

ARMY FLYER

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CELEBRATING FREEDOM



PHOTO BY NATHAN PFau

A portion of the fireworks show at last year's Freedom Fest.

Freedom Fest adds country star to performer lineup

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker will let freedom ring Friday with music, food, entertainment, fireworks and more during Freedom Fest at the post festival fields.

Shane Owens, country music artist, is a late addition to what is annually one of the largest celebrations in the area, according to Katie Oskey, Fort Rucker Directorate of Family, and Morale, Welfare and Recreation recreation delivery system program manager.

This year's event will run from 4-10 p.m. and feature live music, food vendors and activities for family members to enjoy – from static displays to rides for children, she said.

"This is a great event to bring your family to," she said. "There are a lot of different food vendors out there, activities for the kids, and it's a safe, fun environment for everyone to enjoy."

"It's a wonderful opportunity to show your support for Fort Rucker," added Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "Freedom Fest is a celebration for our entire community. When we look around at our neighbors across the Wiregrass, we look forward to this day when we invite everyone out to celebrate our nation's



COURTESY PHOTO

Shane Owens, country music artist, will perform at Freedom Fest Friday.

independence with us at Fort Rucker. "

The celebration is open to the public and people are invited to enjoy the festivities that will include a Kids Zone for children, complete with inflatables and rides, said Oskey. Armbands for the Kids Zone can be purchased for \$10 with each additional band costing \$8, which includes unlimited rides and inflatable access.

In addition to the Kids Zone, the Warrant Officer Career College obstacle course will return, giving children the chance to test their mettle as they climb, jump and swing through the course.

The official opening remarks will begin at 7 p.m. followed by live performances from the U.S.

Army Maneuver Center of Excellence rock band out of Fort Benning, Georgia, as well as the Fort Rucker detachment's rock band, Crossfire, said Staff Sgt. William Peters, NCO in charge and drummer for Crossfire.

There will also be a special guest performance by country music artist, Shane Owens, who will perform a patriotic tribute, as well as performances by the Enterprise State Community College Entertainers.

The band and musical guests will perform from 7-9 p.m. and feature music from different genres, including rock, funk and a bit of country, said Peters, during a show that promises keep people moving in their seats.

"We're just looking to put on a good performance, especially since it's the 4th of July and we'll be celebrating our Independence Day," said the NCOIC. "Our goal is to put on something that everyone can appreciate as we celebrate the holiday."

Following the performances, the Fort Rucker skies will ignite in a colorful display of one of the largest fireworks shows in the area to the sounds of patriotic music.

People must have a valid ID and visitor's pass to access the installation, which can be obtained from one of two visitor

SEE FREEDOM, PAGE A7

I-14th Avn. Regt. 'Tomahawks' welcomes new commander

By Nathan Pfau
Army Flier Staff Writer

As rain fell over the Soldiers in formation, the 1st Battalion, 14th Aviation Regiment welcomed a new commander during a ceremony on Howze Field June 22.

Lt. Col. Michael S. Johnson assumed command of the battalion from Lt. Col. Jeffrey S. Dahlgren as the unit colors changed hands from the outgoing commander to the incoming.

Col. Kelly E. Hines, 110th Aviation Brigade commander, presided over the ceremony and expressed his gratitude to Dahlgren for his service and leadership as he bid farewell, and then welcomed the new command team.

"When [Dahlgren] took over [this battalion], Apache training is what we called 'in the red' with a very significant backlog or rebuttal," said the brigade commander. "His dynamic leadership resulted from classes going from deep in the red to largely green, and his Soldiers have

SEE 1-14TH AVN. REGT., PAGE A7



PHOTO BY NATHAN PFau

Col. Kelly E. Hines, 110th Avn. Bde. commander, passes the unit colors to Lt. Col. Michael S. Johnson, 1-14th Avn. Regt. commander, as he assumes command of the battalion from Lt. Col. Jeffrey S. Dahlgren during a ceremony on Howze Field June 22.

EAGLE RISING

Society inducts retired CW5 into ranks

By Nathan Pfau
Army Flier Staff Writer

After almost four decades of service to the nation, one veteran joined the ranks of some the Army's most storied Aviators with his induction into one of Aviation's most prestigious societies.

Retired CW5 Rufus N. Montgomery Sr. was inducted into the Order of the Eagle Rising Society becoming the 20th member during a ceremony at the U.S. Army Aviation Museum Monday.

"This morning we are privileged to recognize [Montgomery] as the newest member of the Eagle Rising Society," said Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant, during the ceremony. "Today, we add Mr. Montgomery's 37 years of dedicated service, not to mention his continued loyalty and contribution to the warrant officer cohort and the surrounding community.

"It's now your time to take your rightful place as only one of 20 Americans to have received the Order of the Eagle Rising," he said. "In you we find a sterling example to be emulated, and a reminder of the selfless service that can live within us all."

Montgomery said he was humbled to be inducted into the society, and only ever wished to serve his country and create an environment for others to succeed.

"Today, I have an honor given to only a few select Soldiers – induction into the Order of the Eagle Rising Society. I accept this honor with gratitude, humility and much respect," he said. "I chose not to do what the Army wanted me to do or go where the road led me. Instead, I did what the Army wanted me to do, but went a little bit



PHOTO BY NATHAN PFau

Retired Air Force Lt. Col. Dana Atkins, Military Officers Association of America president and chief executive officer, and Col. Garry L. Thompson (right), U.S. Army Warrant Officer Career College commandant, induct retired CW5 Rufus N. Montgomery Sr. into the Order of the Eagle Rising Society during a ceremony at the U.S. Army Aviation Museum Monday.

further to do more.

"[I chose] to be loyal to my superiors and my subordinates," he continued. "[I chose] to go beyond the road and do more, and create a new road that my fellow Soldiers and civilians could follow and be successful. I'm a very happy man today. Thank you all very much."

Montgomery enlisted into the Army in 1965 during a time when it wasn't popular to be a Soldier, but nevertheless took his place as a combat infantryman (paratrooper) and later as a cook with C Company, 1st Battalion, 503rd Airborne Infantry, 173rd Airborne Brigade in Bien Hoa, Vietnam, during his first tour of duty.

"I had an opportunity to briefly see what was in Rufus' background, and I think the part that stood out the most was the fact that he entered the Army

in 1965," said retired Air Force Lt. Col. Dana Atkins, Military Officers Association of America president and chief executive officer, and guest speaker for the event. "This was on the cusp of the Vietnam War. It was when (many in) our nation hated the military. When our service members came back and literally had apples, oranges, rotten grapes, tomatoes, eggs, whatever, were thrown [at them], but yet he elected to give service to his nation, even under that environment.

"He elected to stay 37 more years to serve his nation in a way that no others have done before him," he continued. "Rufus, I can't tell you how much I appreciate this opportunity to now know you personally – know what you've done and know what you've contributed to the Army through leadership."

PERSPECTIVE

Army transitions to consolidated claims center

By Army Public Affairs
and Capt. Daniel W. Hancock
*Chief of Client Services,
Fort Rucker Office of the Staff Judge
Advocate*

New Soldiers to Fort Rucker have been eligible to use this service since April, but now the entire Army will be relying on a new office at Fort Knox to process their claims for personal property losses incident to government service – the Center for Personnel Claims Support.

These claims are known as personnel claims, and include claims for loss or damage to household goods and privately owned vehicles during PCS shipment, or while stored at government expense.

Personnel claims also include loss or damage to Soldiers’ personal property located in government quarters or other authorized locations, caused by events such as storms, floods or power outages. Army civilian employees also are eligible to file personnel claims under certain circumstances.

The new CPCS will be fully operational Wednesday, and will process all claims of Soldiers and employees in CONUS, Alaska, Hawaii and Puerto Rico. Soldiers filing claims OCONUS will file their claims online as outlined below, but instead of contacting the CPCS, they will contact their local legal office for assistance in processing their claims.

How does this affect CONUS Soldiers, family members and employees filing claims? In the case of household goods damaged or lost during a PCS move, Department of Defense personnel still must file their claims directly with their transportation service provider under the Full Replacement Value program. The pink form (DD Form 1840/1840R, entitled “Joint Statement of Loss or Damage at Delivery/Notice of Loss and/or Damage”) will continue to be submitted within 75 days from the date of delivery directly to your TSP. Remember that submitting the Notice of Loss or Damage form does not mean that a claim has been filed. In order to get full



MARINE CORPS PHOTO

A moving truck is unloaded as a family moves into their new home. The Army’s new Center for Personnel Claims Support office will help expedite claims for property damaged during such moves.

replacement value for their loss, Soldiers and employees must file a complete claim with the TSP that includes detailed information on damaged items such as the original purchase price, repair estimates and replacement costs within nine months from the date of delivery. That mandatory part of the claims process will not change after the CPCS stands up.

But if the TSP does not act on the claim or is unable to reach a reasonable settlement with the claimant, the Soldier or employee no longer will file the unsettled claim with their local staff judge advocate or legal office.

Under the new process, Soldiers and employees will file those claims on-line and electronically submit required documents to the CPCS using an upgraded program called PCLAIMS Plus. As personnel complete their claims on-line, they can obtain customer service support over the web or directly from CPCS personnel by phone or email. Not only will the on-line filing system accelerate claims processing, but it will allow for quicker payment.

Access to the online claims portal requires CAC access or other means of authentication for recently retired or separated personnel. Those without a CAC should

call the CPCS at the number listed below for help in submitting their claim.

All CONUS personnel will be able to file a claim electronically with the CPCS beginning Wednesday. On that date, you go to <http://www.JAGCNet.army.mil/Pclaims> to find more information on how to file a claim (to include the trifold on the “ABCs of Claims”), or call the center at 1-502-626-3000 or DSN 536-3000 with questions. You also can contact CPCS by email at usarmy.knox.hqda-otjag.mbx.cpcs@mail.mil.

For general information, the Fort Rucker Office of the Staff Judge Advocate will continue to assist you.

Rotor Wash

“Freedom Fest is Friday from 4-10 p.m. on the Festival Fields where Fort Rucker will celebrate the nation’s Independence Day with food, fun and live music. What are ways people can make sure to stay safe during their Independence Day celebrations?”



Angie Murphy,
retired military

“If they have children [and they’re swimming], please watch them when they’re in the pool.”



John Parker,
retired military

“Drink a lot of water [if you’re outside], be aware of your surroundings and assist others when possible.”



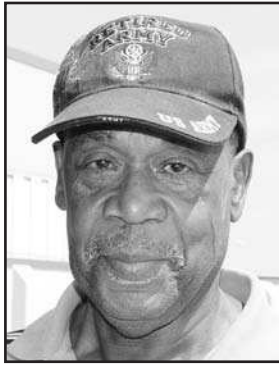
Sgt. Khadijah Timpson,
NCO Academy

“They can stay safe by staying aware of what’s around them. Keep your eyes on the kids and make sure they’re not close to any fires or matches or anything like that.”



Zinda Wells,
civilian

“If folks are driving over the holiday weekend, they can stay safe if they turn their cell phones off completely, or remove them to the back of the car.”



James Ivery,
retired military

“Well obviously don’t drink and drive, and keep [the phones] out of your hand [while driving].”

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FORT RUCKER COMMANDING GENERAL

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

TEAMWORK

Aviation Soldiers participate in hurricane preparedness exercise

By Kelly P. Morris
USAACE Public Affairs

As Tropical Storm Cindy formed in the Gulf of Mexico, Aviation Soldiers here focused on an eerily similar scenario storm as they participated in a hurricane evacuation training exercise at Fort Rucker June 20.

The annual event, which brought together multiple commands and organizations on post, focused on communications and procedures required for air movement of rotary-wing aircraft to hangar, in the event of an actual hurricane.

“It went pretty well. We learned some good lessons about our communications. We didn’t have weather to actually move our practice aircraft, but it got everybody in the right mindset at the beginning of hurricane season. It emphasizes the importance of it, in doing the exercise. We appreciate all the assistance and participation. There were a lot of people involved in this,” said Mike Ash, chief of operations for the Aviation Center Logistics Command.

The event brought an opportunity for real-world experience to a schoolhouse environment, according to Chief Warrant Officer 2 Brett D. Aderhold, operations assistant at 110th Aviation Brigade.

“As a Training and Doctrine Command post, our job is to train and evaluate and feed the force. So this (exercise) gives new people a chance to learn the process, it gives the already qualified people



PHOTO BY KELLY P. MORRIS

Soldiers with 1-11th Aviation Regiment employed the Mobile Tower System at Guthrie Field June 20 as part of a hurricane evacuation preparedness exercise.

a chance to hone their skills and check their proficiency, and it also is an opportunity for the unit to act like a real world unit in that we have to be able to react to an actual weather situation that might occur here,” said Aderhold.

The goal of assessing preparedness in the event Fort Rucker were to take a direct hit was easier to imagine with the radar showing an actual storm developing in real time.

“It added some realism into it, because as we were talking about this fictional storm, we were going back and forth looking at the real storm. It was in almost the same spot,” Aderhold said. “A huge

wet storm ... that just sits there and churns and just very slowly moves is the biggest threat.”

For Soldiers with 1-11th Aviation Regiment, the exercise involved employing the Mobile Tower System, or MOTS. In a real situation, the MOTS ideally would be used in a location out of sight of an actual air traffic control tower where coordination of aircraft movement would be required on a tight timeline in advance of an impending storm.

“This exercise was mainly based off of getting communications set, so we know how we’re supposed to report, ensuring aircraft arrived at the location and making sure

our reporting structure is accurate,” said Maj. Lucas Crabtree, battalion operations officer for 1-11th Aviation Regiment.

“Something that should take 12 hours could turn into 18 hours pretty quick if our communications are bad,” he said. “We’ve got to be on top of our timeline.”

The unit also had to think through possible contingencies and multiple communication options.

The unit’s tactical focus was on “where we set up the MOTS, how is it going to work, how does the airspace look, clearing the airfield of (foreign object debris), and identifying usable space,” Crab-

tree said.

In theater, the MOTS is employed to set up long-term Air Traffic Control operations. In this training scenario at Fort Rucker, the MOTS prevents aircraft from having to land at their own risk, and also helps orchestrate movement on the ground.

The MOTS provides Soldier stations inside a mobile tower to include flight data, ground control and local control. It takes less than an hour to set up for this type mission, and is capable of synchronizing with tactical radar systems.

“If you have a radio failure in the MOTS, you have multiple radios you can jump to if you need to. The MOTS has weather equipment so we can give accurate winds. The biggest thing is the security of it. You’re going to be able to give safer air traffic control calls than if you’re sitting in the back of a Gator with the wind blowing at thirty miles per hour,” said Sgt. 1st Class Zachary C. Hight, senior Air Traffic Control sergeant with A Co., 1-11th.

“Rehearsals are key,” said Hight. “A lot of our questions were answered in the exercise. It opened the window for new questions on things we didn’t think about. It gave us an opportunity to put those out there in open forum.”

The exercise was part of a larger emphasis on overall preparedness, which includes information and resources for Soldiers, Department of the Army Civilians, and families.

Hurricane season runs from June 1 through Nov. 30.

Laser weapons bring sharp advantages to the battlefield

By David Vergun
Army News Service

WASHINGTON – The Army and Navy are increasingly incorporating laser weapons on a limited number of platforms and training exercises, according to Matthew Ketner, branch chief of the High Energy Laser Controls and Integration Directorate at the Naval Surface Warfare Center Dahlgren Division, Virginia.

Ketner spoke on these emerging laser technologies spoke last month during Lab Day at the Pentagon.

For its part, the Navy placed a 30-kilowatt laser onboard the USS Ponce, an amphibious transport dock ship, in 2014. The laser has been tested extensively and is authorized for defensive use.

The Army, meanwhile, is testing lasers to bring down unmanned aircraft systems, according to Ketner.

In one training instance, a 10-kilowatt laser was placed on a Heavy Expanded Mobility Tactical Truck and tested during a Maneuver Fires Integrated Experiment at Fort Sill, Oklahoma, in April 2016. The laser successfully shot down a number of UAS.

In February and March, the U.S. Army Space and Missile Command shot down

a number of UAS with a 5-kilowatt laser mounted on a Stryker during the Hard Kill Challenge at White Sands Missile Range, New Mexico.

The purpose of the Hard Kill Challenge “was to assess and look at technology... to do a ‘hard-kill’ shoot down of Group 1 [UAS] and inform decision-makers on the current state of technology and how it can deal with single and multiple targets,” said Adam Aberle, SMDC High Energy Laser Division technology development and demonstration lead.

The Army recognizes that high energy lasers have the potential to be a low-cost, effective complement to kinetic energy, he said. Lasers have the potential to be more effective at addressing rocket, artillery, mortar, or RAM threats, as well as unmanned aircraft systems and cruise missiles.

On the plus side, lasers are silent and invisible to the human eye and are thus hard to detect by the enemy, Ketner said.

Also, a laser has a near-perfectly straight trajectory, unlike the arc of an artillery round, which allows the laser to be much more accurate in finding its target.

Ketner also pointed out that a laser beam can also be scaled to the object in question, as he showcased a display of items that were hit by a laser. The objects included



PHOTO BY DAVID VERGUN

This display shows the effects of laser hits on materials during Lab Day in the Pentagon May 18.

steel plating, aluminum, copper, carbon fiber and Kevlar. Other display items included a fried circuit board, a destroyed fixed-wing UAS and quadcopter, all victims of the laser beam.

The power of the beam can be adjusted for any material, he said. There’s even a non-lethal adjustment for human targets.

So far, lasers have taken out cruise mis-

siles, mortars, and other projectiles during testing, Ketner said.

One downside, he noted, is that lasers take a lot of energy, and have difficulty penetrating haze, dust, smoke and materials with anti-laser coatings. But overall, lasers remain a valuable tool in the military’s arsenal. “Unlike a traditional gun,” Ketner said, “lasers don’t run out of bullets.”

News Briefs

Blood drive

LifeSouth Community Blood Centers will host a blood drive Friday from 9 a.m. to 8 p.m. at the commissary. All donors will receive a recognition item and a free cholesterol screening. Donors must be 16 or older, weigh at least 110 pounds and show photo ID. Donors who are 16 must have written parental permission.

For more information, call 888-795-2707 or visit www.lifesouth.org.

Changes of command

- The U.S. Army Aeromedical Research Laboratory will host a change of command ceremony July 7 at noon at the U.S. Army Aviation Museum.
- U.S. Army Garrison Fort Rucker will host a change of command ceremony July 12 at 2 p.m. at the U.S. Army Aviation Museum. Col. Brian E. Walsh will assume command from Col. Shannon T. Miller.
- The 1st Aviation Brigade will host a change of command ceremony July 14 at 8:30 a.m. at Howze Field.

Indoor pool closure

The indoor pool at the Fort Rucker Physical Fitness Center is closed to fix several mechanical issues. In the interim, physical training lap lane reservations and lap swimming are available at SPLASH! Pool and Spray Park Mondays-Fridays from 5:30-10:30 a.m. The indoor pool is scheduled to re-open Monday.

For more information, call 255-2296.

School physicals

To ensure the highest continuity of care possible, while providing timely access for patients requiring a school physical, Lyster Army Health Clinic encourages beneficiaries to schedule school physical appointments as soon as possible from now until July 30. Parents should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with your primary care clinician. Call the appointment line at 1-800-261-7193-7193.

Immunizations for school enrollment

Lyster Army Health Clinic officials said that in addition to infant immunizations, school aged children are recommended to receive the following immunizations:

- Measles, Mumps, Rubella age 4-6;
- Polio age 4-6;
- Varicella (chicken pox) second dose age 4-6;
- Human Papilloma Virus age 11 and older;
- Meningococcal age 11-12 and again at age 16; and
- Tetanus, diptheria, whooping cough every 10 years.

People are welcome to talk to their provider about childhood immunizations. Alabama Immunization Records (Blue Cards) are available at the immunizations department.

Siren test

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

Retiree council meetings

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

For more information, call 255-9124.

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.

Yoga classes

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

U.S., NATO conclude Saber Strike 17 exercise

By Air Force Senior Amn. Tryphena Mayhugh
*86th Airlift Wing
Public Affairs*

ADAZI MILITARY BASE, Latvia – About 11,000 U.S. and NATO service members from 20 countries concluded the Saber Strike 17 exercise Saturday.

The exercise took place in various regions in the Baltics and Poland from May 28-Saturday.

Saber Strike 17 is a long-standing Joint Chiefs of Staff-directed, U.S. European Command-scheduled, U.S. Army Europe-led cooperative training exercise.

Participating nations in this year’s exercise included Belgium, Canada, Croatia, Denmark, Estonia, Finland, France, Germany, Italy, Latvia, Lithuania, Luxembourg, Netherlands, Norway, Poland, Portugal, Slovenia, Slovakia, the United Kingdom and the U.S.

This year’s key training objective was to exercise with NATO’s enhanced forward presence battle groups as part of a multinational division, while conducting an integrated, synchronized, deterrence-oriented field training exercise designed to improve the interoperability and readiness of participating nations’ armed forces.

“Less than one year ago, our alliance said we were going to transition from assurance to deterrence,” said Lt. Gen. Ben Hodges,

the commander of U.S. Army Europe. “One of the manifestations of that transition was the creation of the eFP Battlegroups. In less than one year, these battle groups are exercising already in Estonia, Latvia, Lithuania and Poland. That is an amazing accomplishment for our great alliance.

Hodges added, “Deterrence means you have to have the capability to compel or defeat a potential adversary. You have to demonstrate that capability and the will to use it, and these exercises are that demonstration.”

Key training events of the exercise included a convoy by Battlegroup Poland, from Orysz, Poland, to southern Lithuania; a maritime prepositioned offload of prestaged supplies and equipment in Latvia; a Marine amphibious assault in Latvia; two combined arms live-fire exercises, one each in Poland and Lithuania; an air assault by the British Royal Marines at the Polish and Lithuanian border; and a river crossing in the same area.

“If you would like to have skilled soldiers, you have to train every day,” said Latvian army Chief of Defense Maj. Gen. Leonids Kalnins. “If you would like to be safe as a state, you have to find allies; but if you would like to be the winner and create a great future for all countries, for all society, you have to participate in such exercises as this one.”

The Saber Strike exercise series



PHOTO BY SPC. BRANDON BEST

Lithuanian soldiers provide cover while egressing from a UH-60 Black Hawk during Saber Strike 17 at Pabrade, Lithuania, June 21.

facilitates cooperation between the U.S. allied, and partner nations to improve joint operational capability in a variety of missions and prepare participating nations and units for future operations while enhancing the NATO alliance.

During the exercise, U.S. and NATO distinguished visitors attended a demonstration of the joint and combined capabilities of the U.S. and NATO here.

One of the visitors was Nancy Bikoff Pettit, U.S. ambassador to Latvia, who spoke about the im-

portance of the exercise.

“I think exercises like this send a very strong message,” she said. “It’s not only the U.S. who is interested in security and defense here in the Baltic region, it’s all of our NATO allies working together.

Bikoff Pettit added, “This exercise demonstrates what happens when many NATO allies come together to cooperate and demonstrate the interoperability that we have. We are really pleased with the quality of the exercises.”

Saber Strike 17 promotes re-

gional stability and security, while strengthening partner capabilities and fostering trust. The combined training opportunities that it provided greatly improve interoperability among participating NATO allies and key regional partners.

“The U.S. is here,” Hodges said. “We’re going to continue to participate in exercises; American soldiers love serving with Latvian soldiers. This is a great place to train, and we’re excited about doing that for as [long] as I can see.”

Army produces new e2Books to improve learning

By Mike Casey
Combined Arms Center – Training

FORT LEAVENWORTH, Kan. – A new Army publication features audio, video, and animations to train units how to assault a position and how to defend one.

Army Doctrine Reference Publication 3-90 Offense and Defense recently became available on the Central Army Registry.

“The new ADRP 3-90 is part of the Army’s effort to use multimedia to enhance learning,” said Dr. Peggy Kenyon who leads the enhanced electronic books (e2Book) initiative. “Some Soldiers learn from reading alone, but others learn best from visual and audio content. The interactive digital content in these publications will engage Soldiers and bring doctrine to life to help them understand complex concepts.”

Kenyon is the chief of acquisition and management with the TRADOC Capability Manager – The Army Distributed Learning Program in Fort Eustis, Virginia.

To develop content for ADRP 3-90, Kenyon’s organization worked with Doug Darlin, military analyst with the Combined Arms Doctrine Directorate at Fort Leavenworth.

The new ADRP 3-90 Chapter 1 includes interactive content from the American Revolutionary War Battle at Cowpens. A series of graphics showing troop movements and accompanying text explains the battle and deepens understanding.

“At Cowpens, Gen. Daniel Morgan knew the strengths and weaknesses of his militia

and Continental regulars,” Darling said. “Morgan knew that the militia could not stand up to a bayonet charge so he placed them in the front line. He told them to fire two rounds at the attacking British and then withdraw behind the regulars.”

Later, the militia rejoined the fight and a counterattack that routed the British.

ADRP 3-90’s other interactive content includes narrated vignettes illustrating doctrinal concepts, interactive maps of common defensive areas, a powerful video on fratricide in Chapter 4 and a narrated video of the Battle of Khafji from Operation Desert Storm.

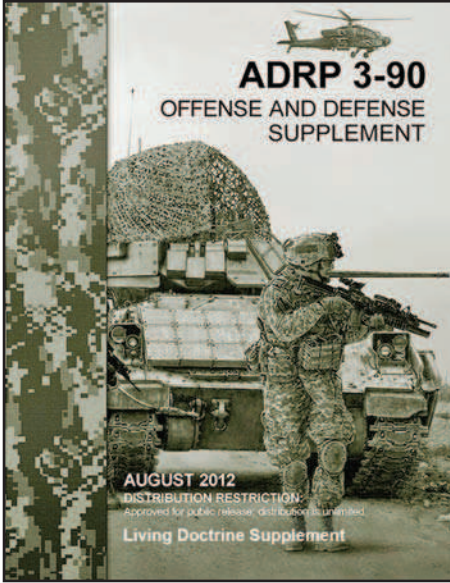
It’s high-level of web-based content can be viewed on computers, tablets and smart

phones. Some of the other e2Books will have less multimedia content, but all allow users to take notes, create bookmarks, search content and highlight text.

Besides improving learning, Robert Roberts, TCM-TADLP’s lead for interactive digital publications, said e2Books are

designed to be easily revised to keep pace with the operating environment.

Roberts said TCM-TADLP is working with other Army organizations to produce e2Books including the living doctrine version of Field Manual 6-22 Leader Development.



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DOD: ISIS holdouts cut off in western Mosul

By Terri Moon Cronk
Defense Media Activity

WASHINGTON – Iraqi forces made significant progress last week in its fight to liberate western Mosul, Iraq, from Islamic State of Iraq and Syria control, said the spokesman for Combined Joint Task Force Operation Inherent Resolve.

Speaking to Pentagon reporters from Baghdad via teleconference, Col. Ryan Dillon said the Iraqis have pushed their way into the old city sector and isolated Al-Jamhara Hospital, which severed the two remaining ISIS-held areas of western Mosul.

But, emblematic of its own impending destruction, Dillon said, on June 21 ISIS destroyed the historic Great Mosque of al-Nuri from which ISIS leader Abu Bakr al-Baghdadi proclaimed the caliphate in July 2014.

The nearly 800-year-old mosque and the famous leaning al-Hadba minaret stood as a symbol of faith and unity for the people of Mosul, he said, noting that ISIS attempted to undermine this by using “the mosque to publicly justify its criminal campaign of genocide, mass rape, slavery and murder.”

“On Wednesday night, as Iraqi counterterrorism service members moved within 50 meters [nearly 55 yards] of the mosque, ISIS detonated it with explosives,” Dillon said. “Their destruction of the mosque ... is another despicable act, another crime that is consistent with the hundreds of other ancient and historic artifacts ISIS has destroyed in their wake.”

But the time is near when Iraq will celebrate its long-fought victory over ISIS in Mosul, the spokesman said, adding, “There’s no question about that.”

And significant effort that will be required to stabilize western Mosul, Dillon said. “However, if there was any doubt in Iraqi resolve, in their ability to quickly rebound from adversity, all you need is to go to [eastern] Mosul,” he noted.

Since the Iraqis liberated eastern Mosul at the beginning of the year, 191,000 Moslawis have come back to their homes; 350,000 children have returned to school, where 320 out of 400 schools have reopened – and four of nine water treatment plants are providing water to nearly 1 million people with more than 3.5 million liters trucked in every day.

“The greater coalition will do all we can in working with Iraqi authorities to make sure that these trends continue, while mindful of the extraordinary, difficult nature of this battle and what lies ahead,” he said of western Mosul.

In Syria, Dillon said Syrian Democratic Forces are making progress in its offensive operations to liberate Raqqa from ISIS control.

The SDF has retaken 45 square kilometers of ground – about 17 square miles – from ISIS in and around Raqqa in the past week while fighting along three axes toward the city’s center despite strong ISIS resistance, he said.

The spokesman also noted that a U.S. F-18 Super Hornet shot down a regime SU-22 jet on June 18 in defense of coalition-partnered forces that were operating within an agreed-upon regime SDF de-confliction area.

And in southern Syria, a U.S. F-15 shot down an Iranian-made Shahed 129 armed drone as it approached forces near al-Tanf, he said. The regime drone, advancing in a manner that was similar to a June 8 attack, was shot down as it approached its weapons employment zone.

“The coalition has made it clear to all parties, publicly and through [the] de-confliction line with Russia forces, that the demonstrated hostile intent and actions of pro-regime forces toward coalition and partnered forces will not be tolerated,” Dillon said. “The coalition re-emphasizes that we do not seek to fight Syrian regime or pro-regime forces. Partnered with them, our mission is to defeat ISIS in Iraq and Syria.”



PHOTO BY SPC. WILLIAM GIBSON

A group of Spanish trainers load a CH-47 Chinook after spending six months training Iraqi forces in support of Combined Joint Task Force Operation Inherent Resolve at the Besmaya Range Complex, Iraq, May 9.

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A wide-angle lens brings focus to future battles

By Kathryn Bailey
*U.S. Army Materiel Command
Communications-Electronics Research,
Development and Engineering Center*

ABERDEEN PROVING GROUND, Md. — Army leaders may not all agree on when and where the next fight will be, but they do agree that, for the foreseeable future, the warfighter will require advanced technologies to achieve overmatch in a multi-domain environment.

“We cannot predict our precise technology requirements 30 years from now, but we do know that there are a number of operational capabilities that our forces will need us to advance to win the next fight across the domains,” said Chris Manning, acting director of the U.S. Army Materiel Command’s Communications-Electronics Research, Development and Engineering Center Command Power and Integration Directorate. “We focus on the future as we innovate and iterate technology.”

CERDEC CP&ID is responsible for Army research and development efforts in the areas of mission command, positioning, navigation and timing, and operational energy. Iterative prototyping services rounds out CP&ID’s current portfolio.

In a multi-domain battle environment, commanders will execute missions and gain advantages, both sequentially and simultaneously, across the domains of air, land, sea, space, cyberspace and other contested areas such as the electromagnetic spectrum. Often, these missions will entail rapidly deploying across strategic distances — traversing through complex terrains such as deserts, jungles, sub-terrains and highly populated cities requiring Soldiers to transition seamlessly from a ground fight to multi-domain operations.

Multi-domain battle will feature another level of complexity, according to Gen. David Perkins, commanding general, United States Army Training and Doctrine Command.

He has described situations where multi-domain battle will not mean achieving total domain supremacy all of the time; instead, commanders will exploit temporary windows of opportunity by synching all domains to enable maneuver for a positional advantage.

“Since 9/11, the enemy is taking uncontested domains and making them contested,” Perkins said. “I have to be able to move through domains with my solution sets faster than the enemy can respond to them.”

To set a vision for future technology requirements in a multi-domain fight, CERDEC CP&ID established “Big Technology Goals” in the areas of artificial intelligence/machine augmentation to speed up operations; assured positioning, navigation and timing, without space; and battlefield net zero capabilities.

“These technology goals are challenging end-states that prompt our engineers and scientists to be innovative in their pursuit of new technology,” Manning said. “By setting these goals, we give our research and development workforce a target to aim for.”

ARTIFICIAL INTELLIGENCE

Artificial intelligence is a component of the Pentagon’s offset strategy, designed to obtain strategic advantage by outmaneuvering adversaries through advanced technologies and will be especially valuable in a multi-domain conflict. Machine augmentation, a subset of AI, inserts automation to process data-heavy or repeatable tasks to produce a suggested course of action, but ultimately maintains the commander’s intent.

CERDEC is exploring predictive mission recommendations through machine automation, which aims to speed up the commander’s decision cycle by unburdening his cognitive tasks during expeditionary movement and maneuver.

“The combination of humans and machines are meant to complement one another,” said James Hennig, CERDEC CP&ID chief engineer. “Commanders may evaluate AI data, but the final COA decision belongs to the commander.”

CERDEC CP&ID’s explorations into AI have initially produced the Automated Planning Framework prototype, which allows commanders and staff to run through the military decision making process to analyze maneuvers, logistics, fires, intelligence and other warfighting function COAs.

In addition, the Mission Command Battle Lab, part of the U.S. Army Combined Arms Center, and CERDEC CP&ID have formed a strong partnership with Command and General Staff College students to provide feedback on various emerging



ARMY PHOTO

Soldiers rely on in-vehicle GPS systems for Positioning, Navigation, and Timing information. CERDEC GPS-aiding technologies such as Mounted PNT integrate multiple sensors to delivered assured PNT.

mission command capabilities, including the APF.

“We see APF as a key technology in enabling commanders and staff to plan and issue orders faster than ever before,” said Maj. David Dilly, MCBL S&T branch chief. “They are allowing the machine to do what it’s good at while giving humans time to concentrate on the art of command. APF is an important stepping stone for the eventual use of more general artificial intelligence where computers will help us understand, plan, and fight in multi-domain battle.”

ASSURED PNT WITHOUT SPACE

PNT capabilities will always be critical in modern warfare, and more so in multi-domain battle. Even with the wonders of GPS, Assured PNT is never a given.

“GPS is a battlefield game changer, but unfortunately it is susceptible to unintentional signal blockage, such as buildings and trees, interference due to power lines or friendly radio frequencies and an increasing amount of adversarial interference,” said Paul Olson, CP&ID PNT division chief engineer. “We are mitigating these issues by executing R&D on a number of complementary PNT, or GPS-independent, technologies to include vision-aided navigation, RF ranging, precision time transfer, and position navigation algorithm frameworks that enable rapid insertion of new PNT sources.”

CERDEC CP&ID has continuously advanced PNT capabilities over the past 30 years, and is a supporting partner to Direct Reporting Program Manager PNT, which leads the Army in developing and integrating Assured PNT technologies.

“Our partnerships play a critical role in making the Army PNT strategy a success and drive continuous innovation to provide the Warfighter with PNT data that they can trust,” said Kevin Coggins, PM PNT program manager.

CP&ID is not merely focused on the position and navigation capabilities; the “time” aspect is often the most critical, cross-cutting function used to synchronize many warfighting systems.

“When you think about GPS’ ability to synchronize time from anywhere in the world to within two to 40 nano-seconds, you understand how important it is for technologies such as radio communications or calls for fire,” said John Del Colliano, CP&ID PNT Integrated Systems branch chief. “Within a multi-domain battlefield, I can’t think of anything more critical than possessing accurate time.”

NET-ZERO POWER SOLUTIONS

Movement and maneuver in the future operating environment will push Soldiers into austere environments for longer periods of time, predicated the need for innovative operational energy solutions. In a multi-domain environment, reducing the power demand will be critical — land-based forces will take on an even greater role to enable air and naval forces, which is a 180 degree shift from wars past.

Soldiers must already bear a significant battery burden to support radios, GPS systems and night visions goggles — making them reliant on standard 72-hour resupply missions. Striving for net-zero power solutions means Soldiers can produce as much energy as they use and require little to no resupply.

“The Army Functional Concept for Movement and Maneuver predicts that that brigade combat teams will have to operate semi-independently for extended periods of time,” Manning said. “We are looking at how we can provide power without a need for resupply, starting with a target of seven days, and looking at how much longer we can push it during those semi-independent operations.”

Some of CERDEC CP&ID’s R&D activities working toward net-zero power include Soldier-worn energy harvesting technologies, such as the Energy Harvesting Assault Pack, which is designed to convert the natural movements of Soldiers into usable power. CERDEC’s solar power technologies are designed to convert sunlight into sustainable power for expeditionary movement and maneuver for mounted and dismounted missions. These alternative technologies help to shift the focus from traditional energy storage and power generation techniques to innovative net zero solutions.

EXPERIMENTING AND PROTOTYPING

As the Army prepares for its next fight, it is turning to rapid and iterative demonstrations and prototyping as a sound option to systematically, yet quickly field state-of-the-art capabilities to Soldiers. In a multi-domain environment, agile and adaptable technology insertion helps the Army keep pace with peer- and near-peer nations.

CERDEC’s Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance, Proto-

type Integration Facility is working with Army program offices, depots and industry to provide engineering, design, fabrication and integration services that help validate cutting-edge capabilities relevant to the Army’s force now and into the future.

“We believe experimentation and prototyping offers several value propositions to the Army and warfighter, by accelerating schedules, advancing technologies and informing requirements,” Manning said.

Prototyping also makes good fiscal sense. Building capabilities early allows Soldiers sufficient time to evaluate the technology and provide operational feedback. Taxpayers do not spend money on a full-rate production until the technology performs optimally and meets Soldier needs, at which time the technical data transitions to industry, or depots such as the Tobyhanna Army Depot.

CONCLUSION

Multi-domain battle will only increase the complexity and pace of movement and maneuver operations, and will require the Army’s S&T community to constantly adapt and innovate technologies that unburden the Soldier.

“We are intensely focused on the Army’s goals to prepare for the next fight, and we understand that our technologies must enable Soldiers to conduct multi-domain battle in an increasingly complicated operational environment,” Manning said. “Our vast experience and expertise executing R&D towards the Army’s challenges helps us create innovative and operationally relevant technology solutions.”

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Clearing the way for progress in Ukraine

By 1st Lt. Kayla Christopher
45th Infantry Brigade Combat Team

YAVORIV, Ukraine — Over the course of the last century, six different flags have flown over what is now the Yavoriv Combat Training Center on the International Peacekeeping and Security Center, near Yavoriv, in modern-day Ukraine.

Each time a new nation laid claim to the land, the military training site was expanded, sometimes violently.

“People were deported from the surrounding villages. Churches, cemeteries and other historical and cultural sites were removed,” explained Stepan Korniienko, the IPSC historian. “Some sites, like St. Michael’s Church in the village of Velyka Vyshenka, were used as targets for artillery.”

The idyllic countryside of Western Ukraine still bears the scars of its war-torn past. Left-over mines, dud artillery shells and other unexploded ordnance dot the area.

However, today NATO partners and allies are hard at work clearing the way for progress in Ukraine.

Four civilian demining teams, contracted by the U.S. Army through the Joint Multinational Training Group-Ukraine, are working toward the goal of clearing 1,800 hectares of UXO by 2018.

The mission of the JMTG-U, an international coalition composed of U.S. Soldiers from the 45th Infantry Brigade Combat Team along with Canadian, British, Polish and Lithuanian service members, is to build the training capacity of the Ukrainian army by expanding the Yavoriv Com-



PHOTO BY STAFF SGT. ELIZABETH TARR

A Ukrainian soldier from the 1st Battalion, 80th Airmobile Brigade jumps out of a BTR armored vehicle during a suppressive fire training exercise led by U.S. Soldiers assigned to 6th Squadron, 8th Cavalry Regiment, 2nd Infantry Brigade Combat Team, 3rd Infantry Division, at the International Peacekeeping and Security Center, Nov. 18.

bat Training Center.

The Yavoriv center is modeled after NATO standard combat training centers such as the 7th Army Training Command’s Joint Multinational Readiness Center in Hohenfels, Germany. Range improvement projects, such as the demining operation, increase the CTC’s capacity by salvaging safe maneuver training space from what was once unusable land.

Currently, due to safety hazards presented by the UXO, NATO forces can only use a portion of the training space available on the IPSC.

“This project will enable us to eventually do force on force

training for a brigade tactical group sized element, which is the goal here,” said Capt. Montana Dugger, the 45th Infantry Brigade Combat Team and JMTG-U engineer who is overseeing the project.

The UXO removal will allow NATO units to use the entire base, which was first formally established under the Soviet Union in 1940.

In the early 20th century, the area where the IPSC exists today and much of western Ukraine belonged to the Austro-Hungarian Empire. During this time, the Austro-Hungarian military used a small portion of the area for training, and many skirmishes be-

tween the Austro-Hungarian Empire and Russian Empire erupted over the territory, Korniienko explained through a translator.

In 1920, Poland claimed the region and used the ranges for their own troops, but once WWII broke out, the area traded hands again, this time between the Soviet Union and Germany.

During this tumultuous time, the military base was used both for training troops and for detaining prisoners of war – Soviet prisoners of war from 1941 to 1944, and then German prisoners of war from 1944 to 1951, according to the historian.

Much of the UXO present on the training area today is from the

WWI and WWII era.

When Ukraine gained its independence in 1991, the training area became the property of the newly sovereign state. The IPSC was established in 2007 and, under the mentorship of JMTG-U personnel, the Yavoriv CTC was established in 2015.

Presently, about 100,000 square meters have been cleared of UXO and about 7,000 square meters more are cleared each day, said Dugger.

“That only represents about one percent of the total area to be cleared,” Dugger explained. “But, at completion, this project will basically double the usable training space.”

Freedom

Continued from Page A1

control centers at the Daleville and Ozark gates. People are reminded that the VCCs will not be open on the day of the event.

The Daleville VCC is open Mondays-Sundays from 8 a.m. to 4 p.m., and the Ozark VCC is open Mondays-Fridays from 8 a.m. to 4 p.m.

Visitors to the installation are also reminded to park in the areas designated for the gate they entered through.

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

“It is important for patrons to follow

the parking and traffic flow plan because the plan was developed to ensure safety as people enter and exit the installation,” he said. “There will be a number of road closures associated with Freedom Fest and it is important for people to follow the signs posted as well as any instructions from police personnel and event staff. The egress routes are set up to move the large volume of vehicles off the installation as quickly and safely as possible. Patrons should understand that it is going to take time to get all the vehicles off the installation so we ask for their patience up front.”

Also, for safety purposes, there are some items that are prohibited at Freedom Fest, which include coolers, backpacks (except for medical and baby care items), pets, fireworks of any kind, glass containers, weapons of any kind, bicycles, scooters, rollerblades and skateboards.

“The [Directorate of Public Safety]

wants everyone to come out and enjoy Freedom Fest 2017, but we ask that you do it responsibly,” said Dumais. “There will be prohibited items signs posted in the parking areas as a reminder not to

bring those items on the field. Last year, there were still a number of patrons that brought pets to the event – please leave your pets at home.”

For more information, call 255-1749.

1-14th

Continued from Page A1

successfully popped that bubble.

“Losing a command team like the Dahlgrens is never easy, but, as is the Army way, the departure of one Army leadership teams [brings] the arrival of a new one, and I couldn’t have asked for better than the Johnsons,” said Hines. “Team Johnson is fully charged and raring to go, and I know you’ll build upon the incredible track record of the 1-14th. You’re now charged with providing the Army with the attack Aviation’s assets necessary to ensure the success of this great nation – a task I know you’re up to.”

Johnson began his military career when he was commissioned into the U.S. Army in 1997, and his first assignment was as an Aviation officer here at Fort Rucker. He has served in a multitude of Aviation assignments across the world, including as assistant S3 and platoon leader for the 1-2nd Avn. Regt. in Camp Page, Korea; platoon leader and battalion S1 for the 3-101st Avn. Regt., Fort Campbell, Kentucky; company commander for both the 3-229th Avn. Regt. and 1-82nd Avn. Regt. in Fort Bragg, North Carolina; as well as battalion operations officer and executive officer for the 2-159th Avn. Regt. in Storck Barracks, Germany.

With his wealth of experience, Johnson said he’s ready to take on the challenge of leading the Tomahawk battalion.

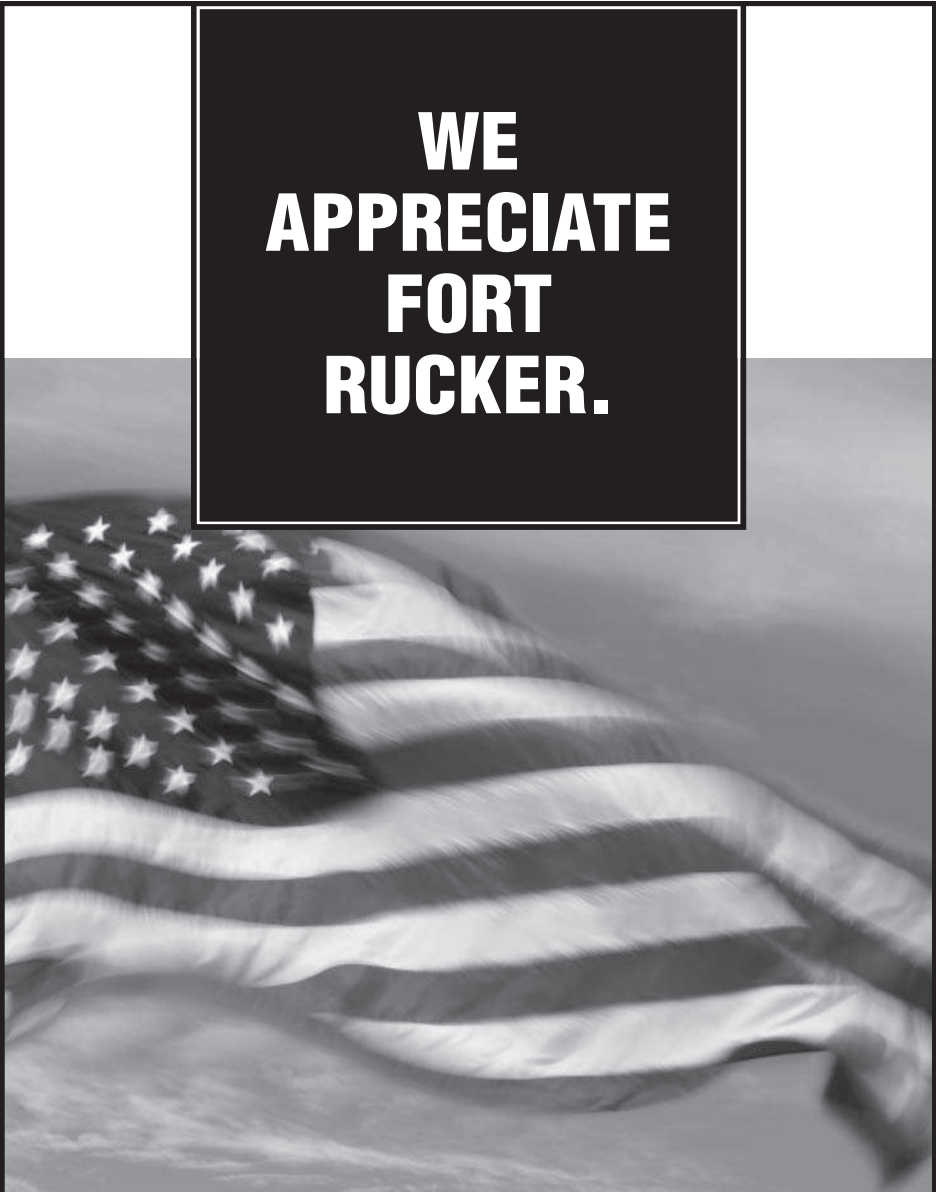
“To Major General [William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general] and Colonel Hines, thank you so much for this opportunity to serve as the commander of this fantastic organization,” said the incoming commander. “I truly am humbled and am very excited about the opportunity, and I’m looking forward to the next two years – it is an honor.”

The 1-14th Avn. Regt. trains entry-level Aviators to fly AH-64 Apache helicopters – the most lethal helicopters in the world, according to Hines.

“Most of us understand the importance of the Apache on the battlefield and that no other aircraft strikes fear into the hearts of our enemy like the Apache does, but few realize the efforts it takes to provide the pilots what’s necessary to fly these awesome aircraft,” said the brigade commander.

“We are the ones that go when no one else will,” added Dahlgren. “We are the ones that make the enemy go away. We’re the ones you call when you need help. We’re the ones who will answer the phone in the middle of the night. This is our tribe philosophy, our battalion, and what makes us special.

“Mike and Elessa, we could not be more excited than to hand the ball off to you two,” said the outgoing commander. “Continue to move the Tomahawk team down the field and gain more yards. We know that you will succeed in leading this amazing battalion and they are lucky to have you to call the plays.”



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105 GAIL CIRCLE: \$163,900: Wonderful home for large family. Mother in law space, updated kitchen, 5 BR/3.5 BA home and a storm shelter for those stormy days. **PAT LEGGETT 334-406-7653**



1079 GENEVA AVENUE: \$249,000: This retail strip center has good cash flow. Rent is approx. \$2,875 per month when all rented. Currently fully rented.
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1500 E PARK: \$299,000: Car dealers and Ashley Furniture surround this busy location. Excellent location on the corner of Paul Street and Hwy 84. (E Park Ave.) **PAT LEGGETT 334-406-7653**



BOLL WEEVIL CIRCLE: \$412,900: 18.7 +/- acres, commercial property with approx. 1250 sq. ft. of highway frontage. Adjoins future Junior High property, across from Sorrells Funeral Home. Great commercial location with lots of visibility. This property is cleared and ready to develop. **PAT LEGGETT 334-406-7653**

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107 BLACKHAWK: Great home for the price - Has 3 bedrooms, 2 baths, two large living areas, fireplace, and kitchen with stainless appliances - Large fenced-in back yard with a shed -Excellent location, very close to Fort Rucker, schools, shopping areas and downtown Enterprise. VA foreclosure to be sold as is. Alabama Right of Redemption will apply. **BOB KUYKENDALL 369-8534**

HOUSE AND 11 +/- ACRES



\$199,000: 14023 HWY 167: 11 +/- acre wooded lot with 4 BR/3 BA home. Bonus room, formal living/dining room, eat in kitchen, pool, metal barn and much more. Call today. **TERRI AVERETT 406-2072**

\$180,000



104 BARBARA: Contemporary gem in the Harrand Creek area convenient to both Ft. Rucker and Enterprise. A beautiful gas log fireplace is the focal point of the living room w/its two story ceiling and lots of windows that allow sunlight into the room. New carpeting downstairs, new windows installed in 2013, vinyl siding in 2015, and a metal roof in 2004. All bedrooms have walk-in closets. Screened in porch off master. Huge lot w/the perfect backyard for a pool. Harrand Creek Elem. is located right behind it. See it today! **JAN SAWYER 406-2393**

\$115,000



109 LEIGH: Daleville: This lovely renovated home nestled in well-established neighborhood convenient to Fort Rucker has a cozy living/dining area and three bedrooms on the main level. The spacious bedroom in the basement with 1/2 bath affords privacy for guests or can function as a workout room, playroom and more. Lots of privacy from trees in back and side of the 1/2 +/- acre lot. The large backyard is perfect for outdoor activities or just hanging out. Make your appointment to see this one before it gets away! **MARGE SIMMONS 406-1962**

JUST LISTED 6/23/17



\$37,500: 103 DEERFIELD: 3 BR/1.5 BA, won't last at this price. Hurry! **EVELYN HITCH 406-3436**

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NEW LISTING ~ \$191,000



10929 HWY 125: ELBA: This home has had quite a few updates over the past few years, in addition to interior paint, the two bathrooms and the kitchen have been remodeled. Hardwood flooring has been put throughout and the crawl space has had new HVAC duct work and plastic covering with a dehumidifier that shows if there is any moisture. Generac whole house generator has the emergency transfer switch located in the laundry room and it is operated on propane gas. Electric fireplaces in family room and sun room. **EVELYN HITCH 406-3436**

NEW LISTING ~ \$100,000



TARPIN CIRCLE: CHANCELLOR: The perfect home site in Chancellor! You will be enchanted by this landscape that features Campbell Mill Creek running through beautiful wooded areas. Multiple level building sites allow you to choose between a gorgeous creekside home or a more traditional home with acreage to enjoy with family and friends. **CHRIS ROGERS 406-0726**

79.5 +/- ACRES



486 AVERETT: \$341,850: Wooded approximately 79.5 acres with beautiful spring fed pond. Some land is cleared and several access points are available. **SOMMER RAKES 406-1286**

TARTAN PINES ~ \$219,900!!



104 W ROBERTSON CT: Large Home in Tartan Pines, priced right for a quick sale!! **MOTIVATED SELLER!!!** Don't miss this opportunity to move to Tartan Pines!! **REDUCED!!!** **SELLER** will consider paying closing cost at this price or will pay other concessions!! Large **BONUS ROOM** or 4th bedroom!! Attention Investors!! Rented for \$1,695 a month!! **FRAN & DON KALTENBAUGH 790-5973**

\$178,000



402 CANDLEWOOD: Great Location! New HVAC in Oct of 2016. New Hot Water Heater in 2017. New Microwave Hood in 2017. Roof Replaced in 2008. Many other updates. Vaulted ceiling in grandroom. Large Foyer. Separate Formal Dining as well as Breakfast Area in Kitchen. The detached workshop has electricity and is large enough to store a boat or automobile. The huge master bedroom and dressing area has been updated with beautiful laminate flooring. The laundry room/half bath is ideally located between the garage and the kitchen. **ROBIN FOY 389-4410**

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JUNE 29, 2017

NOBLE JUMP

12th CAB brings Army Aviation to task force

By Capt. Jaymon Bell
12th Combat Aviation Brigade
Public Affairs

CINCU, Romania — Soldiers from the 1st Battalion, 3rd Aviation Regiment, 12th Combat Aviation Brigade, completed their part in Noble Jump 17 June 14 after two weeks of Aviation support at Cincu Training Area.

Noble Jump 17 is an exercise designed to test the core elements of NATO's Readiness Action Plan by a rapid deployment of the Very High Readiness Joint Task Force.

During their two weeks in Romania, the Aviation Task Force from the 12th CAB flew over 180 flight hours and transported 1,240 NATO Soldiers in support of the VJTF. The missions included landing zone and pick up zone reconnaissance, close air support, close combat attack, air assault and air movements.

Soldiers from British Army's 20th Armoured Infantry Brigade and Grenadier Guards, Polish soldiers from 10th Mechanized Battalion "Dragons," and Dutch Marines from the 11th Raiding Squadron,

worked extensively with the two CH-47 Chinook helicopters from B Company, 1-214th Avn. Regt. to improve NATO interoperability during air assault missions.

Several AH-64 Apache pilots trained and embedded with the Romanian Air Defense Artillery platoon as opposing force soldiers during a movement to contact and air assault operations. This interaction provided the pilots with firsthand knowledge of how ADA soldiers locate and attempt to shoot down attack Aviation.

On the maintenance side of the exercise, the Soldiers from E Co. delivered over 32,500 pounds of fuel and loaded 2,200 rounds of 30mm ammunition. The company also conducted routine and complex maintenance on the AH-64s and CH-47s during the field conditions.

The movement of the 1-3rd Avn. Regt., from Katterbach, Germany, to Cincu in less than five days proved to NATO Allies and partner nations that the 12th CAB can self-deploy across Europe in an expeditious manner. The trip covered over

SEE 12TH CAB, PAGE B4



PHOTO BY CAPT. JAYMON BELL

A Soldier from B Co., 1-214th Avn. Regt., 12th CAB, directs soldiers from the British army 20th Armoured Infantry Brigade onto a CH-47 Chinook during an air assault mission for Exercise Noble Jump 17 at the Cincu Training Area, Romania, June 11.



PHOTO BY CAPT. BRIAN HARRIS

A CH-47 Chinook with Task Force Flying Dragons flies near Mazar-e-Sharif, Afghanistan, June 9. The Flying Dragons provide Aviation support to U.S. Forces Afghanistan as part of Operation Freedom's Sentinel.

Army facility nets momentum in UAS research

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

ABERDEEN PROVING GROUND, Md. — Racing across the sky, military drones are protected by a massive net spanning nearly the length of two football fields.

Army researchers installed about a ton of netting across four 107-foot towers and created a fully enclosed research facility that protects people, resources and the environment, while providing a safe space for testing unmanned aircraft systems. The new netted facility is 220 feet-squared and is 107 feet high, accord-

ing to Tim Burcham, from the U.S. Army Research Laboratory's Sensor's and Electron Devices Directorate.

The larger outdoor facility towers over a smaller one – 60 feet-squared and 20 feet high. The two areas provide researchers with a safe zone that cost the government less than \$75,000 total.

Both facilities meet the Federal Aviation Administration's requirements for testing UASs in a controlled airspace environment, he said.

"The purpose of this facility is to meet the research needs for unmanned, remotely piloted vehicles, systems, compo-

nent upgrades and counter system research and development," Burcham said. "This includes the detection and defeat of threat assets."

Burcham is the "idea man" behind the new facility, according to Eric Adler, his branch chief.

"We wanted a facility where we could safely fly our sensors on small UAS platforms," Adler said. "I'm in the sensors business, and this is a good facility to help us test in a safe and controlled airspace environment."

Burcham said the laboratory is in the forefront of technological advances to embrace both sides of the UAS race and has aggres-

sively pursued better ways to leverage theoretical ideas into workable applications.

He added that the nets are lowered during non-duty hours to ensure the safety of wildlife, specifically birds, and raised within a minute to begin testing operations.

Timothy Vong from ARL's Weapons and Materials Research Directorate is a frequent user of the facility.

"This facility enables us to rapidly perform research safely as we push the envelope to understand how autonomous drones can help Soldiers on the future battlefield," he said.

The facility is available to all researchers who are testing UASs, to include other services, universities and industry.

Thomas B. Apker, an aerospace engineer at the U.S. Naval Research Laboratory has used the site and said it has been very helpful and fills a key gap between indoor range tests and unrestrained outdoor flights.

"This is an excellent facility," Apker said. "The combination of the big and small nets allows simultaneous training, or tuning of new pilots and vehicles. That doubles the productivity of a flight test."

101st CAV 1st to sling load Tactical Command Node-Light

By 1st Lt. Daniel Johnson
For Army News Service

FORT CAMPBELL, Ky. — Soldiers from the 2nd Brigade Combat Team, 101st Airborne Division (Air Assault) and pilots from the 101st Combat Aviation Brigade became the first Soldiers in the operational Army to sling load the Tactical Command Node-Light.

The training was done in mid-June in preparation for the brigade's upcoming rotation as part of the Network Integration Exercise at Fort Bliss, Texas, in July, said Master Sgt. Jarrod Gozy, support operations NCO in charge, 526th Brigade Support Battalion, 2nd BCT, 101st Airborne.

At NIE, the 2nd BCT will validate new systems that will be fielded to the Army for future mission sets, he added.

"The purpose of the training was to validate the TCN-Light in preparation for the sling load testing of the system at NIE," Gozy said. "Sling loading the TCN-Light under field conditions is one of our validation tasks. This is the first time the system has been sling loaded by a warfighter – we're out here to ensure our techniques for transporting the system make operational and tactical sense."

The TCN provides satellite and line-of-sight network connectivity, both on-the-move in a convoy, at the quick halt and to the stationary command post, enabling mission command and advanced communications as part of the Warfighter Information Network-Tactical. WIN-T enables mission command, communications and situational awareness through its systems.

Great care was taken to ensure that the rigging of the vehicle was done correctly. All personnel who rigged and inspected the load were given advanced training and Pathfinders from the Sabalauski Air Assault School, where Soldiers throughout the 101st Airborne Division come to learn the basics of air assault operations, were also present.

"This training was done with personnel who graduated our recent sling load master qualification course," said Gozy. "The pilots who flew today are also the

SEE 101ST CAV, PAGE B4



PHOTO BY SGT. BRADFORD ALEX

Soldiers from the 2nd BCT, 101st Airborne Division (Air Assault), move from under a CH-47 Chinook after successfully hooking up the Tactical Control Node-Light.



PHOTO BY DAVID MCNALLY

Army researchers at Aberdeen Proving Ground, Md., created a fully enclosed research facility that protects people, resources and the environment, and provides a safe space for testing UAS.

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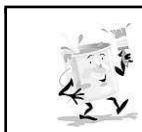
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12th CAB



PHOTO BY JASPER VEROLME

Three AH-64 Apaches from 1-3rd Avn. Regt., 12th CAB engage range targets during the Noble Jump 17 culmination live-fire event June 14.

Continued from Page B1

1,700 road kilometers and over 28 hours of total driving time.

The 1-3rd Avn. Regt. has been an integral part of the VJTF since its inception in 2014. The VJTF is the land component of NATO’s enhanced NATO Response Force, and is designed to enhance the alliance’s collective defense and ensure that NATO has the right forces in the right place at the right time.

101st CAV

Continued from Page B1

same ones that will be with us at NIE, so this is really helpful in building those work relationships.”

As the U.S. Army’s only air assault division, the 101st is trained and equipped to conduct operations to rapidly move around the battlefield. The TCN-Light was designed to be used by light infantry and rapidly deployable units. It was originally developed on the 5-ton family of medium tactical vehicles. Light versions of the system are integrated onto Humvees, which can be sling loaded from a helicopter for significantly increased agility and operational flexibility.

During the 2nd BCT’s recent deployment to Iraq in support of Operation Inherent Resolve, Soldiers were required to set up expeditious locations and conduct operations in support of the Iraqi Security Forces that pushed the limits of their mission command systems.

In one operation, Soldiers from 2nd BCT’s artillery unit conducted an air assault operation into new firing position in order



PHOTO BY SGT. BRADFORD ALEX

A CH-47 Chinook from the 101st CAB sling loads the Tactical Control Node-Light at Fort Campbell, Ky., Jun. 15.

to provide more accurate fire support. Inserting their personnel, vehicles and artillery pieces by utilizing Aviation rotary assets and dropping them into position, the unit set up a fully functional fire base in the night without alerting the enemy. The TCN-Light’s purpose is to further enhance the capabilities of Soldiers on those types of missions.

“The ability to move the communications platform anywhere on the battlefield gives us greater reach back for our Soldiers and prevents us from culminating because we’re out running our communications capabilities,” said

Gozy. “In our recent deployment to Iraq when we were building tactical assembly areas and position areas for artillery, one of the issues was communication reach back. With this TCN-Light, however, we can sling load it as part of the tactical action center or initial set up of a PAA/TAA and have full functionality. With the old TCN, we’re limited in our mobility and where we can choose our mission command nodes to be.”

Other Soldiers who tested the equipment were also impressed by the new system. The importance of having a communications node that could be taken anywhere, anytime, wasn’t lost on them.

“This definitely brings more versatility to our fighting force,” said Staff Sgt. Arik Browning, a signal Soldier with 1st Battalion, 26th Infantry Regiment, 2nd BCT, 101st Airborne. “This [system] gives us more range and lethality since we can now transport it over terrain that the larger TCN system couldn’t get through. The TCN is an integral part of the tactical operations center; if we can put this anywhere, we can put the TOC anywhere.”

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JUNE 29, 2017

MAD SCIENTIST WORKSHOP



Maya Johnson, military family member, prepares to drop cars down the track as her friend, Penny Carter, military family member, keeps track of the time during the center library's Mad Scientist Workshop: Speedometry June 22.

Library seeks to motivate youth with program

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Center Library's Summer Reading Program is well under way, and one way the library is encouraging kids to get out and read is through activities that engage their critical-thinking skills.

The library hosted its Mad Scientist Workshop: Speedometry June 22 as part of the Summer Reading Program where children were able to get some hands-on learning through interaction and experimentation, according to Heather Dunton, Military Child Education Coalition Parent to Parent program.

"This is learning through play," she said. "We want [the children] to really play and we want the parents to be hands off to help them learn."

During the workshop, the activity was intended to provide the children with a way to practice science, math and engineering through play with race cars and tracks. The children were split into groups, and each group was provided a set amount of tracks, clamps and cars. Working together, they had to experiment with different challenges and come up with their own conclusions.

The first challenge included figuring out how far their cars could travel by adjusting how high they set their tracks up, said Dunton. They were able to use

their environment, such as desks, books, tables and chairs to set up their tracks.

For the next challenge, they had to see how their cars would interact with an obstacle that was placed on their track, and then they were to document what happened when their cars encountered the obstacle and why.

The final challenge had the children experimenting with different weights of the cars, and how that affected the outcome of how fast and far the cars would travel. They were allowed to add as much weight to their cars as they wanted to, so they could see how it changed the behavior of their cars, Dunton said.

Natasha Carter, military spouse, and her daughter, Penny, stumbled upon the event by chance. Carter said the event was a good way to get children learning in a way they might not usually think of.

"I think this is a great way for them to learn," she said. "I tend to be [very hands on], and want to jump in and do things for my daughter, so I had to remind myself to step back and let her learn."

"It was really neat to see her do that and jump into it with other kids, and get the chance to interact and learn while having fun," she said. "We were looking for something fun to do, so we stopped by the library and I'm glad we did. I think this was

a great interactive activity for the kids, and my daughter had a blast."

Events like the Mad Scientist Workshop are meant to get children into the library and interacting as a way to participate in the Summer Reading Program, which is an incentive program designed to keep kids reading throughout the summer to help retain their skills while they are out of school, said Cameron Hill, Fort Rucker Center Library youth librarian.

This year's program theme is Reading by Design, which is why children are getting to take part in activities with a hands-on approach, all as a way to get kids engaged and keep learning on their minds, said Hill.

"[For the program] there is no requirement on what they must read," she said. "As long as they are reading, they can read whatever keeps them going and keeps them motivated."

The more children read, the more chances they have at winning prizes, and parents must keep track of how long their children are reading and record the times. All who wish to participate must be registered and all times must be recorded online.

Participants can register and log times at <https://ftruckercenterlibrary.beanstack.org>.

After children are registered, they can begin logging in their minutes for prizes.



Heather Dunton, Military Child Education Coalition Parent to Parent program, explains the activities to the children.



Marcus Whiting, Livia Johnson, Ella Wilde and Jaden Whiting, all military family members, experiment with their cars and their track as they test the speed from varying heights.



Johnson and Carter watch a car go down the track.

Additional events will be held throughout the summer at the center library. The events include:

- Animal Tales: Animal Architects, today from 10-11 a.m.;
- Take the LEGO Challenge, July 6 from 1-2 p.m.;
- All-Day Anime, July 12, all

day; and
• Makey Lab, July 18 from 1-2 p.m.

The program will end with an awards ceremony July 28 at 3 p.m. to award the top readers in each category.

For more information, call 255-3885.

Park, botanical gardens serve up family fun

By Alysia Spivey
Public Affairs Intern

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

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

LANDMARK PARK

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

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

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

Members of the military community are welcome to take advantage of free admission. "[The park] participates in the Blue Star Museum program," said Stakelum, "which means active-duty military and up to five family members can receive free admission to the park between Memorial Day and Labor Day." Regular admission prices are \$4 for adults ages 13 and up, \$3 for children ages 3-12, and children 2 and under are



A playground at Landmark Park.

free of charge.

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

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

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

Dothan Area Botanical Gardens:

The Dothan Area Botanical Gardens, located off U.S. Highway 431, offer scenic

displays and educational opportunities for the community. "All types of gardens are available for people to see," said Paul Angeloff, DABG board of directors member. "There's something to suit everybody's interest."

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

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

When it comes to admission, Angeloff said, "There is no cost, but donation boxes

are placed in the gardens, so if you enjoy your visit, you can donate".

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

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

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

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

School Age Center Summer Camp

The Fort Rucker School Age Center hosts its summer camp through Aug. 4. Each week, the camp will have a new theme. Parents will have the ability to pick and choose which weeks they would like their children to attend. Fees will be due the Friday before the start of each camp week and will be based on total family income. Food, field trips and all activities will be included in the weekly fees. All youth who attend must be enrolled in child and youth services.

For more information, call 255-9108 or 255-9638.

Mom & Me: Dad too!

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

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 July 6. 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.

Wild Adventures trip

The Fort Rucker Youth Center will host a day trip to Wild Adventures Theme Park in Valdosta, Georgia, July 8. Youth must be child and youth services members to participate – ages 14 and up.

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

Library summer craft

The Center Library will host a summer crafting session July 11 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 40 children to register. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Care team training

Army Community Service will be hold a care team training session July 12 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. As care team members, volunteers perform a valuable role to families of fallen and injured Soldiers, according to ACS officials. The training is given to people interested in being care team volunteers. It is designed to give an understanding of care team volunteers’ responsibilities and offers guidance on how to handle issues they are likely to face.

For more information, call 255-9578.

Coupon clippers

The Center Library will hold a coupon clip and swap July 12 from noon to 1 p.m. People are welcome to bring their coupons, swap with others and learn the how to get the best deals on their next shopping trip. Coupon clippers is open to authorized patrons ages 13 and older. The event is Exceptional Family Member Program friendly.

For more information or to register, stop by the library or call 255-3885.

Federal jobs workshop

Army Community Service will host its federal job workshop July 13 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 “Job-seeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

Resilience workshop

Army Community Service will host its resiliency training workshop July 13 from 9-11:30 a.m. in Bldg. 5700, Rm.350. People



PHOTO BY NATHAN PFAU

Freedom Fest

Fort Rucker will host its Freedom Fest Friday from 4-10 p.m. at the festival fields. The event will feature one of the largest firework displays in the area, a children's zone with inflatables, rides, games, and a variety of local and regional vendors, along with static aircraft displays. The Army's Maneuver Center of Excellence Fort Rucker Detachment Band will provide musical entertainment throughout the evening with a Patriotic Concert starting at 7 p.m. Admission to the event is free and it is open to the public. People who attend need to have a gate access pass – visitor control centers will not be open the day of the event. Prohibited items include coolers, backpacks (except for medical and baby care items), pets, fireworks of any kind, glass containers, weapons, and bicycles, scooters, roller blades and skateboards. For more information, call 255-1749. Pictured is a scene from last year's event.

need to register by July 11. Resilience training is designed to provide family members and civilians with tools to better cope with and overcome adversity and challenges, as well as perform better in stressful situations, according to ACS officials. The July workshop will emphasize problem solving, putting it in perspective and mental games.

For more information, call 255-3161 or 255-3735.

Summer outdoor yard sale

Fort Rucker will host its summer outdoor yard sale July 15 from 7-11 a.m. on the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion, according to organizers. No commercial vendors will be allowed without a contract – contact special events at 255-1749 for details and fees. The sale will be open to the public. Booth cost for ID card holders – active-duty and retired military, family members, reserve component members and Department of Defense civilians, DOD civilians – is 15x20, \$25; 30x20, \$35; and tables, \$10 each. Cost for the general public is 15x20, \$35; 30x20, \$45; and tables, \$10 each. Registration is due by July 12. People can register as a seller at MWR Central by calling 255-2997.

For more information on the event, call 255-1749 or 255-9810.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present a Blended Retirement System Seminar from 6-7 p.m. July 18 in the Soldier Service Center, Bldg. 5700, Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions, according to ACS officials. This discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by July 17. Free childcare will be available with registration.

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

Move, Groove, Read! Baby Lapsit

Center Library will host Move, Groove, Read! Baby Lapsit – its program designed especially for babies aged 0-18 months and their grown-ups – July 18 from 11:15 a.m. to noon. The interactive program asks parents and their babies to sing songs, do finger-plays, and enjoy books and baby games together – all intended to help little ones discover words and language, according to library officials. 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.

Book clubs

The Center Library hosts a book club for

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adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served.

The Center Library hosts a book club for teens the third Thursday of each month from 5:30-6:30 p.m. Light refreshments will be served.

Both clubs are open to authorized patrons. For more information, call 255-3885.

Teen Babysitter’s Course

The Fort Rucker Youth Center will host a teen babysitters course July 20 from 8:30 a.m. to 3:30 p.m. at the facility on Seventh Avenue and Division Road, Bldg. 2800. The course is limited to 14 participants, ages

13-18. Participant must be registered with child and youth services, and also bring a snack and lunch. Permission forms must be signed by a parent for the child abuse awareness training, and also the release forms for the youth’s name to be placed on the CYS babysitter list. Youth must complete the one-day training to receive certification. The training course will cover: American Red Cross CPR and first aid training, home and fire safety training, basic childcare, feeding, diaper changing and basic child abuse awareness training.

To register, call 255-2260 or visit <https://webtrac.mwr.army.mil>.

FORT RUCKER MOVIE SCHEDULE FOR JUNE 29-JULY 1			
Thursday, June 29 CLOSED	Friday, June 30 CLOSED	Saturday, July 1 Transformers: The Last Knight (PG-13)4 & 7 p.m.	Sunday, July 2 Cars 3 (PG)1 p.m. Transformers (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.			

NOT FORGOTTEN

Volunteer ‘Doughboy’ team works to bring WWI MIAs home

By Katie Lange
Defense Media Activity

WASHINGTON — According to the Defense POW/MIA Accounting Agency, there are still about 82,540 U.S. service members considered missing in action since World War II began. But that agency doesn’t account for the more than 4,400 still missing from World War I.

Thanks to the efforts of several volunteers, the records of these missing WWI men are slowly being unearthed, and more men are identified.

Historian Robert Laplander, known for his research and writings on the “Lost Battalion” of the Great War, started to search for World War I Army Pvt. Eugene Michael McGrath after someone found battle remnants in 2005 at the site of the Lost Battalion’s last stand.

“Among the stuff was a dog tag. It was to one of the guys in the Lost Battalion who was missing in action,” Laplander said, referring to McGrath. “We decided to see if we could figure out what happened to him.”

And thus began the Doughboy MIA Project. Laplander recruited several volunteer researchers, archivists and historians to help search for McGrath’s files. Over the years, word got out of their efforts and they began to look for other fallen World War I service members.

“We have technology today that they didn’t have back then: deep-penetration metal detectors, ground penetrating radar, spatial imaging – all that kind of stuff,” Laplander said.

In 2015, Laplander was contacted by someone at the WWI Centennial Commission and asked to highlight their efforts on the centennial’s website. Their page, ww1cc.org/MIA, has since grown by leaps and bounds.

THE PROCESS

“Between 1919 and 1932, when searchers went out after the war, the Army made every effort to try to find these men and identify the remains they had recovered that were unknown,” Laplander said. “But they had a small team, a lot to do – the Graves Registration Service handled 80,000 burials after the war – and they did the whole thing with paper forms and shoeboxes full of index cards.”

Since many of those files have disappeared or are located all over the world, it’s a long and tedious process.

“It’s [often] sitting at a desk looking through boxes. During one case, we went through 200 boxes of burial cards ... in four days. We looked at every single card,” Laplander said.

Their searches always begin by checking the official list of missing service members to see if they can chronicle their last moves. For those who aren’t missing or lost at sea, they first check through 2,300 burial case files, found at the National Personnel Records Center in St. Louis.

“They can take you in all kinds of directions,” Laplander said. “For McGrath, I pulled his [burial] file, and then we decided to pull the file of the guys buried next to him, one on each side, and there was more information in those.”

The search for McGrath’s final resting place continues (learn more about that journey here at <http://www.worldwar1centennial.org/index.php/current-active-cases.html>), but the team recently had success in honoring Navy sailor Herbert H. Renshaw.

A TRIBUTE A CENTURY IN THE MAKING

Renshaw joined the Navy in 1914, just after his 17th birthday. The U.S. entered World War I in April 1917, and he was unfortunately a quick casualty. Renshaw was on the USS Ozark, a sub-tender, on its first out-of-harbor mission on May 22, 1917, when he lost his life.

“They hit heavy weather that afternoon. The sea was very rough. He was on the deck of the ship signaling back to another ship, and he was washed overboard,” Laplander said.

After the war, U.S. lawmakers decided to create American cemeteries overseas, since so many men had died on foreign turf. The names of anyone who was lost at sea, missing or buried in an unmarked grave were carved into walls or tablets at each cemetery.

Renshaw’s name should have been added to one of those walls -- but it wasn’t, and it took nearly 100 years before anyone noticed. The person who did was Salisbury University professor Dr. Stephen Gehnrich, who was researching Maryland citizens killed in the war. He came across Renshaw’s name on a Navy burial file and learned details of his death through old



LIBRARY OF CONGRESS PHOTO

World War I Memorial in Jackson, Miss.



AIR FORCE TECH. SGT. CHRISSY BEST

U.S. service members and the local community honor U.S. service members killed during World War I during a Memorial Day ceremony at Brookwood Military Cemetery in England. Brookwood, the final resting place for 468 service members and 41 unknown service members from World War I, is one of the smallest American cemeteries in the United Kingdom.

newspaper articles. But Gehnrich noticed Renshaw wasn’t on the official list given to the American Battle Monuments Commission, which is in charge of U.S. military cemeteries and memorials. So he contacted Laplander.

Together, the pair did more research and discovered that Renshaw’s name had, for whatever reason, been left off the lists provided to the ABMC by the Naval and War Departments.

“In the naval register of Sailors and Marines that were lost during WWI, his name is listed. But ... his name wasn’t engraved at any of our cemeteries,” said Tim Nosal, the ABMC’s chief of external affairs.

So, the Doughboys petitioned in April to get his named added. Three days later, the ABMC agreed. Renshaw’s name would be added at Brookwood American Cemetery in England, where the majority of naval casualties are listed.

“After 100 years, he’ll be remembered,” Laplander said.

‘A MAN IS MISSING ONLY IF HE’S FORGOTTEN’

One question that Laplander always gets: One hundred years later, why do this?

“The answer is the same always – why not? The first World War was the very first time we sent a major expeditionary force overseas to fight on foreign shores – not for land, not for wealth, but for an ideal,” Laplander said. “If we stand the chance of giving somebody a grave, why wouldn’t we?”

His team is working on identifying a few other missing men, including a Soldier who had been buried by a chaplain. In a file, they found a description the chaplain gave of the burial area, as well as a set of coordinates he had given officials in 1926.

“Our ground team overseas managed to find the area, and I believe we’ve found the trench where this guy was buried,” Laplander said.

To his team, their tagline, “A man is only missing if he’s forgotten,” is crucial to their cause.

“Even if we don’t recover any more remains or identify anybody else, we’ve got people thinking about these guys,” Laplander said.



COURTESY OF THE AMERICAN BATTLE MONUMENTS COMMISSION

WWI Sailor Herbert Renshaw



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MARSHALL CENTER

Central Asian partners share insights in fight against organized crime

By Christine June
George C. Marshall European
Center for Security Studies

GARMISCH-PARTENKIRCHEN, Germany — Almost two dozen central Asian government officials shared strategies to fight global organized crime in their region at a four-day workshop at the George C. Marshall European Center for Security Studies June 19-22.

“This was a unique opportunity to exchange ideas and experiences for these professionals, who engaged daily with countering transnational organized crime in their countries,” said German army Lt. Col. Ulrich Janssen, program manager for the Marshall Center’s Central Asia Non-Resident Program, and organizer of the event. “They had an opportunity to examine contemporary issues regarding countering transnational organized crime, and analyze existing programs, mechanisms and initiatives in each of their countries.”

CTOC AND CENTRAL ASIA

The Central Asian region is unique in many ways, said Professor Joe Vann, Marshall Center’s Program on Countering Transnational Organized Crime director and the academic lead for this workshop.

He cites the various republics having rich cultural histories brought about by elaborate trade routes. These routes were developed over centuries and are part of the ancient Silk Road, which still exists today.

“Unfortunately, these trade routes are also used by transnational criminal organizations to facilitate all forms of illicit trafficking,” said Vann, a former special agent with the U.S. Naval Criminal Investigative Service, who has decades of experience in countering transnational organized crime.

He added that interdiction is made difficult by a combination of the region’s rugged mountain and long stretches of sparsely populated borders, involvement of ethnic clans, new improved roadways and rail systems, and relaxed internal borders.

“This means traffickers have numerous conveyance options and routes they can use,” Vann said. “Additionally, they generally operate in small, loosely organized ethnic groups that (make) interdiction efforts complicated.”

**OPPORTUNITIES FOR
MULTILATERAL COOPERATION**

Janssen said the workshop centered on participant-led discussions and presentations on their countries’ challenges, and an exercise to determine regional perspectives on fighting organized crime and identify opportunities for multilateral cooperation.



PHOTOS BY KARL-HEINZ WEDHORN

Professor Joe Vann, Marshall Center’s Program on Countering Transnational Organized Crime director and the academic lead, talks about emerging trends in transnational organized crime to 23 government officials from Central Asia and Pakistan June 19 at the George C. Marshall European Center for Security Studies.

“I think it’s important to offer them this forum considering that in their daily operations and business, they do not communicate so much with each other,” Janssen said. “Central Asia countries seem to primarily focus on fixing the problems themselves.”

This workshop addressed emerging trends in transnational organized crime and various initiatives in countering these trends and challenges. Showcased at the workshop were examples from a collaborative approach in the United States and four out of the five Central Asian nations to multinational or regional approaches.

“Cooperation, coordination and collaboration are key to success in effectively countering the increasingly aggressive ways criminals take to make their business,” said Ambassador Douglas Griffiths, Marshall Center’s associate director for international liaison, during opening remarks.

“Methods and procedures increasingly challenge law enforcement agencies around the world and call for interagency cooperation and a better exchange of information.”

Participants represented agencies relevant in the fight against organized crime, from the Central Asian governments of Uzbekistan, Kazakhstan, Kyrgyzstan and Turkmenistan, and Pakistan.

“This workshop gave a lot of different perspectives and dynamics of regional and international viewpoints on the phenomenon of transnational organized crime from subject matter experts,” said a Pakistan participant. “The first thing I believe in is that we need to know each other, and this workshop gave us that introduction and a chance to share best practices and learn from each other.”

WORKSHOP’S KEY TAKEAWAY

The workshop was supported by a

number of external subject matter experts from governments and agencies such as the Polish Border Guards, Customs Agency from the Republic of Georgia, as well as U.S. representatives from the Department of Treasury, Federal Bureau of Investigation, Defense Intelligence Agency, European Command and Central Command.

“The key takeaway for the participants is the importance of networking, collaboration and information sharing in the fight against transnational organized crime,” Vann said. “By appreciating the fact that transnational organized crime represents a threat to the national security of states, we can approach this threat with better informed collective responses.”



Almost two dozen Central Asian government officials shared strategies to fight global organized crime in their region at the four-day workshop.

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)

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Romanian, U.S. cadets get ‘Savage’ for a night

By 1st Lt. Samuel Jolley
3rd ABCT, 4th ID

MIHAIL KOGALNICEANU AIR BASE, Romania – As the sun set on Mihail Kogalniceanu, 11 U.S. cadets and 20 Romanian naval academy students excitedly stuffed the last of their supplies into their backpacks and prepared for the first Savage Eagle Leader Course.

The group of multinational cadets knew what they were up against, but nothing could have prepared them for the tasks that awaited them.

The event tested the physical endurance, mental agility and teamwork of all participants. The cadets faced multiple challenges to include land-mine reaction, sandbag combination puzzles and memory challenges.

“This was by no means an easy training exercise. Over a 13-hour period, the cadets marched over 12 miles, flipped large tires over half a mile, transported multiple 30-pound water jugs, and endured rigorous hours of physical exercises – all while stressing their cognitive skills to the max,” said 2nd Lt. Gunbold Ligden, an event planner for 1st Battalion, 8th Infantry Regiment, 3rd Armored Brigade Combat Team, 4th Infantry Division. “They accomplished all these tasks while carrying 20 pounds of weight in their backpacks.”

The event took a significant amount of time to plan for the 1st Bn., 8th Inf. Regt., which has been in Romania since February serving as U.S. Army Europe’s regionally allocated land force for Operation Atlantic Resolve. The mission to deter aggression has seen the “Fighting Eagle” Battalion work hand in hand with their Romanian Defense Force counterparts, but Savage Eagle took the cross-training to a more youthful level.

“We spent about two months in various working groups generating event ideas. We aimed to create unique opportunities to place cadets in charge of their peers, developing their leadership by keeping them out of their comfort zone throughout the night,” said Ligden.

We are really proud of how the event turned out. Overall, we believe the cadets



PHOTOS BY 1ST LT. SAMUEL JOLLEY

U.S. cadets and Romanian naval academy students lift and push a Humvee tire to the end point during the Savage Eagle Leader Course at Mihail Kogalniceanu Air Base, Romania, June 20.

walked away from Savage Eagle with a sense of pride of what they accomplished together as a multinational team. They will take this experience forward as junior officers in both the U.S. Army and Romanian navy,” he said.

Cadet Zemas Andargachew, from the University of Alabama, took time to reflect on Savage Eagle the morning after the event.

“As Reserve Officers’ Training Corps cadets, we have Ranger Challenge, which is pretty intense. But nothing we had done before comes close to how difficult this event was,” said Andargachew.

The event took a toll on the participants, with cadets slogging through water on a cool day while carrying heavy equipment with little sleep, he said.

“I know that we all grew. It’s one thing to be a strong leader when everything is going right. But when it’s cold, raining and everyone is exhausted, you really see your leadership at its core,” said Andargachew.

This marked the first multinational training exercise between the Romanian naval academy Students and U.S. cadets. The U.S. cadets are spending time with the 3/4 ABCT as part of the U.S. Army’s Cadet Troop Leader Training program.

“The American cadets have been here with us for about a week,” said Irinie Vargas, a naval academy student. “We usually stayed separate in our own cultural groups. But after tonight, I have 11 new friends! It is surprising how quickly rela-

tionships grow when you work together. I will remember not only how cold and tired I was, but how my friends and I were able to push each other through the night, for years to come.”

Students at the Mircea cel Batran naval academy were not used to the physical demand in the training.

“We are mostly engineers and scientists”, said Marian Sava, a Romanian naval cadet. “When we were flipping the tire down that long road, I just remember thinking to myself, ‘This is impossible, when is this going to end?’ But listening to the music in the background, singing and everyone keeping each other motivated – before I knew it, we flipped that tire half a mile.”



Eleven U.S. cadets and 20 Romanian naval academy students pose for a group photo following completion of the Savage Eagle Leader Course.

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Andalusia hosts world domino championship

Army Flier
Staff Reports

Andalusia will host the World Championship Domino Tournament July 7-8 and the Kiwanis Fair Complex at 509 Third Street. Registration is at 6:30 a.m., game begins at 8 a.m. and sweepstakes drawings are at 7 p.m. Organizers expect more than 300 people to participate in the tournament for all ages. There will be more than \$20,000 in cash and trophies awarded.



WIREFLASS 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.andalusialegiopost80.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.andalusialegiopost80.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

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

ONGOING — 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.

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

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

ENTERPRISE

JULY 1-2 — The Enterprise semi-pro baseball team needs players. The team is playing Auburn and Georgia July 1, and Panama City July 2. For more information, call 334-389-5972.

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

ONGOING — Military Order of Purple Heart meetings are the third Tuesday of each month at 5:30 p.m. at American Legion Hall on East Lee Street. For more information, call 334-347-2727 or 334-447-6954.

ONGOING — Classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered Thursdays at 1 p.m. and Saturdays at 10 a.m. At the church, classes are offered Mondays at 9 a.m. and Thursdays at 5:30 p.m. People interested in joining a class are welcome to join at any time. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire for these classes. All classes are taught by accredited volunteer instructors. For more information, call 334-588-0512. For more information about Taoist Tai Chi, visit <http://www.taoist.org/usa/locations/montgomery/>.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

JUNE 29 — Disabled American Veterans Chapter 99 will at 6 p.m. in the senior center located one block behind the old New Brockton Police station. Food and drink will be served followed by regular chapter business. The chapter extends an invitation to other veterans throughout the Wiregrass to join the organization. Officials request maximum member participation at this meeting for formal nominations for next years' positions of commander, senior and junior vice, and other positions. 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 — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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

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.

WIREFLASS AREA

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.

ONGOING — Mount Calvary Missionary Baptist Church, 970 County Road 528, Elba, offers Sunday school the first, second, third and fourth Sundays of the month at 9:45 a.m., and worship the first and third Sundays of the month at 11 a.m. Bible study is Wednesdays after the first and third Sundays from 6-7 p.m. For more information, call 334-774-1738.

Beyond Briefs

Space Camp Summer Fest

The U.S. Space and Rocket Center in Huntsville will host its Summer Fest July 13-15. Organizers said this year's event promises to be a memorable one as attendees will hear from astronauts and take a trip down memory lane through Camp activities — all the while trading stories with some of the nearly 700,000 alumni across Space Camp's 35-year history. Attendees will also get a sneak peek at America's next steps on the journey to Mars from NASA representatives. Proceeds from the weekend's activities benefit the Space Camp Alumni Scholarship Fund.

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

Mobile Delta: Glass & Light

The Mobile Museum of Art is hosting the exhibit, "The Mobile Delta: Glass & Light" through March 11. Rene Culler's site-specific work is a mural in glass that celebrates the species-rich delta and

its atmospheric qualities. The delta is a changeling environment that is constantly shaped and molded by the weather and waterways, according to museum officials. As the grasses, almost transparent, catch the light, Culler's drawings and painting in glass suggest the landscape that southern Alabama holds so dear. The composition is a wall of natural light utilized as a glass canvas for drawing, painting and printing with vitreous enamels. The museum is located at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children under 6 are admitted for free.

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

Float Your Boat summer festival

Turkey Creek Nature Preserve in Pinson will host its Float Your Boat summer festival July 15 from 10 a.m. to 4 p.m. The event offers a fun-filled day at the preserve that features balsa wood boat races with prizes, the city of Pinson's Beat the Heat ice cream give-away, food

vendors, swimming and a fun zone for children, according to organizers. The fun zone opens at 10 am. And the boat races begin at noon. Admission is free.

For more information, visit <https://turkeycreeknpc.com/>.

Summer concert series

Panama City Beach, Florida, will host its free summer concert series Thursdays from 7-9 p.m. through Aug. 10 at Aaron Bessant Park, 600 Pier Park Drive. People are welcome to bring their lawn chairs and blankets and enjoy the sounds of summer music, according to organizers. Coolers, food and pets are welcome.

For more information, visit <http://www.panamacitybeachparksandrecreation.com/summer-concert-series-2017.html>.

Palafax Market

Downtown Pensacola hosts its Palafax Market Saturdays from 9 a.m. to 2 p.m. Saturdays at Martin Luther King Plaza. Admission is free to the market that features fresh produce, live plants, baked goods, fine art, antiques and more. Items

originate directly from onsite vendors who grow, make, or create the fruits, vegetables, herbs and art for sale, according to organizers. The event takes place rain or shine.

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

Disney's 'Mary Poppins'

The Alabama Shakespeare Festival in Montgomery will host its production of Disney's "Mary Poppins" July 5-30 at various times. According to festival officials, "Mary Poppins" showcases some of the most memorable songs ever sung on the silver screen or stage, including "Chim Chim Cher-ee," "Jolly Holiday," "A Spoonful of Sugar," and "Supercalifragilisticexpialidocious!" The production is recommended for ages four and up. Visit <http://tickets.asf.net/single/PS-Detail.aspx?psn=11574> for show times and to purchase tickets. Ticket prices vary based on play, date and availability of seating.

For more information, call 334-271-5353 or asf.net/project/mary-poppins/.

NOT WARS!

A revolution helped save Watervliet Arsenal

By John B. Snyder
Watervliet Arsenal

WATERVLIET ARSENAL, N.Y. — The Army's last remaining cannon manufacture has a great history of rising and then falling in stature after every military conflict since the War of 1812. But interestingly, it was not the wars at home or those overseas that have safeguarded the Watervliet Arsenal's 203 years of continuous operation — it was a revolution.

When people think about revolutions, they might visualize images of the fighting in the American or the French Revolutions in the late 1700s. But after the American Civil War, there was another type of revolution. And unlike the death and destruction of a typical revolution, this revolution actually saved lives and improved the quality of life of every American.

A few years after the American Civil War, America entered into what was then called the Great Depression, only to be followed by another Great Depression in the 1930s.

As with any depression, there were significant worldwide economic challenges and extreme shortages of basic goods, except for one area — there were no shortages of tinkers, designers, and discoverers who led what would become known as the Second Industrial Revolution.

During this revolution, which many say ran from the 1870s to the start of World War I, significant scientific discoveries that would effect the lives of everyday Americans were brought out of dusty research labs and into businesses and homes.

One such discovery, generating power from magnetic grids, allowed manufacturing centers to move toward mass production by powering machine tools with a phenomenon called electricity. With electricity, manufacturers could move away from machines powered by animals, water and steam. During this same time, a new invention called the incandescent light bulb would provide consistent, safe lighting to manufacturing production floors and offices.

The Revolution also drove growth in the field of metallurgy, which greatly benefited the Arsenal, too.

G. Peter O'hara, a retired Army mechanical engineer from the Arsenal, said that advancements in metallurgy in the 1870s allowed for the mass production of a hardened alloy called steel.

Steel had an immediate effect on the quality of life of every American as it allowed for a massive expansion of railway systems by replacing iron rails, which were easily damaged and could not withstand the weight of larger locomotives, with cheaper, stronger steel. This technology allowed for the rapid migration of people and products throughout the country and is still in use today.

O'Hara added the Revolution's advancement in metallurgy also drove significant advancements in weapons technology.

"As nations began to mechanize their defense industrial base after the American Civil War, advancements in weapons technology was just a logical expansion of the science of the time," O'Hara said. "Four key advancements made in large caliber production led to the transformation of the Watervliet Arsenal from a maker of saddles to a maker of cannons."

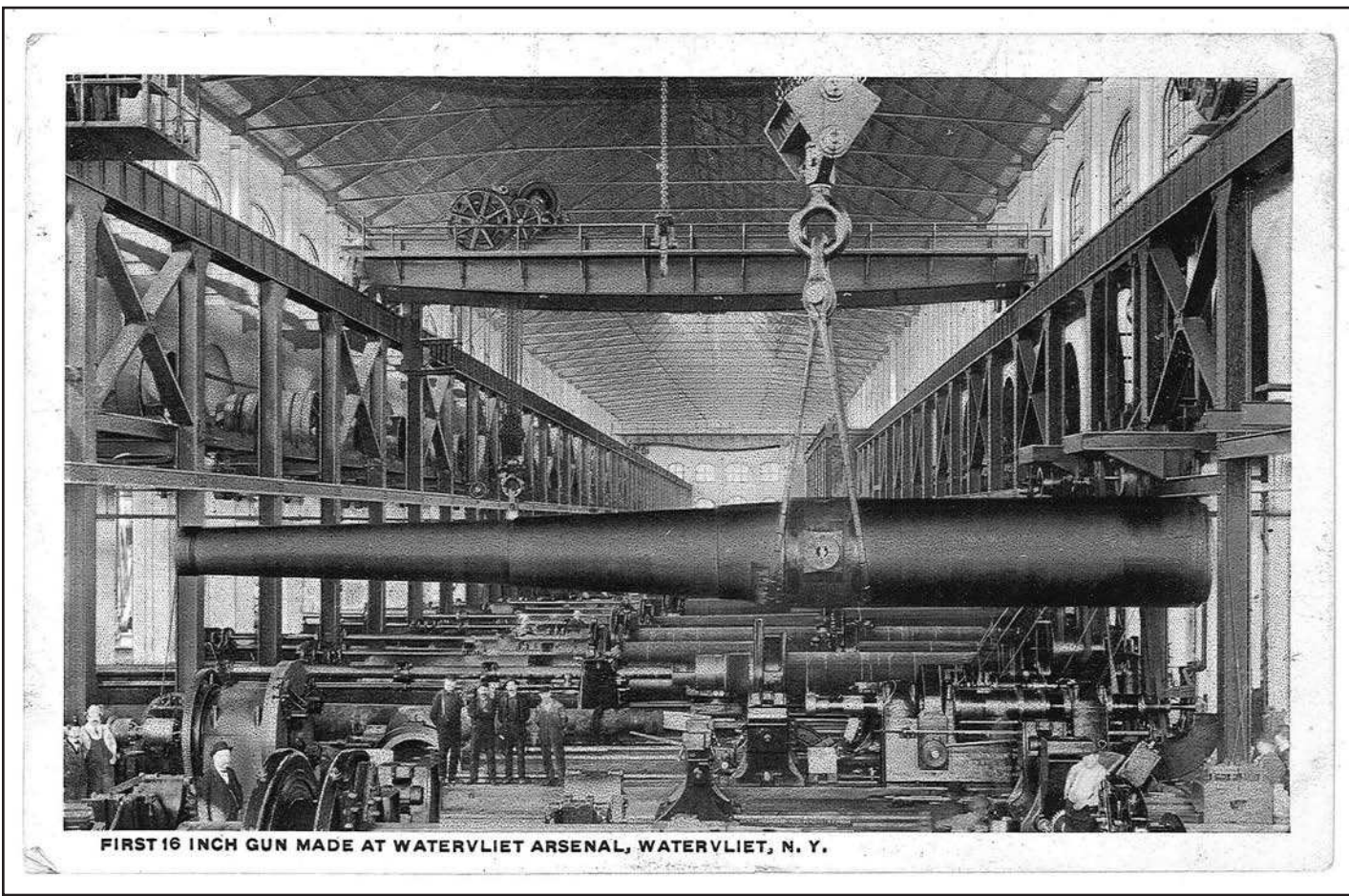
First, the ball projectile was replaced by a more aerodynamic spherical munition. This new round, when combined with an inner-bore technology called rifling, greatly increased the range and accuracy of artillery and naval-gun systems, O'Hara said. The third new technology involved replacing cast-iron guns with steel guns, which improved the durability and accuracy of the gun tubes. And finally, the introduction of breech loading greatly reduced reloading time, while improving the safety of artillerymen.

By the early 1880s, the United States was becoming a world super power, but it lacked the ability to produce large modern cannon guns for its Army and Navy. The bottom line is that U.S. weapon systems of that period were overmatched by foreign militaries.

"Oceans had once provided a barrier against foreign armies, albeit not impregnable, for centuries," O'Hara said. "Nevertheless, by the 1880s, foreign militaries had amassed large naval platforms that could deliver devastating fires onto coastal communities from a large standoff distance."

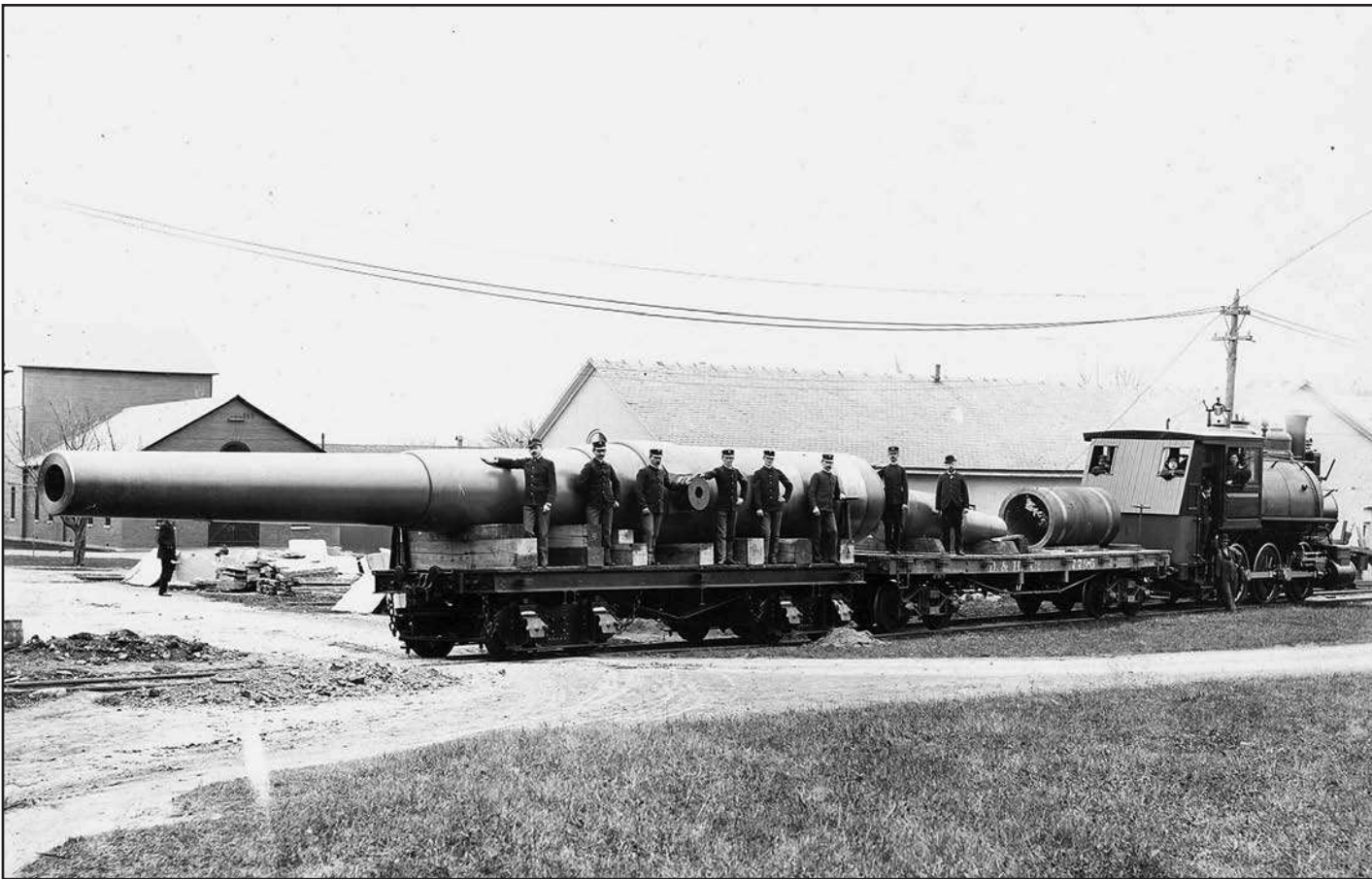
Given that U.S. harbor fortifications were sadly inadequate, President Glover Cleveland appointed a Board on Fortifications or Other Defenses, also known as the Endicott Board, to determine the best locations to manufacture cannon, siege and seacoast guns.

The president and Congress agreed to fund the startup of two cannon manufacturing centers. One for the Navy at the Wash-



ARSENAL HISTORICAL FILES

The first 16-inch gun being manufactured in the Watervliet Arsenal's Big Gun Shop circa 1902.



The first 16-inch gun is being readied for barge shipment in 1902.



The historic Big Gun Shop on the Watervliet Arsenal was built in the late 1800s and remains in operation today.

ington Navy Yard in Washington, D.C., and one for the Army at Watervliet.

And so, with the relocation of several machines from the Watertown Arsenal and about \$700,000 from Congress in 1887, the Arsenal began the transformation from a maker of saddles to a maker of cannons in what has become known here as the Big Gun Shop.

By 1890, the arsenal had produced its first large caliber gun, an 8-inch cannon. By 1893, the Arsenal was manufacturing 8-, 10-, and 12-inch guns and mortar systems. By 1902, the Arsenal manufactured its first 16-inch cannon.

In the years that followed, the Big Gun Shop grew from the original 166 feet in length to approximately 1,300 feet by World War I. Some of the gun systems manufactured in this building included 8-, 10- and 12-inch guns; 12-inch breech loaded mortars; 12- and 14-inch coast defense guns; and 16-inch guns for coast defense and for battleships.

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3-FOR-1

Fort Rucker Triathlon puts competitors' endurance to the test

By Nathan Pfau
 Army Flier Staff Writer

Triathlons are one of the most physically demanding competitions, with essentially three races in one, and about 100 people put their endurance to the test Saturday.

The Fort Rucker Triathlon had competitors take part in a quarter-mile swim through the waters of Lake Tholocco, a 10.6-mile bike course, followed by a 3.1-mile run to cap off the event.

Participants were allowed to compete as individuals, competing in all three races, or as teams of three, with each team member taking on a different role.

Winners for the competition included: Charlie Johnson, male overall winner with a time of 55:21; Stephanie Liles-Weyant, female overall winner with a time of 1:02:17; David Shearon, male master winner with a time of 57:57; Renee Umstead, female master winner with a time of 1:11:28; Michael Weyant, male grandmaster winner with a time of 59:21; and Joanne Maltese, female grandmaster winner with a time of 1:17:25.

There were also seven teams competing, and the winning team was team Boll Weevil Brewing, which consisted of Jeanne Davis, swimmer; David Stout Jr., biker; and Shelley Westmoreland, runner, with a team time of 58:29.

For the Boll Weevil Brewing team, which consisted of avid competitors in their respective sports, competing as a team was a new challenge for them, but one they were willing to tackle together.

"We all just wanted to do a relay together, and everybody has their strengths on this team, so we just decided to get together as a group and see what we were made of," said Davis, who has competed in multiple triathlons on Fort Rucker.



PHOTOS BY NATHAN PFAU

Swimmers take a plunge in the waters of Lake Tholocco during the swim portion of the Fort Rucker Triathlon at West Beach Saturday.

"I usually do this event as an individual, but I decided to try it as a group this year," she said. "It's been amazing and I'm glad that I was able to do this with some great friends."

Davis said she swims about three times a week as part of her routine, so when it came time to decide who would take what role in the competition, swimming was a natural choice for her.

Westmoreland, who competed as the runner for the team, typically runs about 40 miles a week and is currently training for the Boston Marathon. For her, taking part as a team was a chance for her and her friends to see what they were made of, she said.

"We all love our sport – we each have a passion for each of our individual sport," said Westmoreland. "The (Fort Rucker Triathlon) is one of the best events

here in the area, and it's been amazing to compete with such strong athletes."

One of those strong athletes was here other teammate, Stout, who tacked the 10.6-mile bike course of the competition.

Stout said he has been an avid runner since he was in middle school, and has competed in many track and field competitions, as well as cross country events, but a knee injury caused him to switch from running to biking as a means to recover.

"I got into cycling to ease up, but then I found a new hobby," he said, adding that this was his first triathlon competition. "I've been cycling and running for a long time now and I wanted to compete in the triathlon, but I'm not a swimmer, so I asked them to help me out. This feels great [to win] my first triathlon."



Patrick Westmoreland, triathlon competitor, takes on the 10.6-mile bike portion of the Fort Rucker Triathlon as other bikers trail behind.

PEAK PERFORMANCE

USARIEM showcases Performance Readiness Bar at Pentagon Lab Day

By Mallory Roussel
 U.S. Army Research Institute of Environmental Medicine

WASHINGTON — A broad audience ranging from high school students and military cadets to general officers and government Senior Executive Service had an opportunity during the Department of Defense Lab Day at the Pentagon recently to learn about the science behind the Performance Readiness Bar, a calcium and vitamin D-fortified snack bar developed to optimize bone health in basic trainees.

Use of the snack bar is slated to begin at Fort Benning, Georgia, this summer and will be fully implemented at all four Army basic training locations in 2018.

Among the flurry of white tents lining the Pentagon, showcasing the Army's most advanced research, development and technology, Drs. James McClung and Erin Gaffney-Stomberg, two researchers from the U.S. Army Research Institute of Environmental Medicine offered samples of the snack bar to interested visitors while discussing the collaborative research effort between USARIEM and the Combat Feeding Directorate at the U.S. Army Natick Soldier Research, Development and Engineering Center in developing the product.

"USARIEM has been researching the requirements for calcium and vitamin D intake during initial military training in order to optimize the bones' anabolic response to training, as stronger bones are more resistant to stress fractures," said Gaffney-Stomberg, a



PHOTO BY DAVID KAMM

Two Soldiers taste-test the Performance Readiness Bar, a calcium and vitamin D-fortified snack bar developed to optimize bone health in basic trainees, during a bone health field study.

research physiologist from USARIEM's Military Performance Division. "Our findings indicate that calcium and vitamin D requirements during IMT are higher than other times in order to support bone health."

According to the Military Health System, recruits often arrive to basic training with poor calcium and vitamin D status, making their bones more vulnerable to stress fractures and other injuries.

"Because the U.S. population at large is generally less fit, many of the new Army recruits are not physically and physiologically ready to endure the rigors of Army IMT," said Dr. Stephen Muza, deputy director of Science and Technology at USARIEM. "Consequently, many well-educated and motivated recruits suffer skeletal injuries that can lead to their medical disqualification from military duty. The Performance Readiness Bar is

one elegant solution to this problem that will reduce attrition and personnel costs associated with IMT. This will lead to increased Army readiness."

Gaffney-Stomberg added that "99 percent of the body's calcium is stored in the skeleton, and vitamin D helps the body absorb calcium and strengthen bones." Performing high physical activity while these nutrient levels are low starts to cause problems.

"When you do not get enough calcium in your diet, your body will mine calcium out of your bones to support vital functions like muscle contraction and nerve conduction, at the expense of your skeleton," Gaffney-Stomberg said. "Over time, this will weaken bone, making it more susceptible to fracture."

The percent of recruits who experience stress fractures is

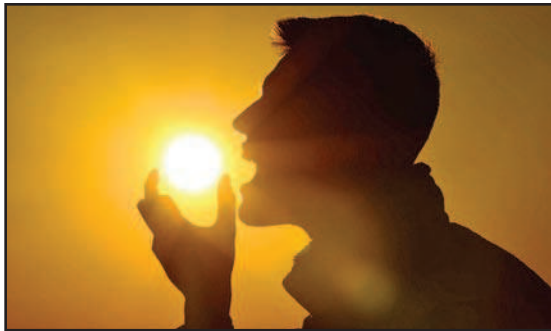


PHOTO ILLUSTRATION BY AIR FORCE SENIOR AMN. JENSEN STIDHAM

Medical experts shed light on vitamin D

Uniformed Services University
 Human Performance Resource Center
 Staff Report

SILVER SPRING, Md. – Vitamin D is an essential nutrient that your body produces when your skin is exposed to sunlight, but there are ways to get it from foods, too.

It helps your body absorb calcium and maintains the calcium and phosphate your bones need to form and grow. It also contributes to cell growth, immunity, and nerve and muscle function. It can also help reduce inflammation.

In addition, it plays key roles in reducing your risk of many adverse health conditions, including depression, cancer, heart disease, osteoporosis and others.

SUN EXPOSURE

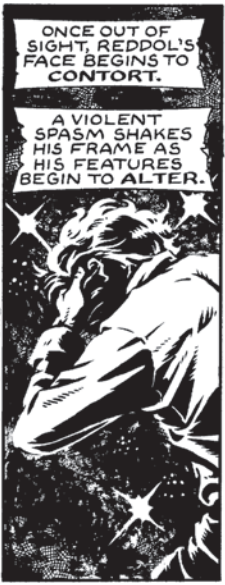
Fair-skinned people can get enough from as little as 15 minutes in the sun – the darker your skin, the longer it will take (up to two hours), but less than it would take for your skin to burn. For many reasons, however, people often don't get enough exposure. A little time outside on a sunny day with your arms and legs uncovered can provide nearly all the vitamin D most people need, but that can be challenging when

SEE LIGHT, PAGE D3

DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Super Crossword

K-9

ACROSS

- 1 Muslim holy city
6 Krishna, e.g.
12 Judges' gp.
15 Shower item
19 Car rods
20 Juan's shawl
21 Boar or sow
22 As far as
23 Very stripped-down rendition?
26 Acne, slangily
27 Legal injury
28 Devoid of joy
29 "Pee" — Big Holiday" (2016 film)
30 Curriculum segment
31 "Jingle Bells" vehicle
33 Hoosiers stuffing suitcases?
39 Italian automaker
41 Does a pressing job
42 Fly smoothly
43 Muslim ascetic's caution?
47 "— didn't!" (denier's cry)
48 Vine-covered, as a wall
49 Horn's honk

- 50 Blasting stuff
52 New Zealand aborigine
57 Actor Foxx
58 "Alice" waitress
59 Country singer Hill soaked up the sun?
62 Joule
63 Furious state
64 — rod (biblical staff)
66 "We have approval!"
67 What a curmudgeon has?
71 Chews (on)
73 Northern French port
74 Doting affection, briefly
75 Cave hanger
78 Sitcom teacher who lives next to a stream?
80 Some Greek letters
81 Lamb-in-pita sandwich
82 Keats' "— a Nightingale"
83 Bladed tool
84 Alevite target
86 Intended

- 87 Abbr. on a brandy label
89 Loaf coated with glaze?
92 Crooked
95 Put in office
96 Window or door part
97 Primate buying things?
101 Harbor ill will toward
105 Big name in mowers
106 Wailuku site
107 Corrode
109 Be too sweet
110 Landed (on)
111 Thick board to be used only in an emergency?
117 Bed board
118 Pal, in Paris
119 Signify
120 One-on-one pupil
121 Devout
122 Peach part
123 Hot spots in spas
124 Helps pull off a crime

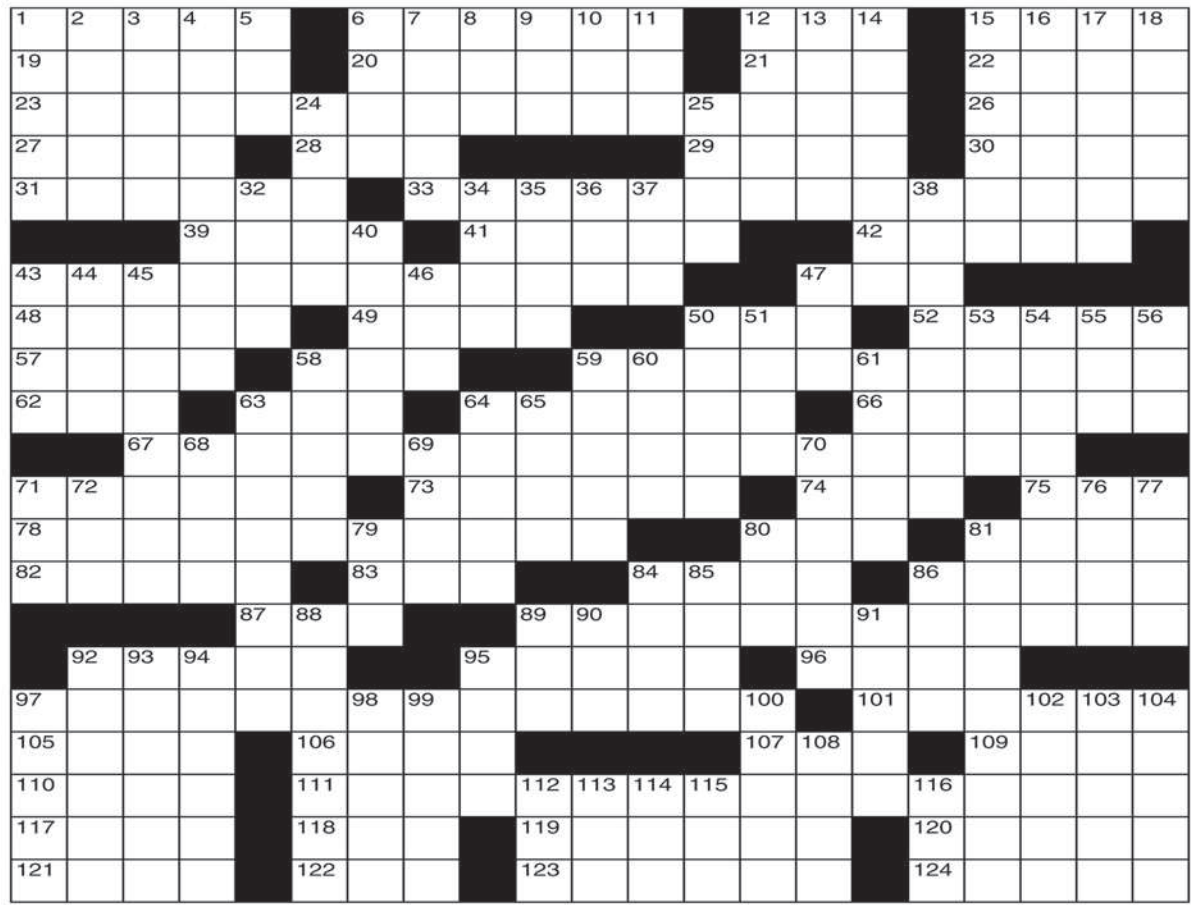
DOWN

- 1 Ship spars
2 Really praise
3 Writer —
4 Part of CPA

- 5 Require (of)
6 Off land
7 "Falstaff" composer
8 Dog's cry
9 Wu's "way"
10 Tax Day mo.
11 Sleep lab concern
12 Sleep lab concern
13 Arm muscle, informally
14 Way back
15 Japanese automaker
16 Offered views
17 Fine apparel
18 Blog entries
24 "Baloney!"
25 Wheat
32 Encircle with a band
34 IX
35 IV hookup
36 Tiny thing with a charge
37 "Life of Pi" director Lee
38 Of weather conditions
40 iPad, e.g.
43 Passion
44 Say to be so
45 Careful and delicate, as treatment
46 Vintage Olds
47 High degree

- 50 Turner and Fey
51 Crash-probing agcy.
53 Off. aide
54 "Fine, as far as I'm concerned"
55 Rule, briefly
56 Altar answer
58 Pat down
59 Monastery title
60 Golf Hall of Famer Isao —
61 Invoices
63 Got better
64 Set — (choose the wedding day)
65 Everyone, to Hans
68 "How — Your Mother"
69 Outer: Prefix
70 Big online music store
71 — -Magnon man
72 Veiled
76 Region
77 Figure skater
79 "So that's the trick!"

- 80 Suffix with no-good
81 After-school youth program, perhaps
84 Choose
85 Entr'—
86 Skillful
88 Pool headwear
89 — -mo
90 Cariou of Broadway
91 Not clean
92 God of music
93 Daytime drama, e.g.
94 Intricate
95 Put out
97 Squirrel away
98 Country singer Judd
99 Hit the gas
100 Gossipy sort
102 Happily
103 Tripled trio
104 Little 'uns
108 Top pilots
112 Checkpoint demands
113 Pro-learning org.
114 Bearded antelope
115 Myriad eras
116 Pro-learning org.



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See Page D3 for this week's answers.

TRIVIA

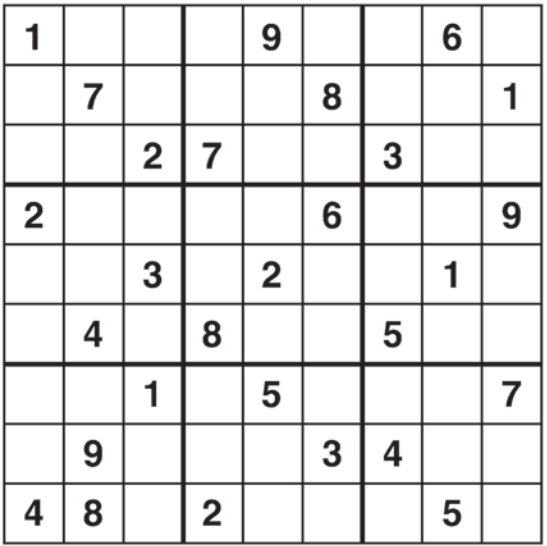


1. HISTORY: What was poet Walt Whitman's job during the U.S. Civil War?
2. GEOGRAPHY: Which U.S. National Park receives more visitors every year than any other park?
3. SCIENCE: What does a lepidopterist study?
4. FOOD & DRINK: What kind of food is chevre?
5. FASHION: What kind of cloth takes its name from the phrase "cloth of the king"?
6. CURRENCY: What was Poland's basic unit of currency called before the euro?
7. AD SLOGANS: What product was advertised as "the snack that smiles back"?
8. MUSIC: Who is the lead singer for the Red Hot Chili Peppers?
9. COLLEGE TEAMS: What is Rutgers University sports team called?
10. ART: Which 20th-century photographer was known for his black-and-white depictions of the American West?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

JOE'S JUNKYARD

ONE MAN'S JUNK is another man's treasure! See if you can correctly count up all of the items shown at Joe's. You have 30 seconds to browse.

Answer: Our count was 44. Did you find more?

A FEAT OF JUGGLING! Here's a neat coin catching stunt. Bend your arm back to your shoulder, palm up, and place a stack of coins on your elbow. Next, snap your arm down and try to catch the coins in your hand. With a little practice, you'll "out juggle" your friends every time.

IT'S MAGIC! Use the numbers 1 through 10 to fill in this Magic Square. The numbers in each horizontal row and vertical column should total 35. We've filled in six of the squares. The rest is up to you.

Our answer: First row: 10, 8, 11, 15, 1, 5, 16. Second row: 14, 2, 7, 12. Third row: 3, 17, 9, 6. Fourth row: 10, 5, 4, 16.

Answer: 35

Junior Whirl

by Charles Barry Townsend

RARE FARE FIRE FINE FIND

A RARE DISCOVERY! Let's see if you can discover the answers to the following puzzles in under five minutes. In this type of problem you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed RARE to FIND in four moves. See if you can change the following words in four moves each.

1. FULL to TIME
2. BALK to LINE
3. CAPE to HORN
4. GIRL to TALK

Answers: 1. FULL, TILL, FILE, TIE, TIME. 2. BALK, GALK, NAME, LINE. 3. CAPE, COPE, CORP, CORN, HORN. 4. GIRL, GILL, TILL, TALK.

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

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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PERFORMANCE TRIAD

Army promotes prevention message during Men’s Health Month

Army Medicine
Staff Report

FORT LEE, Va. — In recognition of national Men’s Health Month the Army has launched an information campaign to raise awareness of preventable diseases and illnesses, and promote early detection and treatment among males in the Fort Lee community.

Dr. Prabha U. Gupta, an internal medicine physician at the Kenner Army Health Clinic at Fort Lee, said it’s important for men to consider the most common ailments affecting them and the preventative measures they should practice.

Men typically are less healthy than women. In the eight-out-of-10 leading causes of death in the United States, the mortality is higher for males, according to a Harvard Medical School study. These include the top three causes of death for both sexes – heart disease, cancer and stroke.

Moreover, men are 24 percent less likely than women to have visited a doctor within the past year, are 22 percent more likely to have neglected their cholesterol tests and 28 percent more likely to be hospitalized for congestive heart failure.



ARMY PHOTO ILLUSTRATION

Factors that put men at higher risk may include unsafe activities, aggression, alcohol and substance abuse, diet, lack of social networks and lack of routine medical care, according to the report.

“Little more needs to be said about why it’s important to take immediate steps toward a healthier you,” said Gupta. “Have a discussion with your primary care provider to see what you can do to optimize your health outcomes rather than wait for a diagnosis of a serious medical issue or disease that may be untreatable at that point.”

The Army Medical Department is transforming from a health care system focused on reacting to disease and injury to a system for health, focused on prevention. The Performance Triad captures three essential categories of preventive needs – activity, nutrition and sleep.

Healthier lifestyle options men should practice include the following.

- Keep track of weight, activity, calories and sleep – challenge yourself to achieve fitness-promoting goals.
- With daily meals, shoot for at least eight servings of fruits or vegetables to help prevent diseases like stroke, type 2 diabetes, some forms of cancer and possible heart disease.
- Maintain a healthy weight and body mass index, or at least make sure the waist measures no more than 40 inches. Having a BMI over 25 classifies as being overweight, and more than 30 is considered obese. This puts men at an increased risk for diabetes, high-blood pressure, stroke and other problems.
- Get enough exercise – 10,000 steps per day and 30-minute

workout sessions at least five days a week are recommended. Include a variety of moderate-intensity aerobic activity, such as brisk walking, and muscle-strengthening activities two or more days a week. The benefits include controlling weight, reducing risk of cardiovascular disease and some cancers, as well as preventing Type 2 diabetes and metabolic syndrome. Exercising regularly strengthens bones and muscles, improves mental health and mood, and the ability to do daily activities. It increases the chances of living longer.

- Sleep seven to eight hours a night and maintain a consistent routine.

Individuals also should keep up with recommended health evaluations, including the following.

- **Cholesterol:** Once a man turns 35 (or as early as age 20 if he has risk factors like diabetes, a family history of heart disease, tobacco use, high-blood pressure or a BMI of 30 or over), cholesterol should be checked regularly. High-blood cholesterol is one of the major risk factors for heart disease.
- **Blood pressure:** Have it checked every two years.

- **Cardiovascular disease:** Between the ages of 45-79, men should ask their doctor if they should take aspirin every day to help lower the risk of a heart attack.
- **Colorectal cancer:** Beginning at age 50 and through age 75, get tested for colorectal cancer.
- **Other cancers:** Ask your doctor if you should be tested for prostate, lung, oral, skin, testicular or other cancers.
- **Sexually transmitted diseases:** Talk to a doctor to see whether it is necessary to be tested for sexually transmitted diseases.
- **Depression:** Those who feel “down” or have little interest in doing things they usually enjoy should talk to their doctor about depression.
- **Abdominal aortic aneurysm:** If between 65-75 and you have smoked 100 or more cigarettes in a lifetime, ask to be screened for an abdominal aortic aneurysm.
- **Diabetes:** If blood pressure is higher than 135/80, have a doctor test for diabetes.
- **Tobacco use:** If you smoke or use tobacco, talk to your doctor about quitting. For tips, visit www.smokefree.gov/ or <https://www.ucanquit2.org/>.

Performance

Continued from Page D1

significant.”Stress fractures occur after unaccustomed activities or overuse, such as carrying heavy loads – common during basic training,” said McClung, deputy chief of USARIEM’s Military Nutrition Division. “Up to 20 percent of female recruits and five percent of male recruits suffer from stress fractures during IMT. Women beginning training with poor vitamin D status are particularly vulnerable.”

These injuries can impact Soldier readiness, resulting in up to 60 percent of those suffering from stress fractures to drop out of the military.

Years of nutrition research and field studies by USARIEM scientists have demon-

strated that higher levels of calcium and vitamin D in the body increases bone density in response to training. Eating the calcium and vitamin D-fortified Performance Readiness Bar supports a recruit’s bone health and reduces injury risk.

“Our test Soldiers ate these bars each evening,” McClung said. “We observed marked improvements in their nutritional status and bone health. An added benefit may be better performance during physical training before the next morning’s breakfast.”

This year, the Pentagon featured about 90 displays from research and development labs throughout the DOD. Experts from the Army, Navy and Air Force demonstrated their high-tech tools, medical advancements and programs to hundreds of visitors, in-

cluding numerous congressional and DOD leaders, as well as students and Pentagon employees.

USARIEM was among 14 joint medical exhibits displaying products and research to demonstrate how these DOD medical labs support military personnel during training and on the battlefield. Exhibit highlights included medical training programs, combat feeding research, trauma care and battlefield medicine breakthroughs, traumatic brain injury research, DOD Zika response efforts, biological defense research, and bone health optimization products.

The annual DOD Lab Days showcase relevant military research that is critical to the health and well-being of the nation’s warfighter. For Muza, these Lab Days spotlight

the unique and critical research capabilities and solutions Army medical labs, including USARIEM, provide to reduce injury rates and optimize servicemen’s and servicewomen’s health and performance.

“Being a warfighter is a unique occupation with very limited civilian counterparts,” Muza said. “To effectively and efficiently provide the warfighter with the methods and means to optimize and sustain their health and performance requires a research and development community that understands warfighters’ operational environment. USARIEM has a highly educated and innovative science and technology staff with the knowledge and experience to provide preventative medicine products customized to the warfighter’s requirements.”

Vitamin

Continued from Page D1

you’re wearing a long-sleeved uniform, working inside all day, or in winter.

FROM FOODS

Unlike other nutrients, vitamin D occurs naturally in very few foods, so it can be difficult to get enough through your diet. That’s why some foods are fortified with vitamin D – that is, they have vitamin D added. The most common is milk, but some cereal products, yogurt, orange juice, margarine and other foods also are fortified. Foods that naturally contain vitamin D include cod liver oil, swordfish, salmon, tuna, sardines, beef liver and egg yolks.

HOW MUCH?

The recommended daily allowance of vitamin D is 600 IU – except that infants under one year need only 400 IU

and adults over 70 need 800 IU. On fortified food labels, look for DV – daily value – to make sure you get some in your diet if you don’t get enough sun on your skin. The DV is only 400 IU, because it assumes you get some vitamin D from sun exposure and foods with natural vitamin D content.

Foods fortified with vitamin D are required to list the amount on their label’s nutrition facts panel. However, natural vitamin D content isn’t required on food labels. If you want to find out the natural content in various foods, you can use the USDA Food Composition Databases at <https://ndb.nal.usda.gov/ndb/>.

SUPPLEMENTS

Another way to get vitamin D is through supplements, especially for people who are deficient in this nutrient or have special medical needs. However, it’s important to consult a healthcare provider before taking supplemental

vitamin D, because excess vitamin D can be stored in your body, putting you at risk for toxicity.

Over time, too much vitamin D can lead to irregular heart rhythms, kidney damage, and other serious health problems. If you take large doses of supplemental vitamin D and eat foods that are fortified with it, you could easily obtain more than recommended amounts.

BOTTOM LINE

Despite the availability of vitamin D from all these sources, nearly one-fourth of people living in the U.S. have low vitamin D levels, which can lead to osteoporosis, autoimmune diseases, Type 2 diabetes, certain types of cancer and more. All adults and children should have their vitamin D status checked by their healthcare provider.

For more information about vitamin D, read this fact sheet from the Office of Dietary Supplements at <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>.

FORT RUCKER SPORTS BRIEFS

Fort Rucker Hunting Incentive Program

Fort Rucker Outdoor Recreation offers a hunting incentive program to help control the coyote and feral pig population on post. The program is targeted to controlling these invasive species. The hunting runs through Aug. 31. The first five registered hunters who kill five coyotes or 20 hogs and turn them in will be given a doe tag for deer season. In order to get credit for the kill and have it count towards the incentive, hunters must be signed into Hunt-Trac, so their location is known and can be verified. Hunters will be allowed to email pictures in after hours to outdoor recreation with the hunter and the harvest killed in front of one of the weigh stations.

Hunters on post are required to have an Alabama State Hunting Permit, a post hunting permit and must have completed the hunters’ education course. Hunting on Fort Rucker is open to the public.

For additional information on how to participate, including the email addresses for emailing the photos, call 255-4305.

Independence Day Golf Tournament

Silver Wings Golf Course will host it Independence Day Golf Tournament Tuesday. The format is four-person team scramble. Registration, a continental breakfast and range open at 7 a.m. Announcements will be at 7:45 a.m. and there will be

an 8 a.m. shotgun start. Entry fee is \$45 for non-members and \$35 for members. Entry fee includes tournament course fees, range balls, tee gifts, tournament meals and prizes. The tourney is open to the public.

For more information, call 255-0089.

Youth football, cheerleading, soccer registration

Registration for youth football, cheerleading and soccer runs through July 31. Practices will begin Aug. 2. A parents meeting will be Aug. 1 at 6 p.m. at the youth center, Bldg. 2800. Age groups for football are 9-10 and 11-12 – cost is \$65 per child. Age groups for cheerleading are 8-9 and 10-

11 – cost is \$45 per child. Two mascots for each age group, ages 4-5 and ages 6-7 – cost is \$25 per child. Soccer practices will begin Aug. 7 – cost is \$25 for ages 4-5 and \$45 for ages 6-13. Evaluations will be held Aug. 7 for ages 8 and up, if necessary, at the youth Center. There will be a parent’s meeting will be Aug. 1 at 6 p.m. at the youth center. To register, children must be a child and youth services member and have a current sports physical.

Also, prospective coaches are needed. Those who are interested in coaching can call 255-0950 or 255-2254 for more information.

For more information, call 255-2257 or 225-9638.

PUZZLE ANSWERS

Super Crossword

Answers

MECCA	AVATAR	ABA	SOAP
AXLES	SERAPE	PIG	UPTO
STARK	PERFORMANCE	ZITS	
TORT	SAD	WEES	UNIT
SLEIGH	INDIANAPACKERS		
FIAT	IRONS	GLIDE	
FAKIR	WARNING	NOI	
IVIED	BEEP	TNT	MAORI
REDD	FLO	FAITH	BASKED
ERG	IRE	AARONS	ITSAGO
LIMITED	LIKABILITY		
CHOMPS	CALAIS	TLC	BAT
RIVERKOT	TER	NUS	GYRO
ODETO	HOE	PAIN	AIMED
VSO	SLICKED	BREAD	
ASKEW	ELECT	SILL	
SPENDING	MONKEY	RESENT	
TORO	MAUI	EAT	CLOY
ALIT	CONTINGENCY	PLANK	
SLAT	AMI	DENOTE	TUTEES
HOLY	PIT	SAUNAS	ABETS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Male nurse
2. Great Smoky Mountains
3. Butterflies and moths
4. Goat’s milk cheese
5. Corduroy is from the French “cord du roi”
6. The zloty
7. Goldfish crackers
8. Anthony Kiedis
9. Scarlet Knights
10. Ansel Adams

SUMMER SALES EVENT



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2017 KIA SEDONA Only \$23,591	2014 FORD EDGE Loaded! \$23,991	2016 GMC SIERRA R/C Only \$23,995	2016 NISSAN FRONTIER Crew Cab, 4X4! \$25,991
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Sunroof, Navigation!



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