, he added.

“A gun is fired at the last note of retreat, followed by the playing of ‘To

the Colors’ while the flag is lowered,” Ewing said. “The flag is lowered to ensure completion at the last note of the music.”

The daily ceremonies take place on Howze Field, where a seven-man group of Soldiers raise the flag during “Reveille” at 6 a.m. Mondays-Fridays and on holidays. “Retreat” is sounded at 5 p.m. Mondays-Thursdays, and 4 p.m. on Fridays and holidays.

The seven-Soldier detail is switched out twice a month and cycled through four different units on Fort Rucker, including members of the 1st Aviation Brigade, Warrant Officer Career College, NCO Academy and 110th Aviation Brigade.

According to Army Regulation 600-

SEE TRADITION, PAGE A5

Program offers special ed resources

By Jeremy Henderson
Army Flier Staff Writer

A web-based resource aims to help both Army staff and parents gain a clear understanding of special education requirements and services, and how they work.

Special Ed Connection, an LRP Publications resource made available by the Army Installation Management Command Exceptional Family Member Program, explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services, according to Vicky Harmon, Fort Rucker EFMP coordinator and new parent support program nurse specialist.

The resource places access to valuable information at the finger tips of those who need answers, Harmon said. The website covers anything from legal rights to practical application and from student referrals to individual education programs.

“Special Ed Connection explains specific procedures and provides real-world application strategies, so parents can learn the complexities surrounding special education supports and services,” she added.

The resource is available to Army staff and parents. Users are encouraged to contact their local

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ARMY GRAPHIC

PERSPECTIVE

INSPECTOR GENERAL

Army IG resources available to assist with issues related to transgender Soldiers

By **Dustin Perry**
U.S. Army Inspector General Agency

WASHINGTON — The Department of Defense lifted the ban on transgender service members last year, and, as the Army adjusts to accommodate this decision, Soldiers and leaders may have questions about the implementation of this policy change.

Army Directive 2016-35, “Army Policy on Military Service of Transgender Soldiers,” contains the answers to most of those questions, but the Office of the Inspector General for a respective installation can provide basic information to Soldiers and leaders, who can also reach out to Army subject-matter experts for more detailed information.

Then-Secretary of Defense Ash Carter announced the lift on the transgender ban in June 2016, saying, “We don’t want barriers unrelated to a person’s qualification to serve preventing us from recruiting or retaining the Soldier ... who can best accomplish the mission. We have to have access to 100 percent of America’s population.”

The Department of Defense defines “sex” as being “assigned at birth based on one’s physical characteristics,” while “gender” is defined as “one’s internal sense of being male or female.” Therefore, the DOD recognizes a transgender male as someone who was designated to be of the female sex at birth but identifies his gender as male (regardless of whether sexual reassignment surgery has been conducted or not), while the opposite applies to transgender females.

Army Directive 2016-35, released Oct. 7, established Army policies and procedures governing how service members who would like to begin transition or are in various stages of transition must proceed in order to change their gender designation in the Defense Enrollment Eligibility Reporting



System and continue Army service in their preferred gender.

The gender transition process for a Soldier serving on active duty who is eligible for military medical care begins when the Soldier receives a diagnosis from a military medical provider indicating that gender transition is medically necessary.

The transitioning Soldier must request that the brigade-level commander approve the timing of the medical treatment. The Soldier must also notify his or her brigade-level commander of any change to the medical treatment plan, the projected schedule for treatment, or the estimated date for the change in the Soldier’s gender marker.

The actual transition process will vary from Soldier to Soldier, based on the treatment plan developed by the treating medical professionals working with the transitioning Soldier. Some Soldiers may ultimately undergo sex reassignment surgery, while others may be treated through less invasive options including hormone therapy or other

minor medical interventions. One common phase of the gender transition process in most treatment plans is known as “real-life experience,” which refers to a period where a transgender Soldier commences living socially in the gender role consistent with his or her preferred gender. One key difference between RLE for civilian patients and RLE for transitioning Soldiers is that the Army generally requires that RLE occur in an off-duty status, and not at a service member’s place of duty.

Army policy requires that during all transition phases, including RLE, a transitioning Soldier must meet all Army standards for uniforms and grooming, body composition assessment, physical readiness testing, drug testing, and other military standards as they apply to his or her gender marker in DEERS, unless the transitioning Soldier has an approved exception to policy.

Once a Soldier has completed all phases of his or her approved gender transition plan, the Soldier’s brigade-level commander will

submit written approval to the commander of U.S. Army Human Resources Command within 30 days of receiving all required information. HRC will make the appropriate gender change in the Army personnel information system, which will update the Soldier’s gender marker in DEERS. Once the gender marker has been updated in DEERS, the Soldier is subject to all applicable standards required by his or her updated gender, to include using preferred gender-appropriate berthing, bathroom and shower facilities, with certain accommodations.

Army leadership acknowledges that implementation of this policy will present challenges associated with addressing transgender Soldiers’ needs while maintaining mission focus and the readiness of the Army. Commanders and leaders may have questions concerning the Army’s implementation of this policy or may simply need assistance with understanding the issues surrounding the accommodation of transgender Soldiers in their formations.

Recognizing this need, the assistant secretary of the Army for Manpower and Reserve Affairs has established a Service Central Coordination Cell composed of medical, legal and military personnel experts to provide advice and assistance to commanders, address their inquiries, and process requests for exceptions to policy in connection with Soldiers undergoing gender transition. The SCCC can be reached via email at usarmy.pentagon.hqda-dcs-g-1.mbx.sccc@mail.mil.

It is important to note that IG offices cannot investigate issues of discrimination against transgender Soldiers. Transgender Soldiers who believe they have experienced discrimination based on their gender are encouraged to contact their chain of command or their local Army Equal Opportunity adviser.

Rotor Wash



Spc. Sarah West,
164th Theater Airfield
Operations Group

“Just stay hydrated, put on sunscreen, have a battlebuddy and don’t [mix] alcohol and [the] water.”



Stanley Harris,
civilian

“Make sure to adhere to the safety regulations of the boating or watercraft that they’re going to be using. Safety is always first. If you adhere to safety rules, you’ll have an enjoyable time.”



Air Force Master Sgt.
Jondraia McFadden,
23rd FTS

“Make sure that you’re being safe and cautious. Pay attention to your surroundings and make sure you’re well rested before going in the water. If you’ve eaten, take plenty of time before you go out and partake in any activities.”



Staff Sgt. Joshua Miller,
A Co., 1st Bn., 11th Avn.
Regt.

“Alcohol and water do not mix. No amount of experience can make up for alcohol intoxication.”



Chris Carver,
retired military

“Make sure you have your life jackets.”

“Dog Days of Summer is Saturday from 11 a.m. to 2 p.m. to allow people’s four-legged family members the chance to cool off at Splash! Pool and Spray Park. What are some things to keep in mind before heading out for a day on the water?”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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EFFICIENCY

Army working to consolidate training systems, improve content delivery

By Mike Casey
Combined Arms Center – Training

FORT LEAVENWORTH, Kan. — An effort to streamline planning and conducting Army training recently received an important boost.

In March, the Army awarded Program of Record status to the TRADOC Capability Manager - Army Training Information System, which is working to consolidate multiple training information management systems. The Milestone A decision came from Steffanie B. Easter, the acting assistant secretary of the Army for acquisition, logistics and technology.

“We’re pleased that the Army recognized the significance for our work to make it easier to plan, prepare, execute and assess training,” said David Bolt, chief of TCM ATIS’ systems development office, Fort Eustis, Virginia.

Over the years, Army organizations have developed more than 35 information systems to perform functions such as scheduling training, developing training content, tracking unit training records, and accounting for training aids, devices, simulators and simulations. The multiple systems create problems.

“NCOs and officers waste time entering training data into separate systems,” Bolt said. “Sometimes they are even re-entering the same data into multiple systems. Using one system will save Soldiers time and reduce the costs of



This graphic shows the highest level Operation View concept graphic for the Army Training Information System. The graphic incorporates all key organizational elements of training development, delivery and management functions within the Army.

maintaining multiple systems.”

Now the Army plans to consolidate the systems into one, easy-to-use system that will increase efficiency and deliver training content to Soldiers when and where they need it.

The push to combine the systems gained momentum with TCM ATIS’ designation as a program of record, which makes ATIS part of the Army budget. It also gives the organization additional authority to ensure the consolidated system

meets Army enterprise requirements.

Bolt said the consolidated system will have five capabilities.

- Training management.
- Enterprise training scheduling from courses to ranges to classrooms.
- Training development for materials, such as tasks, collective tasks and lesson plans.
- Army learning and content management, to include many training and educational resources.

NFL star speaks out against domestic violence

By David Vergun
Army News Service

WASHINGTON — Troy Vincent is remembered by National Football League fans as a great cornerback who played for the Miami Dolphins, Philadelphia Eagles, Buffalo Bills and Washington Redskins from 1992 to 2006.

But Vincent said he also wants to be remembered as someone who speaks out against domestic violence, the majority of which is directed against women. He took his message to the Pentagon April 13 during a speaking engagement hosted by the Army’s Sexual Harassment/Assault Response Prevention office.

Vincent recounted how, as a child, he witnessed the horrors of extreme domestic abuse by his mother’s boyfriend, who regularly beat her. That abuse resulted in numerous hospital visits, he said, and one attack proved so violent that every bone in her face was fractured.

When he tried to enlist help from neighbors during the beatings, people were afraid to open their doors to him because they didn’t want to get involved, he said.

Today, Vincent is executive vice president of NFL operations, a job that includes keeping tabs on player conduct off the field.

“Ray Rice changed [the] landscape about how we talk about violence against women,” Vincent said. Rice, a former NFL running back who played for the Baltimore Ravens, was indicted for aggravated assault against his



PHOTO BY DAVID VERGUN

Former National Football League cornerback Troy Vincent speaks out against domestic violence at the Pentagon April 13.

fiancée in 2014.

Since that time, Vincent said, the NFL has strengthened its code of conduct and policies regarding personal conduct, and has also mandated twice-a-year training regarding both personal conduct and domestic violence.

Additionally, the NFL has made hotlines available for victims and has directed each team to form Crisis Response Teams to assist players, employees, spouses and significant others who may be dealing with an abusive relationship. The NFL has also teamed with No More and the Joyful Heart Foundation to increase awareness of sexual assault, and they’ve contributed to “Raliance” – a partnership be-

tween the National Sexual Violence Resource Center and other organizations committed to ending sexual violence.

Besides speaking out against domestic and sexual violence in forums across the country and at congressional hearings, Vincent said he volunteers a lot of his time at shelters and he encourages others to do the same.

The vast majority of shelter staff and groups for domestic and sexual violence are run by women, he said, but men must take a role, as well.

“Men need to stand up and be leaders or the problem is not going to change,” he said.

During one of the NFL training classes on domestic violence,

Vincent said that a domestic violence scenario was portrayed. The players were then asked what they would have done had they been a bystander. To a man, they said they’d not have gotten involved.

Vincent said the players were brought up that way, thinking it’s better to not get involved. But by not getting involved, he said, a bystander is personally culpable.

Effective bystander intervention means “you don’t have to be a hero or get physical,” he said. Reporting the incident to authorities is a simple but effective approach.

There are a lot of similarities between the Army and the NFL, he said. Both are male-dominated organizations. Leaders of both need to push the message out that there’s no place in their organizations for sexual violence, he said, applauding efforts by SHARP to spread the word.

The NFL, he said, borrows from the peer-to-peer model developed by the Army Center of Excellence for the Professional Military Ethic at West Point, New York. The model involves one-on-one discussions and interactions between the football players.

Despite these peer-to-peer interactions, a lot of players have been reluctant to open up and share their own personal stories about sexual and domestic violence. But that’s slowly changing, Vincent said.

One example involves Pittsburgh Steelers cornerback William Gay, Vincent said.

Gay had been quiet on the

topic of domestic violence for a long time, Vincent said. But Gay was found to be volunteering his time at shelters, not revealing to anyone there that he was a Steelers player.

Now, besides volunteering at shelters, Gay has opened up with the players about domestic violence against his mother that he witnessed as a child. His mom’s boyfriend shot her in the back eight times, killing her, Vincent related. Gay was only 8 when he witnessed it. Those kinds of personal stories from players can make a much bigger impact than slideshow presentations.

People are brought up not to talk about domestic violence, Vincent said. “But William Gay found his voice. I pray you will find your voice.”

SOBERING STATISTICS

Vincent offered some statistics obtained from the Department of Health and Human Services and the Domestic Violence Hotline:

- Every nine seconds a woman is assaulted or beaten;
- One in three women will be abused during their lifetime;
- The leading cause of injury to women is domestic violence; more than car accidents, muggings and rapes combined;
- Some 10 million kids witness domestic violence every year;
- Every day more than three women are murdered by their husband or boyfriend; and
- Men are twice as likely to abuse their wives if they witnessed domestic violence as a child.

News Briefs

National Day of Prayer

The Fort Rucker Religious Support Office will host its National Day of Prayer observance May 4 from noon to 12:30 p.m. at the Headquarters Chapel, Bldg. 109. This is an annual event in which millions of Americans unite in prayer for the country and its leaders, according to RSO officials. The sanctuary in the Headquarters Chapel will also be opened from 8-11 a.m. and 1-4 p.m. for those who prefer to pray alone or in small groups at a time of their choice.

For more information, call 255-2989.

Crosswalk painting

The Fort Rucker Directorate of Public Works is repainting crosswalks throughout the post. Drivers should be aware of signs posted letting them know when they are approaching the work area. During this time, one lane of traffic will be

closed while flagmen will signal drivers through the open lane used for traffic flow. The work should be completed in a few weeks.

Fit Fest

The Fort Rucker Fit Fest Health Fair is scheduled for Friday from 9 a.m. to 4 p.m. at the festival fields. The free event will be open to the Fort Rucker community. The fair will feature fitness demonstrations, nutrition information, on-site health information, booth exhibits, safety information, door prizes and more.

For more information, call 255-2292 or visit rucker.armymwr.com.

Retirement ceremony

The Fort Rucker Quarterly Retirement Ceremony is scheduled for April 28 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the

post’s latest retirees for their service.

Specialty printing requirement

Due to a change in printing procedure, document printing services now requires that all documents for printing that require specialty paper be submitted three weeks prior to the requested delivery date.

For more information, call 255-1363.

Pharmacy change

Starting May 1, the Lyster Army Health Clinic Pharmacy will no longer accept drop-off forms for all refill requests. It will be mandatory to phone in all prescription refills. Call 1-877-520-1623 or 334-255-7671.

Tobacco cessation program

The Lyster Army Health Clinic tobacco cessation program consists of four weekly sessions each month. Each class is one

hour. Classes are Wednesdays from 11 a.m. to noon at the Army Wellness Center.

For more information, call 334-255-7930.

Change of command

The 1st Battalion, 212th Aviation Regiment will host its change of command May 5 at 9 a.m. at Howze Field. Lt. Col. Cecil C. Nix will assume command from Lt. Col. Ross F. Nelson.

Pay office closure

Starting May 24, the Defense Military Pay Office will begin closing at 12:30 p.m. on Wednesdays. Also, beginning May 30, DMPO office hours will change to 7:30 a.m. to 3:30 p.m. Mondays-Tuesdays, 7:30 a.m. to 12:30 p.m. Wednesdays, and 7:30 a.m. to 3:30 p.m. Thursdays and Fridays.

NOT STAR WARS

With no bullets, Mobile High-Energy Laser shoots UAS from sky

By C. Todd Lopez
Army News Service

FORT SILL, Okla. — A Stryker combat vehicle equipped with a 5kW laser and an array of sensors spent several minutes scanning the horizon for a wayward enemy drone.

On a television screen in a nearby tent off Thompson Hill — a range used during the 10-day Maneuver Fires Integrated Experiment — observers watched the black and white output of those sensors on two flat-screen televisions April 12.

A crosshair was centered on the screen. When what appeared to be a drone entered the frame, the crosshairs locked on to it and followed it.

After a few attempts to destroy the drone with the laser, the drone fell from the sky, crashing to the ground. Not a bullet was fired and no sounds were made by the system that accomplished the kill — an experimental project called the Mobile High-Energy Laser.

The MEHEL is just one system the Army is looking at to deal with the growth of inexpensive off-the-shelf unmanned aircraft systems that are being seen in places like Iraq and Afghanistan.

2017 MFIX EXPERIMENTS

Lt. Col. Jeff Erts, who serves as the chief of experimentation and wargaming with the Fires Battle Lab at the Fires Center of Excellence at Fort Sill, said the MEHEL was just one of three drone-killing systems under evaluation at the 2017 MFIX, which ran April 3-13.

Also included, he said, was a system called the Anti-UAV Defense System and another branded Hunter/Killer. There were also command and control systems that provide a common air picture down to platoon and company level, radar systems that can conduct counter-artillery missions, but can also look into the sky, and a UAS that can haul supplies to Soldiers on the front lines of combat.

That equipment and the personnel tasked to evaluate it came to Fort Sill to participate in the 2017 MFIX, which Erts said is a collaboration between the Fires Center of Excellence and the Army Capabilities Integration Center.

At MFIX, he said, over 40 industry partners and government leads participated, as well as Soldiers from around the United States.

At this MFIX, the Army was looking to accomplish several goals. At the top of that list was finding better ways to pinpoint targets to put fires on, Erts said.

“We’d like to know where our targets are at,” he said. “So, the targets are out on the battlefield somewhere. We’d like to know exactly where they are, so we can use one of our precision munitions to hit it.”

Another priority, he said, involved a bit of doctrinal work. Erts said the Army is interested in knowing if traditional fire supporting Soldiers are capable of executing a counter-unmanned aircraft system mission alongside their traditional artillery mission.

“We’re going to see if their plate is too full, or if they can do everything at once,” he said. “[But] so far, it looks like they can do it.”

Also on the agenda at the 2017 MFIX was a continued look at the use of high-energy lasers, he said. The MEHEL made its first appearance at MFIX last year, but then with a less-powerful laser.

“We are working with Space and Missile Defense Command, using their ME-



PHOTO BY C. TODD LOPEZ

The Mobile High-Energy Laser-equipped Stryker was evaluated April 12 during the 2017 Maneuver Fires Integrated Experiment at Fort Sill, Okla. The MEHEL can shoot a drone out of the sky using a 5kW laser.

HEL to engage various targets, to include low-flying UAS,” he said. This is the first year, he said, that uniformed Soldiers were actually tasked with using the system to take down actual aerial targets.

“They love the system and they are excited about not only what they can do with it in the air, but what they can do with it on the ground, as well,” he said.

Finally, Erts said, at this year’s MFIX the Army looked at new ways to deliver supplies to the edge of the battlefield using UAS, rather than convoys.

At the center of that effort was a project called the Joint Tactical Aerial Resupply System, which was also on display at MFIX.

“Let’s say a Soldier is out of ammunition and they need a resupply in an emergency situation,” Erts said. “They could launch the UAS, and without putting any Soldiers in harm’s way, they could deliver that box of ammunition to the front lines.”

NOT STAR WARS

If the 2017 MFIX had a “star,” it was probably the MEHEL. This year, the Stryker configured with that system was marked “MEHEL 2.0,” and it sported a 5kW laser versus last year’s 2kW laser.

The MEHEL 2.0 includes on-board radar, a second optic, increased laser power, and increased engagement range, Erts said. In addition to doing a “hard kill,” such as what was seen when the on-board laser shot a drone out of the sky, the system can also do a “soft kill.”

That means instead of using a laser to destroy a drone, electronic warfare capabilities can be used to disable the communications link between a drone and its ground control station. Then, Erts said, “we can send artillery after the ground control station.”

Also a possibility after a soft kill on a drone is collecting that drone to gather intelligence information from it.

One thing the MEHEL does not do is make noise, or create any Star Wars-like visual effects. When the laser fires, there’s no sound that comes from the vehicle. And observers can’t actually see the laser emanating from the “beam director” on top of the Stryker, though if they were close enough to the target, they might see a hole being burned into it from the laser’s heat.

ENVISIONING LASER USE

Capt. Theo Kleinsorge, who came last month to Fort Sill to participate in the MFIX, serves as the commander of Head-

quarters and Headquarters Company, 2-12th Cavalry at Fort Hood, Texas. During the MFIX, he replicated the role of an infantry company commander inside the MEHEL 2.0-equipped Stryker.

His primary role was to help determine if the MEHEL was something a forward-observer crew could handle, or if the capability needed to be moved somewhere else, such as into the air defense community. He said he was impressed with the MEHEL system and sees the usefulness of directed-energy weapons elsewhere in the Army.

“It is absolutely a valuable system,” Kleinsorge said, even beyond the ability to destroy a UAS. “Directed energy will hopefully very quickly see itself useful in the realm of breaching obstacle belts, in the realm of active defense, of not just shooting down UAS, but the ability to destroy incoming anti-tank missiles, mortars, field artillery rounds, across the whole of what the counter-rocket, artillery and mortar mission is currently.”

One benefit of the MEHEL system is that it doesn’t use ammunition to take down either a UAS or ground target. Practically speaking, the only thing MEHEL needs is fuel. The batteries required to fire the laser can be recharged from generators, which are powered by the same fuel

that runs the Stryker’s engines.

“If the entire Army today adopted directed energy and it was able to solve all of our engagement problems, Class V ammunition would no longer exist and Class III, our fuel, would now be essentially our only logistical requirement for the vehicle to be offensive,” Kleinsorge said.

At MFIX, Kleinsorge said, his team took down about 50 actual targets using the laser onboard the MEHEL.

Using directed energy to kill a target is something he said that none of the Soldiers involved had ever done before. Now, he’s sold on the idea.

“From my foxhole as a young captain, I say I am excited to see this in the Army,” Kleinsorge said. “We were skeptical at first when we were first briefed we’d be shooting down drones with lasers. And by the end of it, it is absolutely more than feasible. We achieved a success rate well beyond what we expected we’d have. And we are excited to see this go to the next step of the experiment, shooting beyond the horizon and showing this technology can solve the problem.”

SOLDIER’S VIEW

Spc. Brandon Sallaway, a fire support specialist and forward observer from Fort Carson, Colorado, was one of the crew that participated in the MFIX and who worked on the crew that piloted the MEHEL.

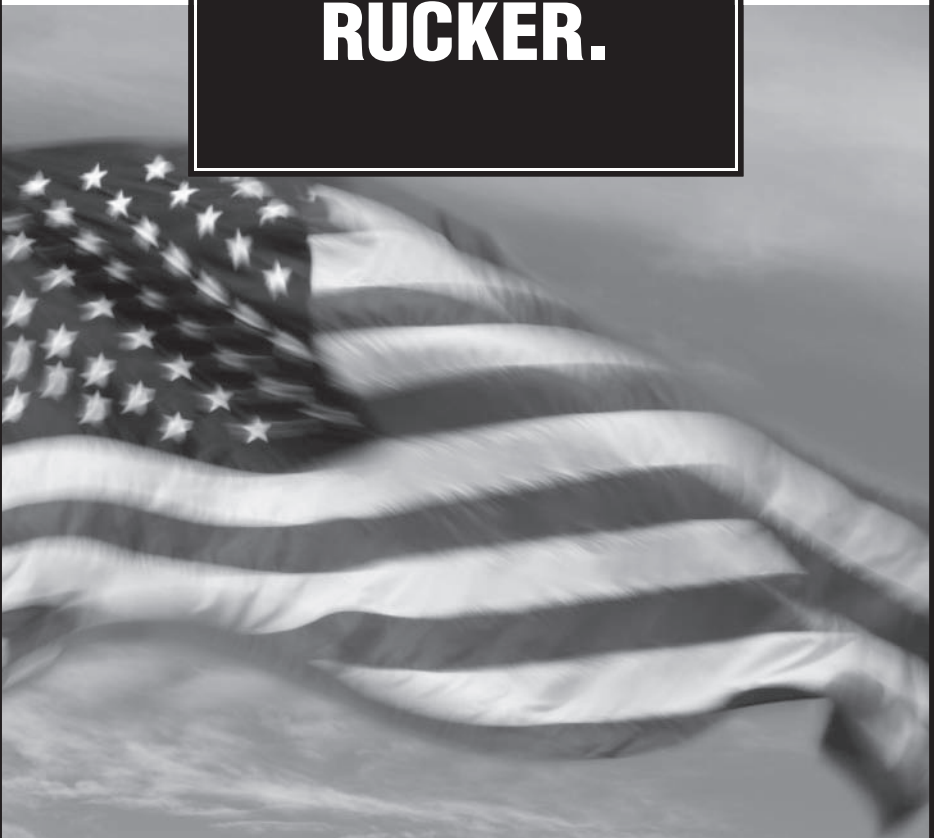
He said he found the system was easy to use and easy to learn, as well.

“It uses stuff, controllers, that we’re all familiar with,” he said. “It takes about half an hour ... to figure out the system and then you’re good to go.”

Sallaway was also the first uniformed Soldier to actually use the MEHEL to take down a target. Outside the vehicle, plastered onto the side, are an array of stickers that mark each kill the vehicle has made. He pointed to the one that represents his own kill.

“I’m really excited to be part of a historical event,” he said. “And it’s really exciting ... to see the Army working on the next generation of tools for us so that we can maintain our edge, the cutting edge. It’s mind-blowing stuff to think you are shooting a laser at something. Sometimes it’s hard to fathom.”

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Combat Readiness Center solicits safety videos from field

By Lori Yerdon
U.S. Army Combat Readiness Center

Anyone associated with the Army has undoubtedly heard the adage, “There are no new accidents.” Yet, in fiscal 2016, 109 Soldiers lost their lives – and thousands more were injured – in preventable accidents.

In an effort to curb these needless losses, the U.S. Army Combat Readiness Center is soliciting ideas from the field. In the coming weeks, the USACRC will launch Safety Tube – a platform for Soldiers and civilians to submit videos aimed at convincing their peers to assume ownership of their personal safety.

“The concept for Safety Tube is for Soldiers to think outside of the box and reach their battle buddies in regard to safety and best practices,” said Tracey Russell, Ground Division, Directorate of Assessments and Prevention, USACRC. “Our young Soldiers are very creative and more likely to listen to each other.”

After scouring the Internet in search of Soldier safety products, Russell happened upon a video on YouTube created by Capt. Robert Shepherd of the Ordnance Training Detachment.

Shepherd, a 17-year veteran stationed at Fort Gordon, Georgia, produced “Army Safety briefing - I got your back battle” a video and song originally intended for a talent show.

“As a rear detachment commander in Germany, I performed ‘I got your back battle’ and the reception to it astonished me,” Shepherd said. “Afterward, a young audience member came up and asked, ‘Where’s the CD? I like that song!’ At that point I knew that if it resonated with her, then it would likely speak to Soldiers, especially younger ones.”

After the show, Shepherd modified the song slightly by adding the element of safety. He also decided to make a video to reach his target audience – Soldiers.

“On rear detachment, there were instances

of Soldiers getting DUIs and other problems,” Shepherd said. “I wanted to do something to get their attention and that’s where the concept for the video came from.”

Soldiers in his unit volunteered to participate in the video, which has earned rave reviews from Shepherd’s Soldiers, peers and leadership.

“We were looking for best practices already out there and we saw Captain Shepherd’s video,” Russell said. “He was able to illustrate how safety briefings don’t have to be boring, covering the same topics and in the old same format.”

Shepherd said he believes the Army has many creative Soldiers.

“There’s a lot of talent out there,” he said. “If we can tap into that resource and focus on getting the message out to their peers and to the masses, then we’ll have a significant impact on the Army.”

Even after a permanent change of station to Fort Gordon, Shepherd has continued his innovative approach to reaching Soldiers.

“I organized a Brigade’s Got Talent competition (with a theme related to safety, SHARP and suicide prevention) and it was amazing to see the innovation,” Shepherd said. “Soldiers sang, danced and displayed their skills. The outcome of that event far exceeded expectations.”

With Shepherd’s video nearing 1,000 views, he’s optimistic that the key to reaching Soldiers is peer-to-peer influence.

“When it comes to safety, you cannot be narrow-minded,” Shepherd said. “A Soldier’s level and responsibilities often reflect how they look at safety. Safety is about being able to control your scope of influence. Everyone needs to take ownership of the areas that they can affect and help mitigate risks associated with their mission.”

For more information on how to submit videos to Safety Tube and to view Shepherd’s award-winning, “I Got your Back Battle” video, visit <https://safety.army.mil/MEDIA/SafetyTube.aspx>.



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Tradition

Continued from Page A1

25, during “Reveille,” Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers should face the direction of the music. Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

During “Retreat,” Soldiers in uniform who are not in formation should come to attention upon the sound of the first note, remain at attention until the cannon blast is heard, then salute. If no cannon is heard, the Soldiers should salute upon the first note of “To The Colors.”

All vehicles on the installation should come to a stop, including civilians, but Soldiers who are in a vehicle during “Reveille” or “Retreat” are required to stop and dismount their vehicle to render honors, added Ewing.

Resources

Continued from Page A1

Army Community Service EFMP coordinator to register for the Special Education Connection website, Harmon added.

Resources available through Special Ed Connection are grouped into four main categories.

- **SMART STARTS** – The best starting point to gain an interpretation and a better understanding of almost 450 special education topics. You’ll find that SmartStarts provide practical guidance, based on federal regulations and case law. From assistive technology to chronic health conditions to measuring progress, each SmartStart will help you understand the law and how it applies to your individual child’s situation.
- **SPECIAL ED ONLINE DICTIONARY** – Provides straight forward definitions of more than 1,400 widely used terms, enabling enhanced dialogue about special education issues. Straight-to-the-point explanations are provided so users understand the meaning of terms, such as prior written notice, least restrictive environment, transition services, functional behavioral assessment, and behavioral intervention plan giving them the ability to be more actively involved in meeting their child’s educational needs.
- **NEWS AND UPDATES** – Users can

stay current on latest news and developments in the special education community – including news about legislation, best practice strategies from special education experts, updates from experts regarding new techniques being used in the special education community and more.

- **SPECIAL ED ROUND-UPS** – Users are provided an easy way to quickly locate practice guidance and gain access to valuable resources on a host of important special education issues from autism to bullying to postsecondary transition and more.

According to Harmon, a website tutorial is available for first-time users or users may call LRP training staff toll free at 1-800-515-4577, ext 6515.

“This site will benefit everyone who has access, by providing simple unencumbered explanations of special education needs for children with special needs,” she said. “In other words, if you have a child with special needs and have no idea about their rights related to education, this is the site use.”

For more information about Special Education Connection or upcoming EFMP workshops and training, call 255-9277 or visit the ACS EFMP office inside the Soldier Service Center, Bldg. 5700, Rm. 350.

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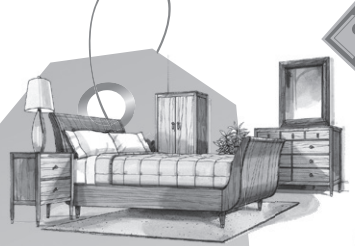
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213 WALNUT ~ \$128,000: This 1-owner home has been very well maintained. The master bedroom will accommodate a king size bed, & the bath has a walk-in shower. Original ceramic tile in both baths. Galley kitchen with a breakfast bar/office area at the end of it & a formal dining area. Laundry room off garage with a wash sink. Nicely landscaped with workshop w/electricity, covered patio & so much more. Perfect starter home or great for those retirement years if you are looking to downsize. Just give us a call to see! **EVELYN HITCH 334-406-3436.** MLS# 20170514



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128 CHERRY, BELLWOOD ~ \$110,000: Double insulation & 5/8" sheetrock firewal between 2 garages. 2 septic tanks, one well. Unit A electric is on the well. Unit B electric is on the street lights. Both units are occupied. Each unit has living room, 1.5 baths, eat-in kitchen & single car garage with washer/dryer. Deck on back. Live in one side & rent out the other. **EVELYN HITCH 334-406-3436.** MLS# 20170515



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2801 QUAIL COVE ~ \$155,000: This 3BR/2BA brick home sits on a large corner lot with a couple of peach trees. Enter the foyer into the grandroom with tray ceiling, hardwood floors & wood-burning fireplace. Master suite features a cathedral ceiling, walk-in closet & a small office/library (or nursery), with the bath having his & her vanities, Jacuzzi tub & walk-in shower. Great location & so many extras, come take a look. **EVELYN HITCH 334-406-3436.** MLS# 20170521



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400 WARREN ~ \$29,500: Needs a little TLC, sold "as is". **CALL FRANK CLAYTON KALTENBAUGH TO PREVIEW 334-790-5973.** MLS# 20170524



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221 CAMDEN ~ \$137,000: Single story 2BR/2BA, 1,504± SF, 1-car garage townhouse. Open floor plan & easy access to town & just minutes from Ft. Rucker gate. Updated with beautiful laminate wood flooring, custom paint, upgraded ceiling fans & hardware. Home comes with all appliances, to include washer & dryer. Nice rocky design patio area. HOA dues include community pool, clubhouse & pest control. Worry-free living awaits. **EVELYN HITCH 334-406-3436.** MLS# 20170525



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108 AVALON ~ \$156,000: Great price for this nice home situated in Valley Chase. Over 1,600 SF of living space, big level fenced in yard. Also features granite countertops & nice kitchen. This is a VA foreclosure to be sold "as is", no repairs. **Alabama Right of Redemption & Redemption Bond will apply. NANCY CAFFERO 334-389-1758 & BOB KUYENDALL 334-389-8534.** MLS# 20170536




new LISTING



102 MORGAN ~ \$80,000: Check out this great 3BR/2BA conveniently located just off Rucker Blvd. Huge backyard for kids to play in or for you to relax. The bedrooms are nicely sized & the U-shaped kitchen will make cooking & serving a breeze. A breakfast counter opening into the dining area allows company to visit with the cook as well as serves as extra dining space. Newer countertops, a glass tile backsplash, newer vinyl flooring in most areas, plus bathroom vanity updates are some of the improvements to this great property. **JAN SAWYER 334-406-2393.** MLS# 20170549



new LISTING



708 NORTH IRIS, GENEVA ~ \$142,200: Small town charmer...perfect home to raise your family. Located in established neighborhood, this 4BR brick home features beautiful floor to ceiling windows across rear of home giving a lovely view of the landscaped back yard & lake. Space should not be a problem in this approximately 2,300 SF home. Split floor plan with secluded master bedroom suite with walk-in closet, living room, separate dining, eat-in kitchen, family room, walk-out basement & deck. Priced to sell at county appraised value. **JUDY DUNN 334-301-5656.** MLS# 20170570



new LISTING



124 COUNTY ROAD 442, DALEVILLE ~ \$64,500: Only about 10 miles to Wal-Mart, but on the road to the beach, this 3BR/1BA home is situated on 2 lots (almost 2 acres). It has laminated wood & tile flooring except for the bathroom which is ceramic tile. All appliances to remain to include the washer & dryer (no warranty on W/D). There are still a few electric wall heaters that are working, but a central heating & cooling system had been added. Well is in shed along with a separating wall for storage. Plenty of room for an RV. **EVELYN HITCH 334-406-3436.** MLS# 20170593



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104 BARBARA ~ \$193,000: Contemporary gem in the Harland Creek area convenient to both Ft. Rucker & Enterprise. A beautiful gas log fireplace is the focal point of the living room with its 2-story ceiling & lots of windows that allow sunlight into the room. New carpeting downstairs, new windows installed in 2015, & a metal roof in 2004. All bedrooms have walk-in closets. Screened in porch off master. Huge lot with the perfect backyard for a pool. Harland Creek Elementary is located right behind it. See it today! **JAN SAWYER 334-406-2393.** MLS# 20170597



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FREEDOM DRIVE ~ \$100,000: Wonderful location on this 25.6± acres. It is sandwiched between Southern Winds subdivision & Hampton Place subdivision & across Freedom Drive from Wakefield. At less than \$4,000 per acre, don't miss it! **JAN SAWYER 334-406-2393.** MLS# 20170604



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3530 COUNTY ROAD 643, CHANCELLOR ~ \$385,000: Home situated on 41± acres of land. Remodeled kitchen with granite countertops, stainless steel appliances & office nook. 3BR/2BA plus 1BR/1BA & bonus room upstairs with access in garage for extra privacy. Tons of storage throughout home. Large den with wood floors has access to large back deck for outdoor entertaining. Master bath has granite topped vanity, oversized garden tub & separate shower. Large walk-in closet. Separate detached outbuilding for additional vehicles or storage. **SHAWN REEVES 334-475-6405.** MLS# 20170607




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8 REINDEER TRACE: With over 3,000 SF, this custom built home has everything you need with open floor plan & 9-12' ceilings throughout. Enter into the foyer & you will have a library/office or 4th bedroom to the right, formal dining to the left & the grandroom with windows across the back wall & gas fireplace. Kitchen has a walk-in pantry, a bar that would accommodate at least 4 stools & breakfast area/den. Jennaire appliances with gas cooktop and electric double ovens. **EVELYN HITCH 406-3436**

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628 JOE BRUER ~ DALEVILLE: Nestled in the background, this 3 bedroom home has the charm & detail to be your dream. Built in 2012, you will be just minutes from Ft. Rucker, Enterprise & Daleville. Don't let this opportunity pass you by. **CHRIS ROGERS 406-0726**

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138 SOUTH CARROLL: This is a great little starter home or for rental investments. Has had a very good rental history. The present owners have replaced the water heater & installed new vinyl siding & soffits Chain link fence. **DEBBIE SUNBROCK 406-9079**

\$108,900



111 BLACKHAWK: Brand new paint & flooring throughout. This cute home is in a great location & is move-in ready. Stove & dishwasher have recently been replaced. Nice floor plan with a large grand room that is open to the dining area. Lots of natural light in this home. Screened back porch is a wonderful outdoor space that is large enough for overflow & outdoor entertaining. The detached shed/work shop has electricity. The yard has beautiful shade trees. Seller will contribute \$500 or new refrigerator. **ROBIN FOY 389-4410**

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\$145,000: Really well maintained home super convenient to both Holly Hill Elementary & Dauphin Jr. High. If you need space, this is the home for you! Four nicely sized bedrooms, 2.5 baths, a formal living room, dining room, den, plus a huge bonus room with built-ins & a fireplace. The backyard has 2 sheds in good condition for storage & a carport large enough for an RV. Azaleas dot the yard which includes 2 patio areas. A large laundry room with cabinets & a 4-year old roof are the icing on the cake.



JAN SAWYER 334-406-2393

DIRECTIONS: From Dauphin Street toward Boll Weevil Circle turn right on Timberlake. House is 4th on left.

‘TENDER LOVING CARE’

Maintainers keep Army flying

By Sgt. Kellen Stuart
3rd Combat Aviation Brigade
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — If you are outside and look overhead, there is a chance you may see some type of aircraft in the sky.

That aircraft in the sky is made possible by being properly maintained on the ground. Throughout the 3rd Combat Aviation Brigade, there are Soldiers who troubleshoot, maintain and repair CH-47 Chinook, UH-60 Black Hawk and AH-64 Apache helicopters. Those Soldiers are responsible for maintaining a fraction of the U.S. Army air fleet.

“The importance of the mechanic and the importance of maintenance cannot be overlooked,” said Capt. Benjamin Salvito, a UH-60 pilot and commander of D Company, 2nd Battalion, 3rd Aviation Regiment. “If the aircraft are not maintained, they can’t fly.”

If those aircraft are not able to fly, the

flight companies can’t do their mission and, in turn, 3rd CAB is unable to support the ground force commander in a deployed environment, he explained.

“That’s the whole point of Aviation,” Salvito said. “It’s in the Aviation song – it’s cheesy, but it says, ‘we meet the needs of ground command,’ and that’s our job – to deliver troops to the battlefield to kill the enemy.”

On any given day, aircraft maintenance is being done.

“We do maintenance every day – that is our purpose and that is our mission,” he said. “So, even if all of the parts work the way that they are supposed to, we have a regiment of maintenance activities to do as prescribed by the helicopter manufacturers.”

During the more in-depth maintenance, Soldiers are trying to figure out if a component of the aircraft is airworthy, said Staff

SEE CARE, PAGE B4



PHOTO BY SGT. KELLEN STUART

Soldiers from C Co., 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade conduct phase maintenance on a CH-47 Chinook March 22.

ON DUTY



PHOTO BY CAPT. BRIAN HARRIS

An AH-64 Apache takes flight at Kandahar Airfield, Afghanistan, April 6. During a Transfer of Authority ceremony, Task Force Nightmare completed its successful seven-month deployment supporting Train, Advise and Assist Command - South, and TF Warhawk took responsibility for providing Aviation in that area.

FROM THE FARM TO THE SKIES

Private pursues passion for Aviation to UAS career

By Spc. Derrik Tribbey
For Army News Service

AL ASAD, Iraq — Pfc. Michael Sellers graduated high school May 23rd, 2015, and saw two choices: join the military and pursue his passion for Aviation, or become a farmer.

Within 20 days of his graduation, Sellers enlisted in the Army as an unmanned aircraft systems operator.

As a UAS operator, Sellers pilots the MQ-1C Gray Eagle, one of the Army’s larger unmanned aircraft. Seller’s first attempt at flight was as an officer in the Air Force.

“I wanted to have a cool job and fly something one day,” Sellers said.

Unfortunately, he was brought back down to Earth. Air Force officials told him his eyesight did not meet the stan-

dard to become a pilot.

“I wanted to fly,” Sellers said, “but, at that point, I was ready to give up and ready to go back to the farm.”

Sellers grew up moving all around Georgia with his mother and every summer he farmed with his father at Flat Top Mountain, Tennessee.

Since the age of 12, Sellers was working with his father 50-60 hours a week, Sellers said.

“I didn’t mind the long hours because I enjoyed it,” he said. “It teaches you how to be independent at a young age and how to take care of yourself. Splitting trees and logging in the summer time was the toughest.”

Sellers said his parents always taught him, “If you work hard now, you won’t have to work hard later.”

The principles his parents instilled in him helped him stay grounded on the farm and in school.

One day, a recruiter came to his school and spoke with him about joining the Army.

“I like excitement and the adrenaline rush,” Sellers said. “I thought the military was honorable and I wanted to be a part of that. I wanted to be an airborne Ranger, but I had a talk with my mom and she reminded me that I like to fly.”

Sellers told the recruiter about his passion for Aviation and the recruiter talked to him about flying as a UAS operator in the Army.

“The job was the closest to Aviation,” Sellers said. “I saw on the news about UAS and their capabilities. I thought, ‘That looks interesting – that is something I want to do.’”

Now, at 19-years-old, Sellers is trusted to protect people’s lives and operate multi-million dollar equipment, all while only being with the Army for a short amount of time and with his unit, D Company, 1st Battalion, 10th Aviation

SEE CAREER, PAGE B4



PHOTO BY SPC. DERRIK TRIBBEY

Pfc. Michael Sellers, a UAS operator with D Co., 1-10th Avn. Regt., deployed in support of Combined Joint Task Force - Operation Inherent Resolve, sits in the pilot seat of the MQ-1C Gray Eagle in Al Asad, Iraq.

Campbell Army Airfield undergoes repairs

By Leejay Lockhart
Fort Campbell Public Affairs

FORT CAMPBELL, Ky. — Campbell Army Airfield’s main runway closed April 10 for repairs and is expected to reopen in late July or early August.

The \$28 million project includes resurfacing the runway, repairing ramps and taxiways, adding lights to the secondary runway, and moving lights to make them easier to maintain on the main runways.

Terry Ennis, airfield manager for Campbell Army Airfield, said the repairs also will decrease the runway width by 50 feet to the industry standard of 150 feet in width. Its overall length will decrease from 11,822 feet to 10,500 feet. The excess portion of the runways will become paved overrun that serve as a safety measure to decrease damage to aircraft on takeoff and landings if something goes wrong.

The runway’s pavement condition index, which is a scale determined by rigorous inspection of a runway’s surface, dropped precipitously from 2013 to 2015, Ennis said. This necessitated the repairs.

“Our PCI in 2013 on the runway was 71,” he said. “The Air Force doesn’t like anything below a 70. In two years it went from a 71 to a 36, and that’s why the Air Force started getting concerned and we started having to look at redoing our runway, because they don’t want to land on anything below 40.”

The last time Campbell Army Airfield underwent major repairs was about 10 years ago. Runways deteriorate over time based on usage and weather. Runways made of asphalt normally last for 15 to 20 years before requiring a major overhaul, Ennis said.

“We had problems with the last repair that was done,” he said. “This area has a high degree of difficulty with aggregate – the rock that they used on

SEE REPAIRS, PAGE B4



PHOTO BY LEEJAY LOCKHART

Contractors work on performing upgrades to lights at Campbell Army Airfield, Ky., March 10.

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Clean Metal Roofs • Concrete Bldg. Churches

Care

Continued from Page B1

Sgt. Jeremy Hendrix, a Chinook mechanic and technical inspector for D Co., 2nd Bn., 3rd Avn. Regt. There are criteria listed in the technical manual that outline damage parameters, which if exceeded, marks it for being replaced.

“Without maintaining aircraft, you don’t have any,” he said. “It’s our job to make sure whenever we find damage or conduct any kind of maintenance, we do it as quickly as possible, but as efficiently as possible and as properly as possible.”

For each aircraft there are civilian industry standards that

must be met.

“Things break when they’re not supposed to, so we have to fix that, as well,” said Salvito.

With an aircraft you need to have more technical knowledge, said Spc. Francisco Ramirez, an automobile mechanic as a civilian turned Chinook mechanic assigned to D Co.

“Helicopters are extremely complicated machines,” said Salvito. “We are always doing maintenance in one form or fashion.”

People gain knowledge from experience, explained Ramirez. New aircraft mechanics learn from the experience in the shop. Observe and ask questions about aircraft repair

from the more seasoned mechanics to gain a better understanding.

“What I tell my Soldiers is, ‘don’t judge your worth to the organization by proximity to the target,’” said Salvito. “Just because you’re in a hangar turning wrenches on an aircraft doesn’t mean you’re not affecting the overall mission of the Army.”

The goal is to have all of the aircraft ready to launch, so that commanders at all echelons can use them for their intended purpose, he added.

“They’re complicated machines, so they require a little tender loving care to keep them airborne,” Salvito said.

Repairs

Continued from Page B1

this project was porous, so over a period of time as water gets into the rock and expands and contracts due to temperature changes, it basically started popping the rock out of the runway.[That] creates what we call FOD – foreign object debris – which has caused damage to engines on airplanes. Engines on airplanes (cost) a million dollars plus.” Although rotor wing aircraft have engines mounted higher on the aircraft and equipped with filters to reduce damage from FOD, their rotors are still subject to FOD damage.

“The problem with FOD on a helicopter is that what the rotor blades are turning they’ll suck all of that stuff off the ground into the blade and it tears down the blade, especially sand,” Ennis said. “The average blade on a helicopter is about \$250,000 for one piece.”

Besides pieces of aggregate loosening from the asphalt and turning into FOD, the runways is experiencing cracking outside of the seams, which can eventually result in potential aircraft damaging potholes in the runway. Concrete ramps also are cracking

and the surface is deteriorating resulting in FOD, he added.

Because of the cost of the repairs, the Army Corps of Engineers set out the contract. “The Army Corps of Engineers is in charge of that and the Corps of Engineers is ensuring [contractors] use the proper [aggregate] mix on the runway, because your mix on the runway isn’t the same asphalt mix you have on a highway,” Ennis said. “It’s more dense for strength purposes.”

The heliport at Campbell Army Airfield will continue to operate during the repairs, so it will not interfere with the 101st Combat Aviation Brigade, 101st Airborne Division, operations. The 160th Special Operations Aviation Regiment operates from sod areas near the runway and will continue flying without interruptions during the repairs, he added. During the repairs, C-17s will divert to Sabre Army Airfield and larger aircraft will land at Nashville International Airport.

Work on repairing some of the taxiways has already begun, and to save money and time is using an innovative method for repairing the concrete. Instead of breaking up the concrete with jackhammers and

damaging the rock sub-base layer, workers cut the concrete into sections and construction equipment with a suction device on it will lift all of the concrete sections onto a dump-truck for disposal, the airfield manager said.

“So, an airfield is roughly based on the type of aircraft you service,” Ennis said. “The runway is only 16-20 inches thick. It’s a primary [overlay] with a concrete underlay – you basically put four inches of asphalt on top of this concrete layer and you

groove the asphalt, and what it does is allow the water to run off the runway, which helps braking action on the runway.”

A mill similar to ones used on highway construction will grind up the asphalt on the runway. Crews will examine the underlying concrete to ensure the concrete is structurally sound then repave the runway. The repairs will also work to increase the pavement condition number of sections of the airfield to increase the aircraft weight those sections can handle, he said.

Career

Continued from Page B1

Regiment, 10th Combat Aviation Brigade, 10th Mountain Division, for an even shorter amount of time.

Sgt. Ashley Jones, a fellow UAS operator with D Co., is currently serving with Sellers, supporting the Combined Joint Forces Land Component Command – Operation Inherent Resolve.

She described Sellers as being a great Soldier to work with.

“He is always willing to do whatever it takes to get the mission accomplished,” Jones said.

This is Sellers’ first deployment and it has been a humbling experience for him, he said.

“I honestly never thought I would be doing what I am doing now,” Sellers said. “It’s satisfying knowing I’m helping the Iraqis in their fight to annihilate ISIS and take back their homeland.”

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APRIL 20, 2017

‘A BETTER UNDERSTANDING’



Spouses work together to set a board down to help their team traverse an obstacle at the Leaders Reaction Course during Spouses' Aviation Day April 13.



Amanda Crowley, military spouse, climbs her way up an obstacle as her team helps steady her ascent.



Participants of Spouses' Aviation Day cheer after a successful run at the HOST training facility.

PHOTOS BY NATHAN PFAU

Spouses earn wings, build bonds during Aviation Day

By Nathan Pfau
Army Flier Staff Writer

Forty-one Fort Rucker military spouses took advantage of an opportunity to get a taste of Aviation training during Spouses' Aviation Day April 13.

The spouses tested their individual mettle along with their ability to come together as a team as they tackled four different events throughout the day.

Split into four groups, the spouses took part in training that every Aviation Soldier must endure, including flight simulation, firing range simulation, team-building skills and Helicopter Overwater Safety Training.

For many of the spouses, the day was an opportunity to help understand what it is their Soldiers go through during training, which for some resulted in a newfound respect.

“My husband is always saying, ‘There is no way you could do what I do,’ and, ‘you have no idea what I go through,’ and we go back and forth on that,” said Mariana Madera, military spouse. “So, I always wanted to try to do it. It really gave me a better understanding of what he does.”

That understanding requires hands-on participation, which each of the spouses

got plenty of as they cycled through the events.

Each team started at different training areas, such as the Leaders Reaction Course, which is the event that most participants find the most challenging, not because of the physicality of the course, but the teamwork needed to complete it.

“Not really knowing a lot about [the obstacles] and having to learn on the fly and perform something you’ve never really done before was hard – you had to think quickly and solve problems quickly,” said Madera about the LRC.

For others, like Kristin Gebhardt, military spouse, the LRC wasn’t just about overcoming obstacles on the course, but in her mind, as well.

Throughout the LRC, the teams had to traverse a course while avoiding certain areas on the ground, while also maintaining equipment and their team. Each team member had to make it across the course with the equipment in a time of just 20 minutes, with only 2 minutes to prepare.

“I’m scared of heights and, for me, [the LRC] was the hardest, but it was also the most rewarding,” said Gebhardt. “It helped me get over that fear and [Madera and I] were the two to actually get across [the second obstacle].”



Spouses take aim and try their hand at the EST 2000 firing range simulator.

The other events included the Engagement Skills Trainer 2000, which allowed the spouses to get their hands on a host of simulated firearms, including M-4 and M-16 rifles, a .50-caliber machine gun and even a rocket launcher.

Each of the participants got the chance to warm up shooting on a simulated firing range, before going into a more hostile fighting scenario where they had to engage actual targets.

The HOST training was meant to test the spouses’ ability to think critically and stay calm in an overwhelming situation. The participants had to swim underwater along a designated area, open a hatch and swim through all while wearing full flight gear – simulating escaping a downed aircraft.

Finally, each of the team members got the chance to fly high, at least in a virtual sense, as they took on the flight simulators at Warrior Hall. During their time in the simulators, the spouses were able to

try their hand at different airframes, such as the CH-47 Chinook and UH-60 Black Hawk.

Although spouses’ day was meant to be a competition, for many of the spouses, the day was about building lasting relationships with those going through similar situations.

“[Meeting new spouses is nice] because I work in the civilian world and most people don’t really understand how military spouses live,” said Madera. “It’s nice to be around a group that is already in the same boat as you.”

“I think in the military community the spouses really have to stick together and be there for each other to push us through,” added Gebhardt. “It was really nice not knowing anybody but still being able to come through it as a group, especially for the Leaders Reaction Course. We were all there cheering each other on and it was just nice.”

FCC provides in-home care, employment opportunities

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Child Development Center and Mini CDC serve as the main resources for parents on the installation when it comes to childcare, but some people might prefer childcare with a more intimate setting that also includes the same high standards.

That’s what the Fort Rucker Family Child Care program provides with in-home child care for up to six children in a home-like environment where children receive the same level of care and education that they would at one of the centers, according to Monteka Freeman, FCC director and Mini CDC assistant director.

“Family child care is in-home childcare that is provided by spouses that live in housing on the installation,” said Freeman. “These providers are basically self-employed daycares, but they fall under [child and youth services] guidelines as far as their training and regulations.”

All FCC providers must go through the same training and certifications that CYS program assistants and staff members must complete, including first-aid and CPR certification, safety, health and guidance. This also encom-



PHOTO BY NATHAN PFAU

Cynthia Gonzalez looks after her daughter, Judith, in their home Tuesday where she also looks after other children as an FCC provider.

passes social and emotional development training, added Kimberly Cardwell, FCC training and curriculum specialist.

“Their training is a pretty intensive yearlong training,” she said. “Before they are able to care for any children, they must have basic child development train-

ing, guidance training and proper medical emergency training.”

The providers must also learn to administer any type of medication that is required of them, such as epinephrine injections and nebulizers, Cardwell added.

Each of the providers must also go through child abuse training,

so they are able to recognize the signs of child abuse and understand what is classified as child abuse, not just with the children, but with the parents, she said, so the level of childcare provided is up to par with what is available at either of the centers.

In addition to the certification and training, each provider’s home must pass and adhere to fire, health and safety inspections, and the provider, as well as family members living in the home, must go through extensive background checks, said Freeman.

“Each of the providers must go through an interview process, and their spouses must also go through an interview process, and if their children are old enough, they must also go through an interview process, as well,” she said. “We conduct formal interviews and inspections to make sure the family will be a good fit for the program – the process is very thorough.”

Although the process may seem overwhelming, it’s meant to provide a safe, healthy environment for children. In addition to providing a service for families on post, the program also provides unique employment opportunities for those looking to earn income while working from

home, Freeman said.

“This program allows providers to have the flexibility to still spend the time with their family and still be a ‘stay-at-home family,’ but still take care of other children, bring in income and pursue what they want to do,” she said.

“This is a great opportunity for stay-at-home moms,” added Cardwell. “If you have a child at home and you’re really not ready to go back to work but you want some income, it’s a great opportunity.”

Cynthia Gonzales, FCC provider, is currently the only provider on the installation and recently accepted the first child into her program in her home.

Gonzalez began the process to become an FCC provider while in Germany, and completed the process when she arrived at Fort Rucker. She said it’s a great opportunity for stay-at-home mothers.

“I can stay at home and make some income, and take care of my baby while I’m working,” she said, adding that although the process to become a provider is extensive, it’s well worth the effort. “Don’t be afraid to do it. [The process] seems like a lot,

SEE OPPORTUNITIES, PAGE C6

ON POST

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

Mad Scientist Workshop

The Center Library will host its next Mad Scientist today. The first session will be from 3:30-4:30 p.m. and the second from 4:30-5:30 p.m. The event, an introduction to modern art, will be free, open to authorized patrons, Exceptional Family Member Program friendly and open to the first 20 people to register.

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

Teal Tuesday

April is Sexual Assault Awareness Prevention Month. This year, the theme is “Sexual Assault. Sexual Harassment. Not in Our Army.” The Teal Day Campaign is a Fort Rucker community-wide effort to recognize the collective responsibility to prevent all forms of sexual assault and sexual harassment by wearing something teal on Tuesdays throughout the month of April, according to Army Community Service officials.

Dog Days of Summer Dog Swim

Splash! Pool will host its Dog Days of Summer Dog Swim Saturday from 11 a.m. to 2 p.m. Registration is required to participate and the cost is \$7 per dog. At time of registration and payment, all dog owners will be required to attach a copy of their dog’s current vaccination records for health and safety considerations. No people are allowed in the pool with the dogs at the same time unless there is an emergency with a dog in distress. Dogs must be accompanied by an adult at all times and humans are limited to two dogs’ participation at any given time.

For more information, including the rules of the event, call 255-9162.

CPR orientation

The Army Community Service New Parent Support Program will host a free orientation to CPR class Monday from 8-11 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. Child care will be provided and no children will be allowed in the training area. The class will not include certification. The class will be Exceptional Family Member Program friendly.

For child care information and to register, call 255-9647 or 255-3359.

Denim Day

Wednesday is Denim Day – an annual campaign that aims to raise awareness of sexual assault. The Fort Rucker SHARP Team encourages the Fort Rucker Community to wear something denim on this day as a visible commitment to support the prevention of sexual assault.

Stroller Parade

The fourth annual Stroller Parade and Decorating Contest will help bring awareness to the community’s effort to prevent and confront all forms of child abuse and neglect, according to Army Community Service officials. People wanting to participate should meet at the Fort Rucker Primary School track Wednesday at 9:30 a.m. for the parade, and a performance by the school band and choir. The parade will last about an hour. Participants should have their strollers decorated prior to the event. Participation will be free. Strollers, wagons and trikes are all welcome. Prizes will be awarded to the first-, second- and third-place winners. The deadline to register is Monday. Children are welcome at the event.

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

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 April 27. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night April 27 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and es-



PHOTO BY NATHAN PFAU

Thunder on Tholocco

Fort Rucker will host its 11th annual Thunder on Tholocco Saturday at Lake Tholocco. Gates open at 9 a.m. and races begin at 11 a.m. The event will be open to the public, with ticket prices being \$5 in advance or \$7 at the door. Children ages 12 and under are admitted for free. Tickets may be purchased at outdoor recreation or MWR Central. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing. The high-performance machines reach speeds in excess of 100mph, according to organizers. People can also sign up to participate in a kayak or canoe race, rent a paddle boat, or see how far they can make it down the inflatable slip and slide. Food vendors will be on site with a variety of menu options, as well. For more information, call 255-1749. Pictured is a scene from a previous Thunder on Tholocco.

prit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 255-0768.

Operation Megaphone Worldwide Lock-In

In recognition of the Month of the Military Child, the Fort Rucker Youth Center will host Operation Megaphone Worldwide Lock-In April 28. Activities will include a glow party and activities, glow-in-the-dark bowling at Rucker Lanes, movies, and arts and crafts. The center will close at 6 p.m. April 28 for two hours for staff lunches and break before the fun starts at 8 p.m. All youth must be picked up by 6 a.m. April 29. Registration fee is \$20. Permission slips must be turned in by April 21. Children must be registered with child and youth services, and ages 11-8 and grades 6-12.

For membership information or to sign-up for membership, call 255-9638 or 255-2260.

Newcomers welcome

A newcomers welcome is scheduled for April 28 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.

Law Day

Center Library, in association with the Fort Rucker Office of the Staff Judge Advocate, will host a Law Day activity May 1 from 3:30-4:30 p.m. for children and their families. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Family game night

To help celebrate Children’s Book Week, the Center Library will host a family game night May 2 from 4-6 p.m. for youth to play a wide variety of board games and video games. Light refreshments will be served. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, call 255-3885.

Federal jobs workshop

Army Community Service will host its federal job workshop May 4 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.

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

Get R.E.A.L.

Army Community Service Army Family Team Building will host its Get R.E.A.L. – Rucker Experience Army Learning – workshop May 8th from 8:30 a.m. to 2:30 p.m. at the Divots Conference Room at Silver Wings Golf Course. Free lunch and childcare will be provided. Registration deadline is May 4. Topics will include acronyms, Army customs and courtesies, military rank, community resources and more.

For registration and childcare information, call 255-1429.

StoryWalk

As part of the Army Strong Balance, Activity, Nutrition, Determination and Strength program, the Center Library, in conjunction with the fitness center, will host a StoryWalk May 6 from 9-11 a.m. along the Beaver Lake trail. StoryWalk is an innovative and delightful way for children and adults to enjoy reading and the outdoors at the same time, according to library officials. Laminated pages from a children’s book are attached to wooden stakes that are installed along an outdoor path. As participants stroll down the trail, they’re directed to the next page in the story. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

FORT RUCKER MOVIE SCHEDULE FOR APRIL 20-23			
Thursday, April 20	Friday, April 21	Saturday, April 22	Sunday, April 23
Rock Dog (PG)7 p.m.	Get Out (R)7 p.m.	Lego Batman (PG)4 p.m. Logan (R)7 p.m.	Rock Dog (PG)1 p.m. The Shack (PG-13)4 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			

Exhibit showcases therapeutic art

By Terri Moon Cronk
Defense Media Activity

WASHINGTON – Healing arts therapy for wounded warriors can have a profound impact on those who have post-traumatic stress disorder and traumatic brain injury, and it also educates the medical community on treating such signatures of war, the director of the Defense Health Agency said April 12 at the opening of the 2017 Wounded Warrior Healing Arts exhibit at the Pentagon.

Navy Vice Adm. (Dr.) Raquel C. Bono spoke at the kickoff of the Pentagon Patriotic Arts Program’s newest display, which will grace the walls of Apex 1 and 2 on the Pentagon’s second floor for a year.

The exhibit reflects the therapeutic artwork of service members who have suffered such maladies and found an outlet in many forms of art to help in managing their symptoms.

The military has used therapeutic arts programs since the inception of the National Intrepid Center of Excellence healing arts program in 2010 at Walter Reed National Medical Center in Bethesda, Maryland. It’s an expanding program across the nation’s military facilities, with numerous such programs in place or under way.

“One of the lessons we took away from 15 years of war ... is we realized there’s much more than fixing a person’s physical ability and injury,” Bono pointed out.

And often, coping with such disorders with art therapy involves the community around the affected service member, she said.

“I see it has a profound impact not only on your own healing, but to rest of community in terms of understanding and appreciation,” the admiral said.

“We learned we must be able to take care of the entire family and the entire network of our wounded warriors, and that was a real signature lesson we carried forward,” Bono noted.

But another piece of that equation, she said, is that military medicine learned to take care of spiritual, intellectual, mental, physical and religious domains that are important as wounded warriors transition from the military.

The DHA director told the numerous artists from the program who were in the audience that their ability to display their art in the halls of the Pentagon is an incredibly powerful way to express their messages that often cannot be put into words.

Likewise, she added, the artists’ sharing of their work with a broad audience will help others understand that complexities exist in everyone, and the complexities can exceed simple treatment and therapy.

“I want people to know who you are and what you’ve done,” Bono told the artists. “I thank you all for sharing, because I know this is a deeply personal part of who you are and what you’ve experienced.”



PHOTO BY TERRI MOON CRONK

Navy Vice Adm. (Dr.) Raquel C. Bono, director of Defense Health Agency, addresses an audience at the kickoff of the Pentagon Patriotic Arts Program’s newest display, the 2017 Wounded Warrior Healing Arts exhibit, at the Pentagon, April 12.

HEALING IMAGE

Boots serve as memory of what Soldier can’t express in words

By Terri Moon Cronk
Defense Media Activity

WASHINGTON — The blood-spattered, worn combat boots with a medical syringe lying alongside them portray a healing image for retired Sgt. Timothy “Mike” Goodrich.

Goodrich, who was introduced to healing arts therapy last year at Fort Belvoir, Virginia, has found his way through art to express feelings of war that he cannot put into words because of post-traumatic stress disorder and traumatic brain injury.

Following retirement after an injury when he was deployed to Afghanistan, the psychological operation team sergeant was at first leery about his treatment plan, which included art therapy, he said April 12 during the opening of a Pentagon exhibit of therapeutic art produced by wounded warriors.

But it didn’t take long for him to become hooked on expressing himself through his art, he added, and it replaced his long-time coping mechanism of internalizing his thoughts.

“I didn’t have to talk. I didn’t have to say a word,” he said of working on art project. “I could just work on something that was bothering me, something I didn’t understand or felt I couldn’t remember correctly. I could work on the art till I understood what I was feeling.”

His artwork gives him something tangible that symbolizes what he felt while at war, he said.

Goodrich said using his blood-stained boots as art gave him the emotional attachment he needed. The boots were stained from the surgery he underwent after taking a direct hit from shrapnel to his head, which shattered his jaw. “It’s a snapshot of what the ground looks like at any combat surgical hospital in Afghanistan or Iraq,” he said.

MEANINGFUL ATTACHMENT

His well-worn combat boots are authentic, and using them in an art piece that displays something meaningful to him is helpful in coping with his trauma, Goodrich said.

“It’s not a pretty thing, but it’s real,” he said. “It’s something I’ve experienced after being wounded in combat.”

Healing arts therapy is spreading across the nation in military hospitals as a coping



PHOTO BY TERRI MOON CRONK

Combat boots covered in blood stains from his surgery are now a form of therapeutic art for retired Sgt. Timothy “Mike” Goodrich.

mechanism for service members to open up when they cannot discuss battle experiences in talk therapy, Goodrich said.

A JOURNEY

Relief from PTSD might not bring an instant feeling of well-being, he said, noting that art therapy is a process.

“It’s a journey from the beginning to the end for me,” he explained. “I get something out of it at different steps, and I don’t get to determine what that is. It just happens, and at the end of it, I usually end up where I feel better about something.”

While the bad feelings might not go away entirely, he conceded, he is grateful for finally having the tools to keep his symptoms at bay, bringing time to adjust and fight back.

For Goodrich, using a variety of media – painting and working with metal and wood – provides the outlet for him to create tangible artwork he can look at every day so he can recall the emotions attached to it when he feels he wants to.

“It’s important to me, and I think it should be important to the Defense Department to continue these programs,” he said. “You

can’t predict conflict. But you can predict that if you’re going to have conflict, you’re going to have casualties and [service members are] going to need access to the same kind of care we have right now.”

PENTAGON EXHIBIT

Goodrich and numerous other artists who have found outlets through creating art to quell the symptoms of PTSD and TBI were selected to have their art on display in the Pentagon for a year as part of the 2017 Pentagon Patriotic Art Program’s Wounded Warrior Healing Arts Exhibit. The hallway display is on the second floor of Apex 1 and 2.

Goodrich said he is pleased with the exhibit.

“People are going to be able to see these every day, and repetition is important,” he said. “So now people are going to walk by and see how important it is – at least to the people who have their pictures on the wall – and it’s going to be important to hundreds of other people just like us.”

His artwork is a reminder of where he came from, albeit a bad day, Goodrich said.

“But that’s not where my story ended,” he said. “I didn’t die on the battlefield, I didn’t die in the surgical hospital, I didn’t die en route to the states. All those times when I could have died, I didn’t, and my art reminds me of that.”

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Public invited to Blue Angels practice



Naval Aviation Museum Press Release

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays until November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practices 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 prac-

tice 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/>.

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

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

APRIL 25-29 — Southeast Alabama Community Theatre will perform its production of “The Miracle Worker” at the Cultural Arts Center. Tickets are available online at www.SEACT.com or by contacting the SEACT Office at 334-794-0400. The SEACT office is open for ticket sales between 9 a.m. and 1 p.m. and is located inside the Cultural Arts Center at 909 S. St. Andrews Street. Tickets are \$19 for adults and \$17 for students/seniors 65+/military with ID. Performances are at 7 p.m. – the lobby opens at 6 p.m. Reserved seating begins at 6:30 p.m. “The Miracle Worker” dramatizes the volatile relationship between the lonely teacher and her charge, according to organizers. Trapped in a silent world and unable to communicate, Helen is violent, spoiled and almost sub-human, and treated by her family as such. Only Annie realizes that there is a mind and spirit waiting to be rescued from the dark.

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

APRIL 27 — 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. Joan Newman, financial adviser, will be the guest speaker. She will discuss money management, financial goal setting, and techniques of beginning and continuing retirement savings for the NARFE membership. All federal employees, active or retired, are invited to attend the lunch programs regularly scheduled at 11 a.m. the fourth Thursday of each month 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.

APRIL 22 — The Friends of the Enterprise Public Library is holding a spring book sale bash from 9 a.m. to 2 p.m. at the library. Members of the Friends of the Enterprise Library organization are eligible to attend the friends-only pre-sale April 20 from 3-6:30 p.m. New memberships will be accepted prior to the sale and at the door. On sale will be popular fiction and nonfiction for all ages, DVDs, CDs, books on CD, as well as vintage, signed and classic items, along with a wide selection of history books from early civilizations to the Civil War and beyond, according to organizers. Money raised by the book sales funds library projects, as well as the purchase of books and materials for use by patrons. For more information, visit <http://www.friendsoferpriselibrary.org>.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

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

NEW BROCKTON

APRIL 27 — Disabled American Veterans Chapter 99 will meet at 6 p.p. in the Senior Center, located one block behind the old police station. Food and drink will be served followed by regular chapter business. Veterans throughout the Wiregrass are invited to join as DAV or DAV Auxiliary. Current DAV members who wish to be considered for the upcoming year’s positions of commander, senior or junior vice or other positions should submit their names to the chapter’s adjutant no later than May 25. Formal nominations will be conducted at the June 22 meeting and elections of new officers will be held at the July 27 meeting. 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 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.

OZARK

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

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

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

PINCKARD

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

SAMSON

ONGOING — 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.

WIREFGRASS 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.

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

Beyond Briefs

Alabama Book Festival

The annual Alabama Book Festival will be in historic downtown Montgomery at Old Alabama Town April 22 from 9 a.m. to 5 p.m. with about 50 authors, and more than 40 vendors and exhibitors. The free public event is the state’s premier book festival, with some 5,000 people from around the state and the southeast converging in the capital to meet with and hear from their favorite authors and scholars, according to organizers. The event will also feature a children’s activity area. Old Alabama Town is located at 301 Columbus Street.

For more information, call 334-240-4500 or visit www.alabamabookfestival.org/welcome.html.

Joy to Life - Walk of Life

The Joy to Life Foundation will host its 16th year of the Joy to Life - Walk of Life event April 22 from 8:30-11 a.m. where people will be welcome to run or walk to raise awareness and support for the fight against breast cancer. The Walk of Life will begin at 8:30 a.m. with the starting line on Tallapoosa Street near Dreamland BBQ. Once people

cross the finish line on Commerce Street by the Alley Station, they can make their way through the tunnel to Montgomery’s Riverfront Park where there will be food, drinks, the Mighty Kids Dash, vendors, artists, music and more.

For more information, call 334-284-5433 or visit joytolifefoundation.org/events/walk-of-life/.

River Jam Music Festival

Montgomery will host its free River Jam Music Festival May 12-13 presented by Wind Creek Montgomery and the Alabama Roots Music Society. May 12 at 6 p.m. at the Union Station Train Shed performers will be The 69 Band, Wyatt Edmundson and The John Bull Band. May 13 at

4:30 p.m. at the Riverfront Amphitheater performers will be Kirk J, Leah Seawright with March Hearnson, Mingo Fishtrap and Anders Osborne.

For more information, call 334-625-2100 or visit www.funinmontgomery.com/announcements/river-jam.

Gulf Coast Hot Air Balloon Festival

The Gulf Coast Hot Air Balloon Festival will take place May 4-7 in Foley. Pilots from across the U.S will participate and the fes-

tival will include balloon glows Friday and Saturday night, the Disc Connected K-9’s Frisbee Dog Show, carnival rides, arts and crafts vendors, and food and entertainment, according to organizers. There will be a balloon glow May 4 from 6-7 p.m. at Tanger Outlets. The festival grounds, located at 18507 US Hwy. 98 West in Foley, are open Friday from 2-10 p.m. and Saturday from 9 a.m. to 10 p.m.

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

Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit <http://www.biscuitsbaseball.com>.

Date Night Movie on the Green

A date night movie will be played on the big blow up screen at Montgomery’s Riverfront Park starting at dark on the first Friday in May and June. People are welcome to bring chairs or blankets for seating. Food vendors will be available, or people may bring their own food. People must be at least

18 years or older. Pets are welcome. Tickets are \$5 per person and must be purchased online or at the gate.

The movie for May 5 is “Silver Linings Playbook,” and June 2 is “Dirty Dancing.”

For more information, call 334-625-2100 or visit funinmontgomery.com/announcements/movies-on-the-green.

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 through 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>.

ASTRONAUT:

Space station ‘great model for society’

By David Vergun
Army News Service

WASHINGTON — The International Space Station is a “great model for society,” said NASA Astronaut and retired Col. Robert S. “Shane” Kimbrough, who returned to Earth April 10 after 173 days in space.

It’s a study of how six Russians, Americans, French and Japanese can work together in confined spaces to do some really incredible science and research that will benefit all of society, said Kimbrough, who was the Expedition 50 commander on the International Space Station.

The experience on the ISS demonstrates that “none of the countries could do that alone. It takes all the international partners working together to make that space station program happen,” he said.

“As space station commander, you’ve got to integrate all those different types of people, personalities and culture to make an effective team,” he said, adding that integrating the team “wasn’t much of a challenge because I had a great crew. I was just fortunate enough to be up there with the people I was.”

Asked how the crew could communicate, he said that he and another American, along with a Japanese and French astronaut, spoke to the three cosmonauts in Russian and, in turn, the Russians spoke English to them.

“We were constantly working on the language, and always learning more vocabulary and different terms and even slang,” he said. The challenging part was translating the technical jargon.

Overall, he said it was great working with them. They’re very different. Not just language, but culture and cuisine. “It’s always interesting learning different cultures.”

Besides sharing languages, the crew also shared food, Kimbrough said. The Russians would partake of the American, French and Japanese food and they, in turn, would be offered Russian meals, particularly on weekends. “They seemed to enjoy our food and we enjoyed theirs.”

After 173 days in space, living in a confined area, it might seem easy to get on each other’s nerves after a while. Not so, Kimbrough said.

“We had a lot of training before the mission in learning ways and techniques on how to not annoy people,” he said. “When they pick astronauts, one of the criteria is, ‘are you going to annoy somebody if you are in a small area for a long time, because if so, we don’t want you here doing this job, you can do something else.’”

SPACE TRAVEL IS FUN

Kimbrough said the crew did a lot of important scientific experiments in the fields of biology and the physical sciences. Some of the biology experiments could lead to advances in medical treatment.



NASA PHOTO

Expedition 49 crew members Shane Kimbrough of NASA, Sergey Ryzhikov and Andrey Borisenko of the Russian space agency Roscosmos at the Baikonur Cosmodrome in Kazakhstan, Sept. 9 – a month before launch.

But besides all the work, the crew had a lot of fun too. “Every day is fun,” he said. “Everything is floating around and you’re floating around instead of walking.

“Eating is especially fun,” he continued. “You can eat upside down, right-side up, toss an M&M to your buddy across the room or send him a drink. We played around a lot with our food. We tell our kids at home not to do that, but we do it in space.”

Another type of fun, he said, was “looking out the window at our beautiful planet Earth. That was really special.”

VALUED ARMY EXPERIENCE

Kimbrough credits the Army with giving him many opportunities for operational experience and leadership training, beginning at the U.S. Military Academy at West Point, New York, and all of the follow-on leadership courses throughout his career.

NASA is looking for astronauts with that type of experience, along with the education. Kimbrough graduated from West Point in 1989 with a Bachelor of Science in Aerospace Engineering and he later graduated from Georgia Tech in 1998 with a Master of Science in Operations Research. His operational experience includes piloting an Apache helicopter during the Gulf War.

Besides education and leadership experience, NASA is looking for someone who has been exposed to unique and austere environments, something “we as Soldiers experience on deployments,” he said.

They’re also interested in someone who can thrive on a team and deal with stress, he said.

“We’re good at memorizing responses in

critical situations,” he said. “My brain was set in that mode from all of the Army training. So we’re always preparing for worst-case situations and hoping we never have to go there, but if something bad would happen, we’re ready to go and respond in those situations.”

MARS MISSION IMPORTANT

Asked about what he thinks about a manned mission to Mars, Kimbrough replied, “I absolutely think having a manned mission to Mars and other places is where we need to go. ... That is the next frontier for humanity.”

In a couple of decades a human will land on Mars, he predicted, “but I’ll certainly be too old to do that when the time comes around.”

Kids in school today that he talks to will be the generation that gets to Mars, he said.

“Hopefully we can inspire them to go down that road.”

SOLDIER FOR LIFE

It’s an honor to be a Soldier For Life, Kimbrough said, adding that the Army instilled in him “this incredible sense of service ever since going to West Point.” He added that working for NASA as a civil servant is also a wonderful experience.

Kimbrough said that no matter where he goes or who he meets, he feels that he’s representing the Army and “that’s a great feeling.”

Kimbrough added that he couldn’t have ever been successful in the Army or NASA without the support of his friends and family, particularly during long deployments or in space on this mission and a previous one in 2008 aboard the Space Shuttle Endeavour to the ISS.



NASA PHOTO BY JOEL KOWSKY

The Soyuz MS-02 rocket is launched with Expedition 49 Soyuz commander Sergey Ryzhikov of Roscosmos, flight engineer Shane Kimbrough of NASA, and flight engineer Andrey Borisenko of Roscosmos, Oct. 19 at the Baikonur Cosmodrome in Kazakhstan.



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*APR=annual percentage rate. Quoted rates are lowest available rates, reflect all possible discounts and are effective April 20, 21 and 22, 2017 only. As low as rate on auto loan is for 48 months. The as low as boat rate is for up to 72 months. Your rate will be based on your credit and may be higher. Rates and terms subject to change based on market conditions and borrower eligibility. 90 days with no payments offer available only for purchases made at the sale April 20, 21 or 22, 2017 financed with AACFCU. AACFCU will finance up to 120% MSRP (new) or NADA (used) on autos and up to 100% on boats and RVs. Offer good for a limited time with approved credit for loans new to AACFCU only. Other restrictions may apply. Contact us for full details.

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 Chapel,
9 a.m. and 6 p.m.

Adult Bible Study
Spiritual Life Center, 7 p.m.

Opportunities

Continued from Page C1

but it's not hard at all. People just need to be really patient on the process."

Freeman said the program is a win-win for providers and families, and the need for quality childcare is out there, which is what she hopes the FCC will be able to provide on a more extensive scale.

"Anyone can babysit, but when you have a provider that has gone through [this level of] training, they're not in it just for the money," she said. "There is a need for this because there are times when we can't accommodate (everyone) here at the centers because we're full or we don't have the space available for the age group that needs it, so to be able to have the FCC provider that can offer the same thing that the centers can offer should mean a lot to not only the parent, but the child, as well."

For more information on the FCC program, call 255-3066 or 255-3106.

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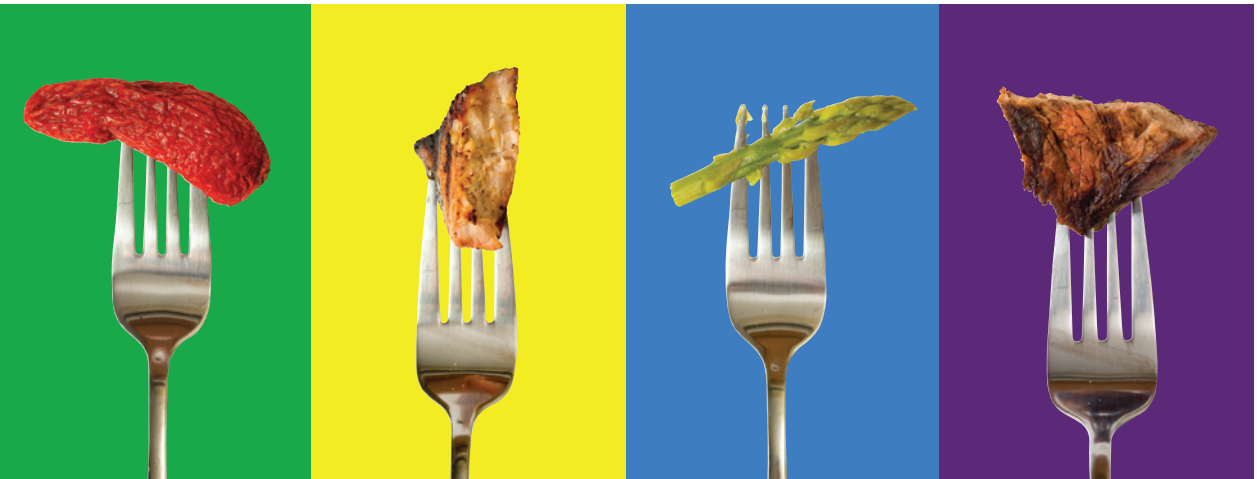
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THE CHAMPS

Control Freqs school DODEA, 69-66, for title

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Intramural Basketball season came to a close as the two top teams battled it out for the championship title in a game that had spectators on the edge of their seats.

The 1st Battalion, 11th Aviation Regiment, Control Freqs downed the Department of Defense Education Activity, Just Ball/No Talk, 69-66, to take the title of post champions at Fortenberry-Colton Physical Fitness Center April 13.

Both teams fought hard throughout the game, but it was the Control Freqs' superior shooting that kept them comfortably ahead for the majority of the game, and although Just Ball managed to rally in the final minutes of the game, the importance of free throws was never felt more than in this game.

"We played tough and had to switch up our defense a couple times, but we stuck it out and hit free throws when it mattered," said Sgt. Jacob Durski, player for Control Freqs. "We've done well, and it feels good to actually win the season and tournament – we finished it off strong."

Just Ball took possession at the toss up but couldn't get on the scoreboard and Control Freqs picked up the rebound, but the DODEA team was there to keep them from sinking a basket.

Possession bounced back and forth for the first few minutes of the game, but it was Just Ball that would get on the board first with a three-point shot.

Control Freqs quickly followed up with a 3-pointer of their own to tie the game, and they again managed to regain possession with a steal and although they weren't able to sink another three-point shot, a foul against them allowed them to sink free throws to take the lead.

The 1-11th followed up with another



PHOTO BY NATHAN PFAU

Spc. Dennis Moore, 1st Bn., 11th Avn. Regt. Control Freqs, takes a shot under pressure from a DODEA Just Ball/No Talk player.

3-point shot to start pulling away, but Just Ball wasn't going to fall too far behind as they matched their opponent's shooting prowess with threes of their own.

Control Freqs seemed to keep a tighter defense, though, not allowing their opponents

to get under the net, making them rely on their shooting to score, which was managing to keep them in the game.

The DODEA team managed to find their stride and take the lead as their offense outpaced their opponents to take a comfortable,

6-point lead.

Control Freqs managed to readjust their play style, though, and close that gap, but a strong offense from their opponents and some unfortunate fouls against Just Ball allowed them to maintain their lead, 27-21 with just minutes remaining in the half.

Despite being down with little time, Control Freqs once again adjusted and managed to pull themselves back up to tie the game at the 2-minute mark.

The 1-11th didn't slow their pace and kept a strong offense as the seconds wound down to end the half on top, 32-28.

Control Freqs managed to go into the second half strong, starting with a 3-point shot, and they continued to outpace their opponents, gaining a near 10-point lead, and although Just Ball managed to close the gap a bit, they couldn't maintain and the 1-11th managed to once again pull away.

Throughout the third quarter, Control Freqs held onto their lead and managed to go into the final quarter ahead by 12, leaving Just Ball with a daunting task.

The Control Freqs continued to sink threes throughout the half to hold on to their lead, and try as they might, Just Ball couldn't seem to catch up.

A break came in the form of a series of technical fouls against Just Ball that allowed for free throws, but it wasn't enough to close the gap as the 1-11th held onto their lead.

Control Freqs might have gotten too comfortable, though, as they allowed Just Ball to come from behind to pull within basket with 1 minute remaining in the game.

Both teams were feeling the pressure as the seconds wound down with just two points separating the two teams in the final seconds.

Free throws were the deciding factor as a string of fouls against Control Freqs allowed them to extend their lead in the final seconds, winning 69-66.

GETTING BACK ON TRACK

Changing behavior can help people achieve goals

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

SILVER SPRING, Md. — Many people approach resolutions for the new year with great determination, but then find that the road to success is bumpier than they expected.

Spring is a good time for people to take stock of how they're doing. For people who feel they aren't meeting their goals, it's not too late to regroup and set themselves up for success.

Bradford Applegate, a behavioral health expert with the Deployment Health Clinical Center, explained some reasons people give up on personal goals and why success requires behavior change.

When people change counterproductive behaviors and adopt new ones, they're more likely to see positive growth, he said.

WHY PEOPLE FAIL TO CHANGE

Tracking how they behave in situations related to their goal can help people detect which of their habits or behaviors may cause them to fail.

Identifying the behaviors that led them off track is the way to help people understand what works for them. Maybe they want to lose weight, but they're so hungry by the end of the day that they overeat at dinner – maybe they might experiment with eating a bigger lunch or having a healthy snack before dinner.

"When you get to the point of failure, you need to recognize when that's happening and take action," said Applegate.

Tracking and changing behaviors is just one way to get positive results. Here are some common reasons people get off track and how to turn them around:

Ineffective approach. If your goal is to watch less television at night, it's ineffective to keep a television in your bedroom. Develop an approach that will foster success: remove the



PHOTO BY BILL EVANS

People tracking how they behave in situations related to their goals can help them detect which habits or behaviors may cause them to fail.

television from your room so you aren't tempted by it. Make better choices by identifying barriers and removing them.

Lack of motivation. Realize that your motivation will fluctuate as you pursue your goals and make it easy to stay on track. If your goal is to work out five mornings a week, make sure you get enough sleep so you feel like waking up early. Identify moments when your motivation is lacking and when it is high. Observe the things you did when you felt highly motivated and try to do them when you feel slowed down.

Going on autopilot. When you're setting goals, autopilot is your enemy. Pay close attention to every decision you make. When you are more mindful about your choices, you are more likely to incorporate new ideas.

Bad decisions. If your sink is leaking, putting a piece of chewing gum on it to stop the leak is at best a temporary fix. A better decision is to call a plumber and get it professionally repaired right away. We do this with our health goals looking for a quick fix or a workaround. Such strategies may hurt you in the long run.

Negative reactions. It is common to make the occasional stumble regardless of what you're trying to achieve. Cut yourself a little slack

– when you're too critical on yourself, it becomes easy to quit. If you only lose two pounds for the week and your goal was to lose three, give yourself credit for losing weight that week. Track and celebrate the small victories as they happen.

BE S.M.A.R.T WITH CHANGE

The most important step in meeting your goals is preparation. What you do before you start your behavior change affects your chance of success.

The S.M.A.R.T method is one approach to goal setting. Here's a closer look at this method:

"Have I created specific plans to succeed in my goal?" It is easier to succeed when you have a clear, practical plan.

"How measurable is my goal?" Determine measureable points throughout your process to track your progress.

"Is my goal achievable at this point in my life?" Pick goals based on your ability to fit them into your lifestyle. Achievable goals fit into your lifestyle without requiring too much change.

"Is it REALISTIC to complete my goal right now?" Choose goals that fit your schedule and still allow you

SEE BEHAVIOR, PAGE D3



ARMY GRAPHIC

Lyster commander seeks patient satisfaction feedback

By Jenny Stripling
*Lyster Army Health Clinic
Public Affairs Officer*

People who have received a Joint Outpatient Experience Survey in the mail after an appointment at Lyster Army Health Clinic should not throw it out – they should fill it out.

Over the past few years, people receiving a mailed survey from the Army Medical Command Office of the Surgeon General after a recent appointment at Lyster has probably become commonplace.

Many people know the importance of completing and returning the JOES survey. Providing clinic staff members with feedback helps them to improve services at Lyster, fostering a patient-to-primary-care-manager partnership to continually improve and achieve excellent health care. Listening to people through surveys helps clinic staff members identify desired and needed new services vital to people's health care and to sustain and grow the health care facility.

JOES also yields financial incentives to Lyster from the OTSG, which are linked to the scores people give the clinic. These funds are reinvested right back into the health care facility in the form of updated medical equipment, additional medications at the pharmacy, new staff and expanded patient education.

These funds are absolutely critical to the clinic's operations and allow staff members to continue to reach higher in delivering the gold standard of health care to their patients.

Taking the time to fill out and return the survey allows the OTSG to see the clinic staff's progress and ensure services delivered to Soldiers and their family members, as well as retirees and their family members, remain exceptional.

"We are missing out on valuable feedback from our patients on their experience at Lyster when these surveys are not returned," said Lt. Col. Jon Baker, Lyster commander. "We are your clinic and

SEE SATISFACTION, PAGE D3



TRIVIA

- See Page D3 for this week's answers.

92 Equal: Prefix
93 Feng —
95 Radio spots
96 On Soc.
Sec., say
97 Greek letters
98 Bitter-tasting
chemical
salt
99 "Madagascar
3: — Most
Wanted"
(2012
sequel)
100 "CSI"
procedure
101 More banal
102 Kingly
home
103 Tarzan, e.g.
105 Conductor
Toscanini
109 Gossipy type
110 Two-legged
creature
111 Op-ed piece
112 Large
playing
marble
117 Skiing base
118 1980s
Chrysler
120 — Aviv
122 Cards ask
to see them
123 Two, to Juan
124 Eden exile
125 Actress
Susan
126 Choice
words?

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See Page D3 for this week's answers.

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Army modernizes portable battlefield radiography system

By **Ellen Crown**
U.S. Army Medical Materiel Agency Public Affairs

FORT DETRICK, Maryland — Soldiers on the battlefield will soon use a new portable digital radiography system that is smaller, lighter, less expensive and more cyber-secure than previously fielded systems.

The U.S. Army Medical Materiel Agency will soon field the PDRS to the Army to replace two aging devices, including an X-ray generator and an accompanying computerized reader system. The PDRS combines these capabilities into a single lightweight X-ray unit intended for use by deployed medical, special operations and mortuary affairs Army units.

According to USAMMA equipment specialist Diego Gomez-Morales, the move to the PDRS will significantly reduce the cost per system and overall logistical footprint.

“The change will save the Army about \$55,000 per system,” said Gomez-Morales, who has served the Army for more than 30 years. “It will also reduce shipping weight by about 60 pounds per system and reduce the number of shipping containers from three to one.”

Gomez-Morales said the PDRS will be fielded with a complete training support package, including guides for opera-



PHOTO BY ELLEN CROWN

U.S. Army Medical Materiel Agency Equipment Specialist Diego Gomez-Morales demonstrates the new Portable Digital Radiography System that will replace two aging devices, including an X-ray generator and an accompanying computerized reader system.

tors and maintainers. Additionally, all parts are cataloged and sourced, which will expedite future repairs.

“We tend to be ‘MacGyvers’ in the field,” he said, referencing a 1980s television series that featured a crafty secret agent who used his practical knowledge to solve complex problems.

“The issue is that, without operator and maintainer manuals to guide us, we risk doing more damage than good when we try to work on this equipment in the field,” he continued. “Integrated product support is an essential part of the acquisition and fielding of medical solutions. We are not solely focused on just putting

out new materiel – we must think about the entire lifespan of these devices.”

Additionally, the Navy and Marine Corps will also field the same system, according to Gomez-Morales, to move the military health system toward greater medical system standardization.

“Having the same system or device used across the military is easier for trainers, operators and maintainers,” he said.

Modernizing medical devices also means ensuring they meet stringent Army cybersecurity requirements. Many modern medical devices need to connect to military computer networks

to operate properly. In an effort to ensure medical devices purchased by the government do not introduce security vulnerabilities, each device must pass a robust security certification process.

The PDRS is the first Army medical device to receive its authority to operate under the new Risk Management Framework – a process that took more than a year to complete. RMF integrates security and risk management activities into the system development life cycle. The risk-based approach to security control considers effectiveness, efficiency and constraints due to applicable laws, directives, exec-

utive orders, policies, standards or regulations.

“Achieving an ATO under RMF gives us peace of mind that this device complies with all of the current cybersecurity requirements, ensuring patients’ private health information remains secure at all times,” said Andrew McGraw, chief of USAMMA’s Cybersecurity Division, Integrated Clinical Systems Program Management Office.

The PDRS received cybersecurity testing at the Information Security and Engineering Command; environmental testing at the Aberdeen Test and Evaluation Center; and operational testing at the U.S. Army Medical Center Department Center and School.

The PDRS was developed with support from the U.S. Army Medical Center Department Center and School’s Capabilities Development Integration Directorate. The PDRS’s integrated product team included members from the Navy and U.S. Marine Corps, CDID, the USAMMA National Maintenance Program, the USAMMA Cybersecurity Division and the Defense Logistics Agency Troop Support.

“The PDRS IPT did a great job of working together to get through the final steps of the acquisition process,” Gomez-Morales said. “They really demonstrated strong teamwork, which was ultimately why this project is a success.”

Behavior

Continued from Page D1

to live a productive life.

“What amount of TIME do I need to successfully complete my goal?”

When your goals are time-bound, create a logical overview of what you need to do

to make them work.

STAY CALM AND CELEBRATE SUCCESS

Remember to remain patient – change takes time. The first 30 days of a goal are considered the short term. During this pe-

riod, you should manage high-risk situations and focus on the process, not the outcome.

The intermediate term begins on day 31. Stay flexible and open to trying new activities or approaches. When six months hits, you’ve reached the long-term stage.

Celebrate your success!

“Remember that your motivation will continue to wax and wane,” said Applegate. “I am a fan of telling others about your behavior change goals because it makes a statement that you are investing in yourself.”

Satisfaction

Continued from Page D1

ask you to tell us about your care through JOES when you receive it in the mail.”

People who receive a mailed survey in response to an

appointment experience at Lyster should be sure to fill it out and return it. The Lyster staff is working hard to ensure that it exceeds people’s health care expectations and earn excellent ratings. Lyster staff members want to make sure they continually receive people’s feedback.

Giving the clinic high marks when it meets or exceeds expectations, or letting staff members know where they might improve, goes a long way in maintaining and improving services for beneficiaries – our partners in health.

FORT RUCKER SPORTS BRIEFS

Fit Fest

Fort Rucker’s annual Fit Fest is scheduled for Friday from 9 a.m. to 4 p.m. at the festival fields. The free event will be open to the Fort Rucker community. Activities will include: fitness exhibitions, nutrition information, on-site health information, games, food, safety information, door prizes and more.

Thunder on Tholocco

Fort Rucker will host its 11th annual Thunder on Tholocco Saturday at Lake Tholocco. Gates open at 9 a.m. and races begin at 11 a.m. The event will be open to the public, with ticket prices being \$5 in advance or \$7 at the door. Children ages 12 and under are admitted for free. Tickets may be purchased at outdoor recreation or MWR Central. People are welcome to bring a chair or blanket and watch multi-class outboard drag boat racing. The high-performance machines reach speeds in excess of 100mph, according to organizers. People can also sign up to participate in a kayak or canoe race, rent a paddle boat, or see how far they can make it down the inflatable slip and slide. Food

vendors will be on site with a variety of menu options, as well.

For more information, call 255-1749.

Scuba course

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning Wednesday. The first class will meet at the Fort Rucker Physical Fitness Center Indoor Pool at 6:30 p.m. After the first week, the course will meet Monday and Wednesday nights for no less than six weeks and no more than seven weeks, depending on the weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For information, call 334-803-1323 or 334-494-0847.

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 re-enroll 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.

Gobbler Classic Turkey Hunt

Outdoor recreation hosts 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.

Fort Rucker 10-Mile Run Off and Team Relay

The Fort Rucker Physical Fitness Center will host the 10-Mile Run Off and Team Relay April 29. Awards will

be given out in various individual and team categories. Participants are encouraged to pre-register at either of the PFCs or at MWR Central. Race-day registration begins at 6 a.m. and the race begins at 7 a.m. Pre-registration is \$20 per individual by April 28 and includes a T-shirt. Race-day registration is \$25 per individual and includes T-shirt while supplies last. The run-only option costs \$15 and does not include a T-shirt.

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

Deep sea fishing trip

MWR Central will host a deep sea fishing trip in Destin, Florida, April 29. The cost of this trip is \$175 per person and includes transportation, bait, rod, reel, fishing license, fish cleaning, tip and six-hour fishing trip. Officials recommend people bring a small cooler with drinks and snacks – no glass. The bus will depart from Fort Rucker at 3 a.m. (time subject to change based on fishing conditions).

To register, call 255-2997 or 255-4305.

Super Crossword

Answers

M	I	R	E	S		C	L	A	P	T	R	A	P		E	G	R	E	S	
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R	E	N	T	A	L					O	D	Y	S	S	E	Y	S		W	R

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Elphaba
- Shoulder
- Six (Montana, South Dakota, Nebraska, Colorado, Utah and Idaho)
- A forward slash or stroke
- Dr. Pepper
- Chico, Harpo, Groucho, Gummo and Zeppo
- Green and yellow
- Topiary
- Peterhouse
- San Francisco



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