

BY DESIGN
DOTD employee
wins TRADOC coin
design competition
Story on Page A3



ROBOROACH
Program helps
youth improve
science skills
Story on Page C1



**DOWNED BUT
NOT OUT**
1-145th earns
softball title
Story on Page D1



ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

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CELEBRATING FREEDOM

Storms shorten Freedom Fest

By Nathan Pfau
Army Flier Staff Writer

Although storms made their way across the Wiregrass and prevented fireworks from lighting the night sky over Fort Rucker, they didn't stop thousands from coming out to celebrate the nation's independence.

People came from all over the Wiregrass to enjoy one of Fort Rucker's biggest celebrations of the year, and although visitors weren't able to enjoy the fireworks, which were canceled due to inclement weather and as a safety precaution, they were still able to enjoy food, fun, music and festivities during this year's Freedom Fest celebration Friday.

"We take a lot of pride in hosting this event every year because our surrounding community does so much to support our Soldiers and our families each and every day," said Col. Shannon T. Miller, Fort Rucker garrison commander. "This is kind of our thank you back to the community for their great support."

Throughout the day of celebration, people were able to take part in a host of activities and entertainment, ranging from static displays of some of Army Aviation's fleet of aircraft, including a CH-47 Chinook and an AH-64 Apache; a children's confidence course, complete with rope and wall climbs hosted by the Warrant Officer Career College; a zip line; bounce houses; fair-style food; and more.

Adeline Halford, military spouse, said she brought her children out to enjoy a day in celebration to observe the nation's independence in the only way they know how – by having a good time.



PHOTO BY NATHAN PFAU

Rania Ortiz, military family member, makes her way through a tire obstacle of the Warrant Officer Career College children's confidence course with the help of Warrant Officer Candidate Ashely Long, WOCC, during Freedom Fest at the festival fields Friday.

"Any chance I get to bring the kids out to an event where they can just be themselves and play around, I'm all for it," she said. "This is so great and they have so much to do, so I'm glad that [Fort Rucker] hosts this every year. It's a great way to celebrate Independence Day."

For many, like Charles and Hannah Sutherland, civilians from Ozark, Freedom Fest is a local tradition, and the Fourth of

July wouldn't be the same without it.

"This is something I come out to every year," said Hannah. "This has become a family tradition of ours and we wouldn't miss it for the world."

"It's honestly the best Fourth of July [celebration] around," she said. "There is nowhere else around you can go and get all of this – a concert, games, food – it's just everything in one package."



Shane Owens, country music star, performs a patriotic set during Freedom Fest at the festival fields.

"It's a great way to show our support for Fort Rucker, too," added Charles. "Where would we be without the service of the Soldiers who put their lives on the line every day for us? It wouldn't be right to go and celebrate anywhere else. If you have the chance to celebrate on Fort Rucker with those who we owe our independence to, then we should celebrate right here."

After people had their fill of fair food, games and rides, they were able to sit and listen to Shane Owens, a country music star from the local area, who performed a patriotic set, followed by the Enterprise State Community College Entertainers.

The Maneuver Center of Excellence Band, Rolling Thunder, out of Fort Benning, Georgia, was next up to play, followed by the Fort Rucker Detachment band, Crossfire, but inclement weather forced the concert to be halted for the safety of the staff and visitors alike.

Although the weather also forced the cancellation of the fireworks show, people were thankful for the celebration and the consideration to their safety.

"Even though we didn't get to see any fireworks, we still had a great time," said Alison Pettengill, civilian from Dothan. "I understand that they have to look after the safety of everyone, so I'm just glad we got to come out and celebrate."

Units welcome new commanders

Combat Readiness Center

Lori Yerdon
Communication and Public Affairs

Brig. Gen. David J. Francis became 29th commander of the U.S. Army Combat Readiness Center and director of Army Safety during a ceremony June 28 at the U.S. Army Aviation Museum on Fort Rucker, Alabama.

No stranger to the Wiregrass area Francis, who previously served as the deputy commander for the U.S. Army Aviation Center of Excellence from 2014 to 2016, assumed command from Brig. Gen. Jeffrey A. Farnsworth, who has served as commanding general since August 2014.

Lt. Gen. Gary H. Cheek, director of the Army Staff, presided over the event.

"The trends for our safety record are remarkably low," Cheek said. "For 12 straight years, the accident rates for the United States Army continue to decrease. Jeff is an enormously innovative leader. He knows how to lead

SEE COMBAT READINESS CENTER, PAGE A5



PHOTO BY LORI YERDON

Brig. Gen. David J. Francis, incoming U.S. Army Combat Readiness Center commanding general and director of Army Safety, passes the USACRC colors to Command Sgt. Maj. Ernest D. Bowen Jr. during a change of command ceremony June 28. Lt. Gen. Gary H. Cheek, director of the Army Staff, hosted the event.

Dental Clinic Command

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Dental Clinic Command welcomed a new commander during a ceremony at the U.S. Army Aviation Museum June 29.

Lt. Col. Lewis R. Wayt, assumed command of the dental clinic from Lt. Col. Chun Y. Chan as he accepted the dental unit colors from Col. Grant A. Perrine, U.S. Army Dental Health Activity commander, who also presided over the ceremony to welcome the new commander and say farewell to the former.

"[Chan] has taken this unit to new heights," said Perrine. "He has led the Fort Rucker Dental Clinic Command with skill, taking outstanding results for all dental parameters."

"Colonel Rusty Wayt, you have big shoes to fill, but I hear you have big feet," he said. "He is an experienced leader. He has had multiple OIC positions, to include his

SEE DENTAL CLINIC COMMAND, PAGE A5



PHOTO BY NATHAN PFAU

Lt. Col. Lewis R. Wayt, U.S. Army Dental Clinic Command, assumes command from Lt. Col. Chun Y. Chan, outgoing commander, as he receives the unit colors from Col. Grant A. Perrine, U.S. Army Dental health Activity commander, during a ceremony at the U.S. Army Aviation Museum June 29.



ARMY GRAPHIC

Workshop dissects federal hiring process

By Jeremy Henderson
Army Flier Staff Writer

Job seekers interested in federal government employment have the opportunity to gain an edge in the hiring process by attending the Army Community Service Federal Jobs Workshop July 13.

How can a workshop better equip federal job seekers?

"The answer lies in the 'Ten Step' method popularized by Kathryn Troutman, renowned expert on the federal hiring process," Mike Kozlowski, ACS employment readiness manager, said. "Troutman and her team teach this method to staff representing a wide variety of federal agencies, and her tips and techniques have the support of (Civilian Personnel Advisory Center) staffing specialists worldwide."

According to Kozlowski, by following her method workshop attendees will:

1. Be better able to understand the process by which hiring officials and staffing specialists go through to list and fill federal positions;
2. Be better able to identify jobs based on their specific experiences and qualifications;
3. Know the critical importance of including accomplishment statements on their federal résumés;
4. Be able to craft impactful USAJOBS.gov outline-based federal résumés, which bring out their KSAs – knowledge, skills and abilities – in a more effective way than before; and
5. Understand the import of the follow-up when tracking the progress of their application packets.

The workshop, open to active duty Soldiers, their spouses and family members, retirees, and current civil service and non-appropriated fund

SEE WORKSHOP, PAGE A5

PERSPECTIVE

Fort Rucker ID card section experiences summer surge

By Sean M. Sparks
Fort Rucker Director of Human Resources

The Fort Rucker ID Card Section services over 155,000 active-duty Soldiers, family members, retirees, National Guard and Reserve Soldiers, foreign students, contractors and Department of Defense employees for the local Wiregrass community and beyond.

In addition to our standard customer base, we are faced with the mission of producing in excess of 3,200 additional expiring Common Access Cards within a 90-day period. This process began Monday and runs through Sept. 30 in support of the Aviation maintenance contract. We have directly coordinated a surge plan with the Aviation Center Logistics Command and are working these actions in concert with the government contracting officers representatives. It is imperative that these contracted employees do not attempt to schedule an appointment through the normal process.

As a reminder to all other customers, the Directorate of Human Resources, ID Card Section is an appointment-only system. It is open Mondays-Fridays from 7:30 a.m. to 4 p.m. Emergency walk-in customers are limited to retiree ID cards (blue card), lost or stolen ID cards, personal identification number resets (non-working card), DD Form 1172, and in- and out-processing Soldiers.

Wait times for walk-in customers can vary from five minutes up to two hours, depending on the throughput for any given day or

the type service required. We ask for your patience and understanding as we strive to service our customers as efficiently as possible.

It is imperative that individuals show up for their appointments on-time. In the event an appointment needs to be cancelled, call the ID card section at 255-2182 or use the online appointment system prior to your scheduled appointment day.

For all new Department of the Army civilians, organization sponsors should schedule an appointment once the employee orientation date has been provided by the Civilian Personnel Advisory Center. It is critical you do not wait until the employee's actual first day of duty and attempt to schedule an appointment. If organizations are not proactive, it could be weeks before the new employee can obtain a CAC.

The same can apply for DOD contractors, once their information has been placed within the Trusted Associate Sponsor System the trusted agent or contracting officers representative will need to proceed immediately to the Real-Time Automated Personnel Identification site and schedule a CAC appointment.

As the director of human resources, my top priority is taking care of our customers. My ability to accomplish this hinges partially on proactive efforts by the customer. The CAC is an accountable item, and people need to remember to treat it as such. There are impacts beyond our control, such as worldwide systems outages and card chips

that fail; however, the most common issue impacting efficiency continues to center around customers who are unaware of the process, do not plan appropriately or fail to show up for appointments.

I remind all ID card customers who do not meet the emergency criteria above to utilize the RAPIDS scheduler located on the Fort Rucker Home page to make their appointments or contact the ID Card Section. Our customers can make an appointment to renew their CAC/ID cards up to 90 days prior to the expiration date.

Another common issue with expiring cards is that many users turn off the automated notification they receive from their computers 90 days before it actually expires. I would caution all to either continue to let the system remind you or schedule your appointment before you deactivate the message pop up. Make sure and place a reminder on your calendar to keep you on track for a successful experience obtaining your new card. These efforts will assist in streamlining our process and reducing the extended wait times some may have experienced.

To be fully prepared for a successful appointment, visit: http://www.cac.mil/docs/required_docs.pdf for a complete list of requirements for each type of ID card appointment or give our local office a call at 255-2182.

To make an appointment, please visit: <https://rapids.appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

- Click on the calendar on the right side of the screen, select the date you would like to make your appointment (only dates in green are available).
- On the next screen, a list of available dates will appear. Select the time you prefer.
- Fill in your information and select, "Submit."
- The next screen will have your appointment confirmation number. You may print this out, or if you entered your email address on the previous screen, the confirmation will be emailed to you. Please retain your confirmation number.
- Click "OK" and you are finished.

As a reminder, if a DAC is transferring employment locations from one DOD installation to another, there is no need to confiscate the CAC. The same applies for DOD contractors who are transferring from one contract on Fort Rucker to another contract located on Fort Rucker. Contractor CACs do require the TA for both organizations to communicate and the gaining contract TA must update the employee's contract number within the TASS.

In a resource-constrained environment it can be tough to manage expectations; however, everyone's efforts to assist in awareness of and complying with the processes can go a long way.

I truly appreciate your support, understanding and assistance as we work towards improving the overall experience within the Fort Rucker ID Card Section.

Rotor Wash

“The Body Mechanics Day Spa at the Fort Rucker Physical Fitness Center offers an escape for people looking to reduce stress. What are some ways you reduce stress in daily life?”



WOC John Young,
WOCC

"I generally use the gym. Anything stressful you can get it out and leave it all out on the floor."



Latoya Young,
military spouse

"I go to the gym, too. Cleaning and doing crafts with the kids are good de-stressors for home life."



Mary Foley,
military family member

"Do some reading alone."



Mary Foley,
military family member

"I have a long commute [to work], so I put a podcast on a lot of times."



CW2 Mel Kluthe,
B Co., 1st Bn.,
223rd Avn. Regt.

"Don't drink and do some kind of exercise."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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ACE suicide intervention

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, "Are you thinking of killing yourself?"

Care for your buddy

- Remove any means that could be used for self-

injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

BY DESIGN

DOTD employee wins TRADOC coin design competition

By Kelly P. Morris
USAACE Public Affairs

A member of the Directorate of Training and Doctrine, U.S. Army Aviation Center of Excellence, created the winning entry for a U.S. Army Training and Doctrine Command coin design competition that will represent the career program for the Training, Capability and Doctrine Warfighting Developers.

Charles L. Sampson, who works as an instructional systems specialist for DOTD, created the design that was chosen out of more than 40 logo submissions from across the Army.

William G. Kidd, civilian deputy to the commanding general for USAACE, presented Sampson the first coin in a ceremony here June 30.

“It is a very powerful symbol that is a lasting thing, and easy for people to remember. We see ourselves in this, in the training capability doctrine warfighting development. That’s very exciting. You put not just intellectual thought and your capability into it, but also we can see your ownership of this career program. I’m very privileged to give you this first coin and the certificate,” Kidd said.

Kidd also thanked the civilian workforce personnel for their support to Soldiers.

“I want to take this opportunity to thank you for what you do that impacts the daily lives of our Soldiers as they go on that sacred mission to defend our freedom,” Kidd said.

“As we go into the indepen-



PHOTO BY KELLY P. MORRIS

William G. Kidd, civilian deputy to the commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, presents a Certificate of Appreciation to Charles L. Sampson, instructional systems specialist at the Directorate of Training and Doctrine for his winning entry in a Training and Doctrine Command coin design competition to represent the Training, Capability and Doctrine Warfighting Developers career program. June 30. Sampson also received the first coin.

dence weekend we are mindful of those that we enable that are in harm’s way. But also we want to express our appreciation for your service that enables them to do that and return home safely to their families and friends.”

The program, known as “CP-32,” is a civilian career program for Department of the Army civilians who work in training and education, capabilities and doctrine

development.

The competition was announced through email, and information was available on the CP-32 website, Sampson said.

Sampson, who previously served 12 years in the US Air Force, thanked his teammates in the Educational Technologies Support Section.

“When this opportunity came around we saw an opportunity

for our section itself, it’s not just me,” Sampson said. “My counterparts... were all part of this. There was thought and effort that went into it. I appreciate it, thank you.”

Sampson said he was surprised to learn about a “design what you want, show us what you’ve got” type of competition.

“It provided the opportunity to be unique and creative and show something outside of the box,”

Sampson said.

The elements of the design include the globe, representing a worldwide effort.

“CP 32 is everywhere, and we’re behind our Soldiers everywhere,” he said.

Sampson, who has worked at DOTD for two years, said he enjoys his job of creating training technology, including interactive multimedia instruction and mobile apps, which requires knowing the audience.

“You’ve got to be in tune with what [Soldiers] need, and you’ve got to know who your target audience is, and it’s not what it was just a few years ago. You’ve got to make it engaging and fun for them and interactive, or you’re going to lose them,” Sampson said.

The technology has to be quick and accessible, he said.

“They’ve got to get the point, usually I say in less than thirty seconds. Same thing as when you look at a mobile app, you don’t want to sit there and have to go through a whole bunch of things to find what you’re looking for. That’s the way we try to do it. Make it quick and accessible, and get some kind of learning (objective) out of it. That’s what it’s all about,” he said.

Danny Flowers, chief of the Education and Training branch, Training Division of DOTD, said it was no surprise Sampson won the competition.

“Chuck is a very motivated, conscientious employee. He always strives to achieve the best and highest quality product possible,” Flowers said.

RENTERS BEWARE: Remain vigilant while house hunting

Army Flier
Staff Report

Just about every renter has a story, and many don’t end so well.

Some renters end up paying for repairs, losing their deposits and hashing things out in small claims court, and, to be sure, landlords have their own horror stories about tenants, but Van Danford, chief of housing, has some tips for would-be renters that could prove beneficial in the long run.

“We are here to take care of Soldiers and their families. We just want to get them the right house for their needs, whatever those needs are,” said Danford. “The biggest thing that I would advise Soldiers to do is to come into the housing services office so we can make sure they are going to sign a lease that’s legal.”

Nowadays, many families like the convenience of shopping for a new home online, and while that is a great feature of modern technology, Danford said people need to be careful.

“There are some great and reliable websites to find homes,” he said. “Realtor sites like www.militarybyowner.com and www.housing.army.mil

are all great sites to find rental homes. The HSO also has listings of local rentals available.”

Danford said to never put any money down or sign anything sight unseen.

“Pictures can be deceiving on the Internet,” said Danford, “and pictures can be really old and outdated.”

Danford added to always shop and compare houses or apartments, and to drive by the property at night to see how it looks.

“If it sounds too good to be true, then it probably is,” said Gaye Hines, HSO office resident liaison. “Just because you are afraid to miss out on a great deal you found on the Internet, don’t put money down on a rental without going inside it first.”

Even if a Soldier is renting from a friend, coworker, or another Soldier, they are advised to bring in the lease so officials can make sure the family is protected and that they are signing a lease with a military clause.

Whether it is a permanent change of station or finding a new residence in the area, if a Soldier begins to have difficulty negotiating with their landlord about deposits and damages, they are encouraged to pay a visit to the HSO.

“When renting, families need to decide for sure if their house of interest is the one they want. Once they put down a security deposit, the deposit will be nonrefundable if they change their minds,” Hines said. “Don’t rush into a home. All Soldiers are authorized 10 nights of temporary lodging expense between each duty station to stay in a hotel while they find suitable housing.”

Danford suggests taking a new lease home to look over before it is signed.

“Don’t feel pressured to sign your lease then and there. Bring it to us and we will be happy to review it for you,” he said. “If your realtor or landlord doesn’t understand why you would want to take the lease to look over, then you probably don’t want to rent from them in the first place.”

“One of the most important steps in moving into a rental home is to make a very detailed checklist of everything that is wrong with the house”, Hines said.

“It does not matter how big or small the issue is – protect yourself. Something that might not have been a big deal to you when you first moved in might be a huge deal when you try to move out,” she said. “Don’t be too busy to do that critical step,

and always try to take date stamped photos.”

Hines suggests asking for the last occupant’s checkout list.

“By doing this you will have an idea of what to look out for and be aware of,” she said. “It is especially helpful if you viewed the home when water and power were not hooked up. Once you get that turned on and move in, you might notice more discrepancies that need to either be noted or taken care of.”

If a Soldier feels like they are going to have a problem or is currently having a problem, Hines said they can come to HSO and ask for a staff member to be a third party at the checkout.

HSO is inside the Soldier Service Center in Rm. 160. Hours are 7:30 a.m. to 4:15 p.m. Mondays through Fridays.

“Sometimes we can get things fixed with just a phone call because of our relationships with most of the property managers in town,” she said.

HSO not only helps Soldiers renting off post, but assists Soldiers having problems with Corvias Military Living, as well.

For more information, call 255-1854 or 255-2224.

News Briefs

Clinic closure

Lyster Army Health Clinic will close at noon July 19 for training.

Changes of command

- The U.S. Army Aeromedical Research Laboratory will host a change of command ceremony Friday at noon at the U.S. Army Aviation Museum.
- U.S. Army Garrison Fort Rucker will host a change of command ceremony Wednesday 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.

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 ap-

pointment, 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.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony July 28 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor the post’s latest retirees.

Lyster update

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @Lyster-AHC.

PTSD group

A post traumatic stress disorder education group meets Tuesdays from 5-6:30 p.m. in the Fort Rucker Spiritual Life Center in Bldg. 8939 on Red Cloud Road.

The group follows the Veterans Affairs protocol PTSD Recovery Program and is for anyone interested in learning more about PTSD.

For more information, call 255-3903.

Alcoholics Anonymous meets

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

Tobacco cessation program

The Lyster Army Health Clinic tobacco cessation program consists of four weekly sessions each month. Each class is one hour. Classes are Wednesdays from 11 a.m. to noon at the Army Wellness Center.

For more information, call 334-255-7930.

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, diphtheria, 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.

Lost and found

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

Green Berets, conventional units work and learn side-by-side

By Sgt. Brandon Welsh
For Army News Service

YAKIMA TRAINING CENTER, Wash. — What happens when you combine the Army’s top Special Forces Soldiers with a conventional unit? The result is an incredible learning opportunity – for both sides.

Soldiers from the 1st Stryker Brigade Combat Team recently had this chance to work side-by-side with Green Berets in medical training.

For most people, the term Green Beret conjures up images from heart-pounding action movies. However, the true scope of work performed by Special Forces Soldiers includes everything from unconventional warfare and special reconnaissance, to humanitarian assistance and peacekeeping missions. Partnering with conventional Army units is also another unique aspect of work for these Green Berets.

Pfc. Brennan Stubb, an infantryman assigned to C Company, 3rd Infantry Regiment, 2nd Battalion, 1st Stryker Brigade Combat Team, said that partnering with Special Forces during training “make us more prepared, and it changes things up from conventional Army training to get a different perspective.”

Stubb and his fellow Soldiers in the 2nd Infantry Division, received advanced medical training from the Special Forces in first aid. The Green Berets also demonstrated improved techniques for placing injured Soldiers on litters and skeds (stretchers that can be dragged along the ground.) While this specialized medical training is

standard for the Green Berets, Stubb remarked how beneficial these skills will be for his unit in future training and deployed environments.

For their part, the conventional units also assisted the Special Forces with ground and air support during the training. Soldiers from the 2-2 SBCT provided logistical support to the Green Berets throughout their time at the Yakima Training Center.

For both the Special Forces and conventional units, the YTC provided an ideal environment for the training. “It’s a good training venue for both organizations and because we both use it, it makes sense that we co-utilize the same area,” according to one of the team leaders with the 1st Special Forces Group (A). The YTC featured a training environment similar to what Soldiers might experience overseas, while also being conveniently located so that neither unit had to undertake the otherwise arduous travel to the Joint Readiness Center in Louisiana or the National Training Center in California.

Working side-by-side gave both the Green Berets and the 2-2 SBCT Soldiers valuable experience that can carry over to future deployments. “They have a better idea of how we are organized and what our mission is,” said the 1st SFG (A) team leader, referring to his 2-2 SBCT counterparts. “Specifically in a deployed environment, there’s so many lessons learned, command relationships, who’s responsible for what, how to battle track each other and how to communicate – very basic things that can have a big impact down range.”



PHOTO BY SGT. BRANDON WELSH

Green Berets of the 1st Special Forces Group (Airborne) train with Soldiers from 2nd Stryker Brigade Combat Team, 2nd Infantry Division during Exercise Bayonet Focus 2017 at Yakima Training Center, Wash., June 19.



PHOTO BY SGT. CODIE MENDENHALL

Members of the 1st Special Forces Group (A) conducted a key leader engagement during training exercise Bayonet Focus 2017 at the YTC June 17.

WELCOME TO THE JUNGLE

Hawaii training course challenges mental, physical readiness

By David Vergun
Army News Service

HONOLULU, Hawaii — Not everyone survives in the jungle. It’s not that they get eaten by tigers or crocodiles, it’s just that they aren’t cut out for the environment. As a result, they end up dropping out.

About 30 to 40 percent of the students who begin the 25th Infantry Division’s three-week Jungle Operations Training Course on Oahu are unable to finish, said Capt. Matthew Jones, who serves as commander of Lightning Academy, which teaches the course.

Mental and physical fatigue can set in quickly for those who are not in top physical condition, he said. Completing the grueling course takes a lot of mental stamina, as well.

“You are in the jungle from the time you enter until the time you leave,” Jones said. “There are long

movements over steep terrain. And if you get wet the first day, you’ll be wet for the next five days. It wears on you. People drop out.”

Most visitors to Oahu come for Honolulu and the beach there at Waikiki, he said, and most don’t venture far enough inland to learn of the jungles there.

But Soldiers who arrive at the Schofield Barracks’ East Range Training Center, nestled between the Wai’anae mountain range on the west and the Koolau range on the east, aren’t there to surf or swim. Instead, they are there to learn how to survive in the lush jungle there that most tourists will never see.

Eight JOTC courses a year are taught, he said, with 75 students per class. Troops from other services as well as foreign military personnel often attend, as well.

All of the training is hands-on, as opposed to

classroom learning, Jones said. For 24 hours a day, seven days a week, there are no beds or other comforts of home. During the JOTC, he said, Soldiers operate beneath the thick canopy of trees atop the insect-infested jungle floor.

During Week 1, Soldiers learn basic jungle survival skills such as building shelters from natural materials, moving through thick vegetation or across the water, and procuring food and water from nature, Jones said.

But unlike some jungle warfare courses, such as the one in Malaysia, Soldiers do not have to eat snakes during JOTC, Jones said.

The jungle environment around the Pacific area of operations includes such a wide variety of flora and fauna, he said, that teaching which plants or animals to eat would be fruitless. Instead, the survival training is general in nature.

Should Soldiers be tasked

to deploy to a particular jungle area, he said, they would receive a locality briefing prior to their departure.

Week 2 at JOTC focuses on squad tactics in the jungle. In the jungle, he said, tactics are different than they would be in more open areas such as in Iraq or parts of Afghanistan.

For example, since the foliage is so thick in the jungle, squad movements are conducted in single file instead of a wedge formation, he said.

Communications is also much more difficult in the jungle, he said. The thick vegetation and mountainous terrain limits radio signal strength. During JOTC, students are taught how to make field expedient antennas to boost signal strength.

Week 3 at JOTC culminates with platoon-level operations against an opposing force, he said. Instructors, acting as observer-controllers, follow the students and

grade them.

Since JOTC is a leadership course, attendees who are sergeant and above get graded on leadership, as well, he said.

The Soldiers who make it through the course receive a jungle tab and the training is a plus on their records for things like promotion boards, he said.

Besides that, the feedback from the graduates is that they have gained “an appreciation for what it means to have to fight and thrive in the jungle,” he said. “It’s not as easy as they think.”

Probably the key ingredient to making it through the course is having a can-do attitude, combined with physical fitness. “If you have those two, you can do anything in life,” he said.

1st Sgt. Jose Deleon, also of Lightning Academy, said he went through the course in 2014, just a year after it first opened.

Even though Deleon has earned the coveted Ranger tab, he said the rigorous course was a challenge, even for him.

“When I went through, the thing that surprised me the most was that there was a jungle in Hawaii with challenging terrain and dense undergrowth,” he said. “Just getting around was difficult. You’re constantly tired, hungry and wet.”

Yet, the course is rewarding he said, encouraging Soldiers to volunteer for the training.

“Not every Soldier gets this opportunity,” Deleon said.

Jones said JOTC is now the only jungle training course offered by the Army. While the Army used to of-

fer a similar course in Panama, that course was closed in 1999. The only other jungle course offered by the U.S. military is run by the Marine Corps, at the Jungle Warfare Training Center on Okinawa, Japan, he said.

Jones said he believes JOTC is valuable because one day, Soldiers may find themselves operating in a challenging jungle environment. Then all that training will pay off.



PHOTO BY SPC. JAMES K. MCCANN

A Soldier assigned to the 25th Infantry Division sets security while his team secures a riverbank during the waterborne operations portion of the Jungle Operations School at the 25th ID East Range Training Complex, Hawaii.

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3 **47 METERS DOWN — PG13**
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4 **CARS 3 — G**
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5 **DISPICABLE ME 3**
PG • 4K BAS
1:30, 4:00, 7:00 & 9:30

6 **SPIDER-MAN: HOMECOMING**
PG13 • 4K BAS
1:15, 4:15, 7:15 & 10:15

7 **DISPICABLE ME 3**
PG • realD 3D
12:45, 3:00, 5:15, 7:30 & 9:45

8 **BABY DRIVER — R**
1:30, 4:00, 7:30 & 10:00

9 **THE HOUSE — R**
1:00, 4:00, 7:00 & 9:30

10 **SPIDER-MAN: HOMECOMING**
PG13
1:00, 4:00, 7:00 & 10:00

SecDef pleased with NATO progress deterring Russia

By Jim Garamone
Defense Media Activity

WASHINGTON — NATO defense ministers discussed threats to alliance nations from Russia and terrorist groups, and policies and capabilities needed to counter these threats, Defense Secretary Jim Mattis said in Brussels June 29.

Alliance and partner nation ministers also discussed the Resolute Support Mission in Afghanistan and pledged to grow the allied force helping Afghan security forces there. Mattis spoke at the conclusion of NATO’s Defense Ministerial.

“We focused on terrorism and Russia’s destabilizing activities both in cyberspace and on the ground,” the defense secretary said during a news conference.

Mattis said the NATO ministers spent time discussing the alliance’s enhanced forward presence operations in the Baltic Republics and Poland. These are battlegroups built around forces from framework nations – the United States, Canada, the United Kingdom and Germany – to which 15 other NATO nations add forces and capabilities.

‘WE STAND UNITED, TOGETHER’

“I’ve observed some of these forces in the field and it is really quite energizing to see young soldiers from

across the NATO alliance working together in the forests of Lithuania and elsewhere ... as they make very clear in a wholly defensive orientation that we stand united and together,” he said.

The effort in the east “shows a truly united NATO,” said Mattis, adding that alliance nations are united in their appreciation of the threat and security situation.

“When you put your troops on the ground under other nations’ command there in the forests, you are making a statement of unity,” he said.

Mattis made a point of the increase in the defense budgets of individual NATO nations. This allows the alliance to enhance deterrence in Europe and how it deals with threats outside the region.

The defense secretary emphasized America’s commitment to NATO, citing President Donald J. Trump’s declaration of support for Article 5 of the North Atlantic Treaty, which stipulates that an attack on one NATO member is an attack on all.

Mattis also discussed the U.S. Senate’s unanimous support of Article 5 commitments and the \$1.4 billion increase in the budget for the European Reassurance Initiative planned in the fiscal 2018 defense budget request.

The defense ministers discussed Afghanistan and Mattis held bilateral meetings with the defense ministers at NATO headquarters. They discussed what is happening on

the ground in the country and what gaps in support still remain.

“We filled 70 percent of those gaps right now and I am very, very optimistic based on what I heard here that we will be filling the rest,” he said.

AFGHANISTAN TRIP

Mattis will take what he has learned at NATO and what he will learn from Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, who has just left Afghanistan before making his decision on the U.S. strategy in Afghanistan.

“That decision will be made by our president. It will be informed by what I picked up here from our allies, from our military commanders in the field, ... and it will be up to all of us to execute it to the best of our ability,” the secretary said.

Mattis said he will refine his request for additional U.S. troops in Afghanistan at that time.

Mattis would not put a timeline on the conflict in Afghanistan.

“War is a fundamentally unpredictable phenomenon,” he said. “Every attempt to create a pat answer ... is probably going to fail. The bottom line is NATO has made a commitment because the freedom from fear and terrorism ... demands this not be left undone.”

Combat Readiness Center

Continued from Page A1

an organization through change and can do it in a positive way. I’ve always been impressed by his ability to build relationships both at the strategic level and with the many commands across the Army.”

Francis most recently served as deputy commanding gen-

eral (support), 2nd Infantry Division, Republic of Korea.

“Jeff, you’ve done a phenomenal job and set the conditions for future efforts to help us with this most sacred mission of protecting our Soldiers and equipment and, therefore, the readiness of the U.S. Army,” Francis said. “Thank you for what you’ve done. You’ve certainly left us in perfect position to go forward.”

Francis added, “Jodie and I are thrilled to be here and to be back in the Wiregrass, working with our local partners including USAACE. Mostly, to the Soldiers and civilians of the Combat Readiness Center, we are excited to be part of an incredible team.”

Francis is a native of Pennsylvania and received his commission from Gannon University in Erie.

Dental Clinic Command

Continued from Page A1

last assignment at West Point. He was one of our bright, comprehensive dentists, and like Colonel Chan, has put his knowledge to work in an operational deployment.”

Wayt was commissioned as a captain into the U.S. Army Dental Corps after his graduation from the University of Oklahoma, College of Dentistry, with a Doctor of Dental Surgery degree in 2002.

He’s served in multiple assignments across the U.S. from Fort

Hood, Texas, and Fort Story, Virginia, to Fort Gordon, Georgia, and West Point, New York. He was also deployed with the 502nd Dental Company for 12 months to Forward Operating Base Endurance, Iraq, from 2005-2006.

“I want to thank my chain of command for their faith in me and giving me the opportunity to lead this organization,” said Wayt. “Colonel Chan, thank you for the exceptional handoff in these last two weeks. I’ve seen the results of your hard work and leadership, and your commitment to readiness and

patient safety.”

The result of that commitment includes taking dental readiness on Fort Rucker to 99 percent, well above the DENTAC goal of 95 percent, according to Perrine.

“Even more impressive is the 14-percent increase in dental wellness,” said the Dental Health Activity commander. “He also decreased access care time from four weeks to a mere two days – far exceeding the 21-day goal. He and his team have accomplished much in a relatively short period of time.”

Chan said the success of DEN-

TAC wasn’t from a single person’s success, but hard work from the team.

“I would like to take this opportunity to thank everyone in my unit for helping me achieve great success the last two years,” said the outgoing commander. “Together not only did we meet all performance measures mandated by MEDCOM, we actually ran above and beyond, and achieved the second highest dental readiness in the Atlantic region.

“I would like all of you to give [Wayt] the same support you have

given me,” he said during the ceremony, “and I have no doubt he will bring Fort Rucker Dental Clinic Command to the next high level of success.”

Perrine shared Chan’s vote of confidence.

“I’m confident that [the Ways] will be fully engaged in the Fort Rucker community,” he said. “My challenge to you, Rusty, is this – to make this organization even better. Your guidance will inspire others to the tenets of high reliability of the organization, and you will serve those you lead.”

Workshop

Continued from Page A1

employees, takes place 8 a.m. to noon at the Soldier Service Center, Bldg. 5700, Rm. 284. For more information or to register, call 255-2594 or visit www.eventbrite.com. Participants are advised to arrive no later than 7:45 a.m. to sign in for the workshop.

Kozlowski said attendees need only bring a thirst for knowledge.

“There is nothing that workshop attendees need to bring to this workshop,” he said. “All materials will be provided to them at the start of the workshop including folios, pens and a free copy of Kathryn Troutman’s book ‘Ten Steps to a Federal Job®, 7th Edition.’

“As a matter of fact, I encourage all participants not to bring their résumés,” he added. “The information I’ll be presenting will possibly be a ‘paradigm shift’ for them, i.e., the way they thought a federal résumé should look will, in many instances not be what gets them referred for the job they really want.”

The workshop will help federal job seekers understand how the federal process compares to seeking employment in the private sector.

“The federal hiring process has several similarities to those found in the private sector,” he said. “For example, one still must be able to conduct targeted job campaigns (as opposed to hunts, since nobody really enjoys job hunting) in the occupational fields for which they have career suitability, based on work experiences, qualifications and credentialing.

“Both processes require the creation of résumés which effectively capture an individual’s work experiences, qualifications and credentialing,” he added. “Both processes also require follow-up with their targeted employers.”

However, Kozlowski continued, an individual’s federal job campaign contains several distinctions from its private-sector counterpart.

“For example, you should not limit your search to positions found in the Department of Defense,” he said. “There are several federal agencies and programs whose missions may be a better fit for your qualifications and credentials, many of which are not located at Fort Rucker.

The workshop will also give attendees tips on building a résumé for federal employment applications, which Kozlowski said differs from private-sector résumés.

“The federal résumé is a different kind of cat,” he said. “The format is more along the lines of a hybrid style, combining the traditional reverse chronological style with a functional format. It’s also quite a bit longer than its private sector counterpart.

“Some federal résumés can be as long as 19 pages, although the optimum length should be limited to three to five pages,” he added. “There are a host of other key differences I could cite, and I plan to bring them out during the course of the workshop proper.”

At the conclusion of the workshop, according to Kozlowski, participants should be able to better understand the federal hiring process.

“Following the ‘Ten Step’ method provides a framework for this understanding,” he said. “Attendees at the last workshop have commented to me that they now understand the process as being more than routinely applying for a job on USAJOBS.gov – that there are so many items they have previously overlooked that they now incorporate into their federal job applications. Many have told me that they are now getting referred to hiring officials for federal positions, a step in the process which has evaded them until now.”

Pre-registration is required due to space and materials limitations. The workshop is limited to the first 60 registrants. The registration deadline is the close of business Tuesday.

Jobseekers can also attend an employment readiness class to learn successful job campaign essentials, such as crafting a strong private-sector résumé, prepping for interviews and various other tips.

“I am encouraging folks to register for my workshops – to include the Federal Job Workshop – online,” Kozlowski said. “While I do accept workshop reservations via phone, email or personal office visits, I encourage online registration in my ongoing effort to automate my processes.”

The Employment Readiness Program Workshop originally scheduled for today was cancelled, he added. The next ERP Workshop is slated for July 20 and Aug. 3, 17 and 31.

For more information or to register online for future workshops, visit <https://rucker.armymwr.com/programs/employment-readiness> or www.eventbrite.com. The registration deadline for these workshop events is no later than two days prior to the event.

For more information, call 255-2594.

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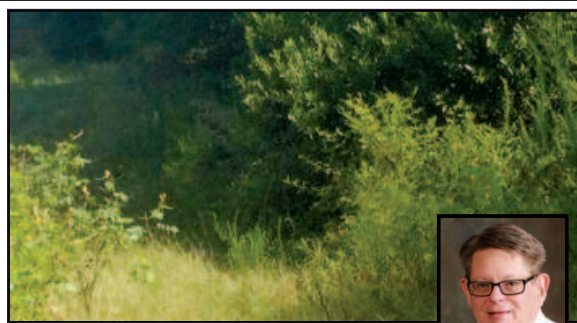


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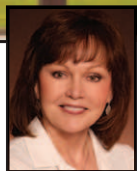
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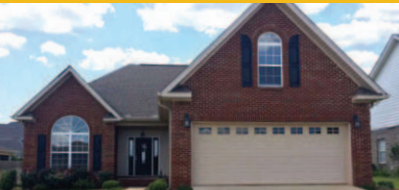
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209 OPINE CIRCLE: OPP: Family time & mingling during gatherings flow easily from kitchen to dining & living areas of this Spurlin Subdiv home. Beautiful hardwood floor in living room; updates throughout. City water. Lots of shade from pecan & other trees in the back yard for relaxing or activities. Fishing, boating, playgrounds, walking trails, shaded picnic areas, are 1 +/- miles away at Frank Jackson State Park, a publicly owned recreation area that wraps around Lake Frank Jackson. Make this your year-round home at the lake. **MARGE SIMMONS 477-1962**

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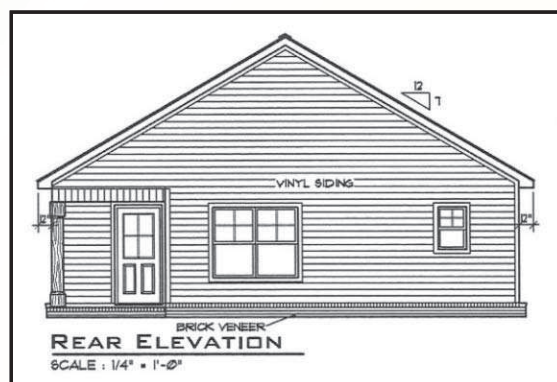
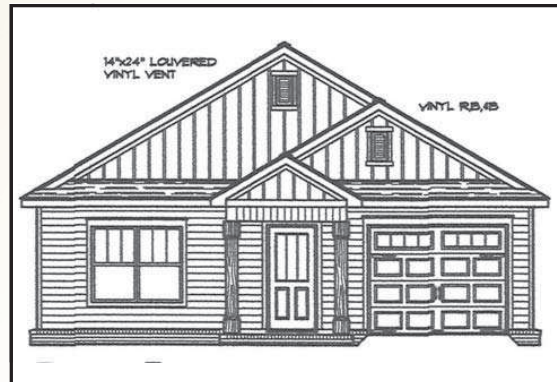
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216 JASMINE CIRCLE

New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and privacy fenced back yard. (Maple Leaf Plan) Owner is licensed residential home builder and REALTOR in the State of Alabama.



TEAMWORK

Army Aviators help Hawaiian officials snuff forest fire

By Karen Iwamoto
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS, Hawaii – A wildfire that reached the Mokule‘ia Forest Reserve scorched about 450 acres of land and came within less than a mile of some of the world’s most endangered trees before it was extinguished with the help of the 25th Combat Aviation Brigade June 10.

The mehamehame trees, also known as the “redwoods of the Hawaiian forest,” are endemic to Hawaii and considered critically endangered. The Waianae Mountain Range is the only place where they are found on Oahu.

“There are less than 30 mehamehame trees remaining in the world,” said Kapua Kewalo, the natural resources manager for U.S. Army Garrison-Hawaii. “And they are male and female trees, meaning that they need to get together to make keiki. With such a small gene pool as it is, every single one of those remaining trees is invaluable.”

Charles Gibbs, chief of the U.S. Army Hawaii’s Wildland Fire Division, said fire officials managed to put down the blaze before it reached any endangered native plants.

Two UH-60 Black Hawk helicopters from the 25th CAB, 25th Infantry Division, each capable of dropping 660 gallons of water at a time, were called to the scene to help battle the blaze. The 25th CAB also

deployed a Chinook helicopter capable of dropping 2,000 gallons of water at a time.

Firefighters from the Army’s Wildland Fire Division helped to secure the fire’s boundaries and to call in the water drops.

“As a member of the Oahu community, the 25th CAB takes great pride in being able to assist the surrounding area in times of crisis,” said Maj. Robert I. Sickler III, the 25th CAB executive officer. “We are happy that we could help during these wildfires.”

Firefighters from the Honolulu Fire Department were also fighting the fire. It and the state contributed smaller helicopters to drop buckets of water on the fire.

The quick pooling of state and federal resources was possible due to a mutual aid firefighting agreement between the Army and the state’s Division of Forestry and Wildlife.

Although no endangered native plants were destroyed in the fire, Kewalo pointed out that some non-endangered native plants were destroyed. These included some wiliwili and lama trees, both culturally significant to Native Hawaiian cultural practitioners.

While there is enough remaining stock of those trees, she emphasized that the fire now widens the boundaries for hardier non-native plants that will likely re-populate the scorched area and create more fuel for future fires.



PHOTO BY CAPT. STEVEN J. GUEVARA

Sgt. James Perkins, crew member instructor with 2-25th Avn. Regt, 25th CAB, 25th ID, observes a North Shore wildfire from a distance as the aircrew returns from making a water drop during firefighting operations on June 8.

SEE TEAMWORK, PAGE B4

DESERT’S END



PHOTO BY CAPT. BRIAN HARRIS

A CH-47 Chinook aircrew member deployed with Task Force Warhawk, 16th Combat Aviation Brigade, 7th Infantry Division scans below over the Registan Desert in Helmand Province, Afghanistan, June 21. The Warhawks provide Aviation support to U.S. Forces Afghanistan as part of Operation Freedom’s Sentinel.

STRENGTHENING BONDS

Combined ground assault exercise transitions into MedEvac training

By Sgt. Shiloh Capers
7th Mobile Public Affairs Detachment

SVENTEZERIS, Lithuania — A combined forces exercise transitioned into a medical evacuation exercise with mock injured Soldiers outside Sventezeris June 18.

The 1st Armored Brigade Combat Team, 34th Infantry Division; United Kingdom British Royal Marines; and Polish soldiers conducted a ground assault on defensive forces, portrayed by Lithuanian soldiers, to obtain control of road access. The ground assault naturally provided a

smooth transition into the MedEvac portion with mock casualties during Exercise Saber Strike in Lithuania.

Saber Strike is a U.S. Army Europe-led training exercise in the Baltic region. The exercise tests the capability of multiple nations to act together against a threat.

The 1st ABCT, UK British Royal Marines and Polish soldiers trained as a platoon for two days, rehearsing movements before being flown into a nearby location the day before. The platoon put their battle plan into action as they overcame the defensive forces, demonstrating skill and

speed.

The ground assault provided the opportunity to include MedEvac training with mock casualties into the exercise in Lithuania.

MedEvac training is a unique process and all nations should have that experience, said Lt. Col. Ryan Meidema, commander of Task Force Phoenix, 3rd General Support Aviation Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, 10th Mountain Division out of Fort Drum, New York.

“By us bringing in our aircraft, it exposes them to that type of process – radio calls (for support) and how to request it,” Meidema said. “I’ve sat in meetings and our allies have not had the chance to talk to aircraft on the ground side. It’s mainly their air controllers that talk to aircraft, so bringing in the MedEvac gives other forces a chance to learn how to speak to the aircraft.”

A common foundation of knowledge is necessary to communicate, to build combat power or to assemble swiftly and with agility, to bring combat forces against the enemy or to reassure allies, he said.

Exercises like Saber Strike enable

SEE BONDS, PAGE B4

U.S. Soldiers, allies prep for unexpected in Romania

By Pvt. Nicholas Vidro
7th Mobile Public Affairs Detachment

MIHAIL KOGALNICEANU AIR BASE, Romania – When the chaos of disaster ensues, people often put their faith in emergency responders to answer the call and restore order.

The various emergency services at Mihail Kogalniceanu Air Base have a plan to ensure that call is heard loud and clear and they put that plan to the test in a training exercise June 20.

On a sunny afternoon, participants from the Royal Air Force, U.S. Army and Romanian Land Forces simulated the effects of a mid-air collision between a Eurofighter Typhoon fighter jet and a UH-60 Black Hawk. The start of the event was triggered by smoke grenades going off, and soon after the first responders arrived to see members of all three allied branches laid out in various states of injury.

The participants in the exercise were the American, Romanian and British military emergency services currently operating on base, as well as local civilian emergency services. All of the fire departments worked together to tend to the injured in the immediate area of the Black Hawk. This included getting them clear of the aircraft, and hastily and effectively treating their life-threatening wounds. As the different fire engines arrived on scene they began to work cohesively with ease.

Royal Air Force Flight Sgt. Lee Suggett, the United Kingdom fire officer attached to the 135th Expeditionary Air Wing, commented on the day’s proceedings.

“It was a practical scenario where we brought all of our emergency services together. From the start right through to the end we worked with our counterparts and learned to better understand each other in real time,” he said.

The U.S. and British forces are in the country as part of Operation Atlantic Resolve, involving the U.S., and its allies and partners in promoting peace and regional stability across Eastern Europe.

The intensity of the training could be felt on all

SEE ROMANIA, PAGE B4



PHOTO BY SPC. DERRIK TRIBBEY

A combined forces squad featuring 1st ABCT, 34th ID; United Kingdom British Royal Marines; and Polish soldiers transport a sked with a simulated casualty to an HH-60M Black Hawk helicopter after a ground assault exercise transitioned into medical evacuation training outside Sventezeris, Lithuania, June 18.



PHOTO BY PVT. NICHOLAS VIDRO

British and Romanian firefighters carry a simulated casualty.

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Teamwork

Continued from Page B1

“This fire opens up the boundaries for more guinea grass to grow,” she said. “I think the public needs to be aware of how much the fuel sources (in the area) has changed over the years. There is a lot of guinea grass out there and that stuff is terrible. It grows anywhere there’s a little sunlight and it really carried this fire. It might have started on ag-

ricultural land, but the guinea grass carried it right up into the forest.”
Gibbs agreed, and said the safety lesson the community should take away from the fire is to be aware of their surroundings and take precautions to prevent starting a wild-fire.
“If you’re out in areas that have guinea grass, be aware that it’s the most dangerous grass we have, and it’s not

natural to this island so it’s taking over,” he said. “Guinea grass burns hot and fast, and it’s difficult to put out once it starts because the fire moves fast and because of the heat it generates. It’s more susceptible to catching on fire than regular grass.”
The fire was reportedly ignited by a truck that stopped in a grassy area on private farmland June 7. The flames destroyed the truck but the driver was not injured.



British and American firefighters talk over plans and techniques during the exercise.

Bonds



Soldiers of the 1st ABCT, United Kingdom British Royal Marines and Polish soldiers wait at a collection point for medical evacuation training.

Continued from Page B1

countries to strengthen bonds and improve military capabilities. The environment encourages combined training to share military skills to achieve tasks. Being in a combined exercise allows Soldiers to interact and learn new skills. It cements knowledge into action and experience.
“In this field exercise, we integrated different assets and had the opportunity to improve individual and collective skills,” said Capt. Tomas Malakauskas, 1st Company commander, Duke Vaidotas Mechanized Infantry Battalion, Iron Wolf Mechanized Infantry Brigade, Lithuanian Land Forces. “We focused on procedures and its (different) levels from the soldier to headquarters and commanders.”

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Romania

Continued from Page B1

sides from the responders. From the moment they arrived they moved with speed as though this training exercise was a real disaster. This was shown in their interaction with each other, as well.
The lines between nations soon disappeared as they moved casualties together, communicating as one large, effective team. The ability to blend together so effectively led to a quick resolution of the situation.
CW2 Keith Delaune, the Aviation safety officer of the 2nd Assault Helicopter Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, 10th Mountain Division,

remarked on what could be taken away from the exercise.
“The biggest lesson was communication – getting all emergency services to learn the same lingo. People seemed impressed with the coordination and response times, and getting everyone together was a huge feat,” he said.
The exercise was successfully concluded in a short amount of time, showcasing the readiness of each department during this first time that some of these teams had worked together. In the event of a future emergency, these teams walked away knowing they could work together quickly and efficiently.

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JULY 6, 2017

ROBOROACH

Program helps youth improve science skills

By Nathan Pfau
Army Flier Staff Writer

From dissecting animals to robotic roaches, one program on Fort Rucker has teens thinking outside of the box when it comes to learning.

The Gains in Education of Mathematics and Science program returned to the U.S. Army Aeromedical Research Laboratory for a four-week program during the summer allowing students to get the chance to get their hands dirty by tackling robotics, coding, dissection and even a bit of entomology.

This year's program offers four different curricula of learning, including a medical module, robotics module, simple machines module and forensics module, and some of the lessons the students were taking on in the robotics module, June 28, seemed like something out of science fiction.

"What the students were doing was basically performing surgery on a roach," said Kyle Latson, GEMS mentor. "They got the chance to anesthetize them by putting them in ice water ... then they had to puncture the muscles and put certain electrodes into the muscle and certain ones into the antennae, so it's basically like roach brain surgery."

After the mini surgery session and the electrodes were attached,

a "backpack" was attached to the roaches that connect to the electrodes to allow a student to control the roach's movement using a phone app.

The students had to work together with the mentors in order to achieve their goals, and the activity proved to be a learning experience for both students and mentors.

"We are their teachers, friends and, most importantly, there to ensure that they're learning to the best of their abilities," said Makayla Brown, fellow mentor.

In addition to the robotic roaches, which were limited to basic movements, such as left and right, students also got the chance to code and control a robot with a bit more complexity during another session June 29.

The students began the session learning how to code their robots to perform each of the movements they wanted, which included not only moving forward, backward and side to side, but also controlling a robotic arm with a claw that they could move up and down, as well as grip to grasp items.

For Alexander Nelson, military family member, the module was a lesson that he'll be able to take with him as he continues his education through school.

Although only 14 years old, Nelson said he hopes to one day



PHOTOS BY NATHAN PFAU

Tanja Garcia, GEMS mentor, and Kyndall Boynton, military family member, work on a RoboRoach during the Robotics GEMS module at the U.S. Army Aeromedical Research Laboratory June 28.

pursue a degree in aerospace mechanical or software engineering, and GEMS is helping him on his way to reaching his goals.

"I've always like engineering and robotics, and I've taken [science, technology, engineering and mathematics] classes the last two years, so I thought this would be fun to do and help further my knowledge," he said. "I think this helps in the career field I want to get into."

"We got to learn about coding, and the coding was fun because we got to learn how to make robots, but it was more about the coding," he continued. "We had to connect the controllers to them, and code them to make them do whatever we want and not just program them to do one specific task only."

"The most difficult thing about coding is typing [the proper codes]," added Brynna Smith, fellow student. "If you get one thing wrong, it messes the whole thing up."

That's where the mentors come in, to make sure the students stay on the right track. But as much of a learning experience as the program is for the students, its just as much a learning experience for the mentors, as well.

Brown hopes to seek a degree in psychology and she said that becoming a mentor in the GEMS program will help her to build the skills needed to pursue her



Students test out their robot after coding the controls to perform simple tasks, such as moving left and right, as well as controlling the robotic arm during GEMS at the U.S. Army Aeromedical Research Laboratory June 29.

degree.

"I thought this would be an amazing opportunity to practice social skills because I want to be a psychologist when I get older," she said. "Learning about people and talking to them interests me, and just the overall opportunity is great."

In addition to the experiments and hands-on learning, the students and mentors got the chance to meet and talk with medical professionals from Lyster Army Health Clinic, who visited the students to offer presentations and lectures in their respective fields, something students and mentors alike were able to benefit from.

"We have guests coming in ... and we had one [gentleman] come in who works in the labs at Lyster," said Latson, who has a Bachelor's degree in biology. "I've always wanted to work in a lab, but his presentation on working in a lab has cemented that path for me. I would really love to follow the career that he has and go further with it if possible. This has really helped me find what I want to do for myself."

"This program is getting so much bigger," she added. "I really think we need to get the word out about this program because it just has so much to offer and they learn so much. It's such a great program."

“We are their teachers, friends and, most importantly, there to ensure that they’re learning to the best of their abilities.”

— MAKAYLA BROWN,
GEMS MENTOR

Event makes yard sale shopping, selling a snap

By Jeremy Henderson
Army Flier Staff Writer

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

"Yard sales can be a great place to find good deals, but sometimes it takes more than one yard sale to find everything you need," Lynn Avila, Fort Rucker special events coordinator, said. "Fort Rucker's Outdoor Yard Sale and Flea Market cuts out all of the driving and puts several yard

sales in one location – the festival fields."

Registration is currently open for sellers to bring their wares to festival fields July 15 from 7-11 a.m. Sellers must register no later than July 12.

"Spaces are open to the public," Avila said. "Rental prices vary by the space based on the space required and if the seller is government-affiliated or a civilian."

Military ID (active-duty service members and their family members, retired military, reserve component, Department of Defense personnel) is required for the government rate pricing, she added.

"If you are mailing your registration

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

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

"This event is a great way to clean out your garage or closet at home and put some extra money in your pocket," Avila said. "The event is also a great outing for individuals and families. You can come

out and spend the morning with us to browse all the deals and then enjoy lunch together."

According to Avila, the community yard sale event also helps remove some of the guess work for sellers.

"Much of the hard work is done for the seller," she said. "DFMWR handles all marketing efforts and reservation of space. No more taping posters to stop signs and no more strangers trampling through your yard or rummaging through your garage."

Set up will begin at 5 a.m. July 15 and all sellers will need to be ready to open by 7 a.m. for the first shoppers.

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

"For single Soldiers, couples and families, everyone is sure to find a treasure from at least one of the sellers," she said. "Whether you are looking for a new or gently worn outfit, or a piece of furniture that you can refurbish to fit your home décor, the Fort Rucker Yard Sale and Flea Market may have what you are looking for."

The event allows a wide variety of vendors to sell items in a central location, but a few items are prohibited. Sellers who do not possess a military ID or CAC card must obtain a visitor's pass prior to the day of the event, according to Avila. Unescorted visitors must obtain a visitors pass from one of two visitor control centers.

Visitors may obtain passes from VCCs at the Daleville and Ozark gates. The Daleville VCC is open Mondays-Sundays from 8 a.m. to 4 p.m. The Ozark VCC is open Mondays-Fridays from 8 a.m. to 4 p.m.

For more information or to register, call 255-2997 or 255-1749.



PHOTO BY NATHAN PFAU

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

ON POST

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.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftrucker.mwr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Wild Adventures trip

The Fort Rucker Youth Center will host a day trip to Wild Adventures Theme Park in Valdosta, Georgia, Saturday. 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 Tuesday 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.

Tot Time

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

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

Care team training

Army Community Service will be hold a care team training session Wednesday 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 Wednesday 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.

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

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.



PHOTO BY NATHAN PFALZ

Fort Rucker Area Job Fair

The 14th annual Fort Rucker Area Job Fair is scheduled for July 27 from 9 a.m. to 1 p.m. at the Enterprise High School Gymnasiums. The fair will be open to the public and free to all job seekers. Representatives from government contractors, employment agencies, the federal government and over 80 local companies will be at the event. Workshops will be conducted prior to job fair – on the installation, and also in Enterprise and Ozark – to include: résumé writing, interviewing skills and personal branding. Organizers advise people to bring their résumés, be prepared to be interviewed and dress for success! For more details, call 255-2594. Pictured is a scene from last year’s event.

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 need to register by Tuesday. 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 Wednesday. 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.

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Ages 9–10 and 11–12

Cheerleading:

Cost is \$40 per child
Ages 8–9 and 10–11

Mascot:

Cost is \$20 per child
Ages 4–5 (for ages 8–9 cheerleading)
and ages 6–7 (for ages 10–11 cheerleading)
Limited to the first two youth to sign up for each age group.



Soccer Registration

Soccer:

Cost is \$25 per child ages 4–5
and \$45 per child ages 6–13
Age Groups: 4–5, 6–7, 8–9, 10–11 and 12–13



Start Smart Golf Registration

Golf:

Cost is \$25 per child ages 4–7



Start Smart Tennis Registration

Tennis:

Cost is \$25 per child ages 4–7



Prospective Coaches Are Needed!

If interested and for more details call, (334)255-0950/2254/2257.

For more information and to register call
Youth Sports Department, (334)255-2257/2254
or Parent Central Services, (334)255-9638.



A current sports physical and valid CYS registration are required for participation.

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>.

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 20. 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.

FORT RUCKER MOVIE SCHEDULE FOR JULY 6-9

Thursday, July 6

Cars 3 (PG)7 p.m.

Friday, July 7

Spider-Man: Homecoming (PG-13)
.....4 & 7 p.m.

Saturday, July 8

Spider-Man: Homecoming (PG-13)
.....4 & 7 p.m.

Sunday, July 9

Spider-Man: Homecoming (PG-13)
.....1 & 4 p.m.

COMPETITIVE SPIRIT

JROTC program and academic bowl ‘face of Army’ for youth

By Joseph Lacdan
Army News Service

WASHINGTON – After winning the 2017 JROTC Army Leadership Bowl and placing second in the Joint-Service Academic Bowl, cadet Nicolena Weaver displayed the competitive spirit that helped her team place among the best in the nation.

“I wanted to show everything that I’ve learned,” said Weaver, clad in her military dress uniform at the Catholic University of America on Monday. “I wanted to prove to my teachers that I’d learned everything that they taught us.”

Weaver, from Cocoa Beach High School, Florida, was among 500 cadets that participated in the annual Army Junior ROTC Leadership and Academic Bowl, held June 23-27 at CUA’s Washington, D.C. campus. The event motivates students to become enthusiastic about education while also preparing them for the ACT, SAT and other college entrance exams.

The bowl, organized by the College Options Foundation, also implements the Army academic curriculum as a foundation for future success. About 312,000 cadets take part in JRTOC programs worldwide.

“What this program does, it teaches them our Army values at a younger age,” said Cocoa Beach JROTC instructor James DesJardin. “So they know about selfless service, they know about duty, they know about integrity. They know those things they can take into their next job and be able to use those skills throughout the rest of their lives.”

The result of academic competitions like the scholastic bowls: better leaders and more educated citizens. JROTC instructors said

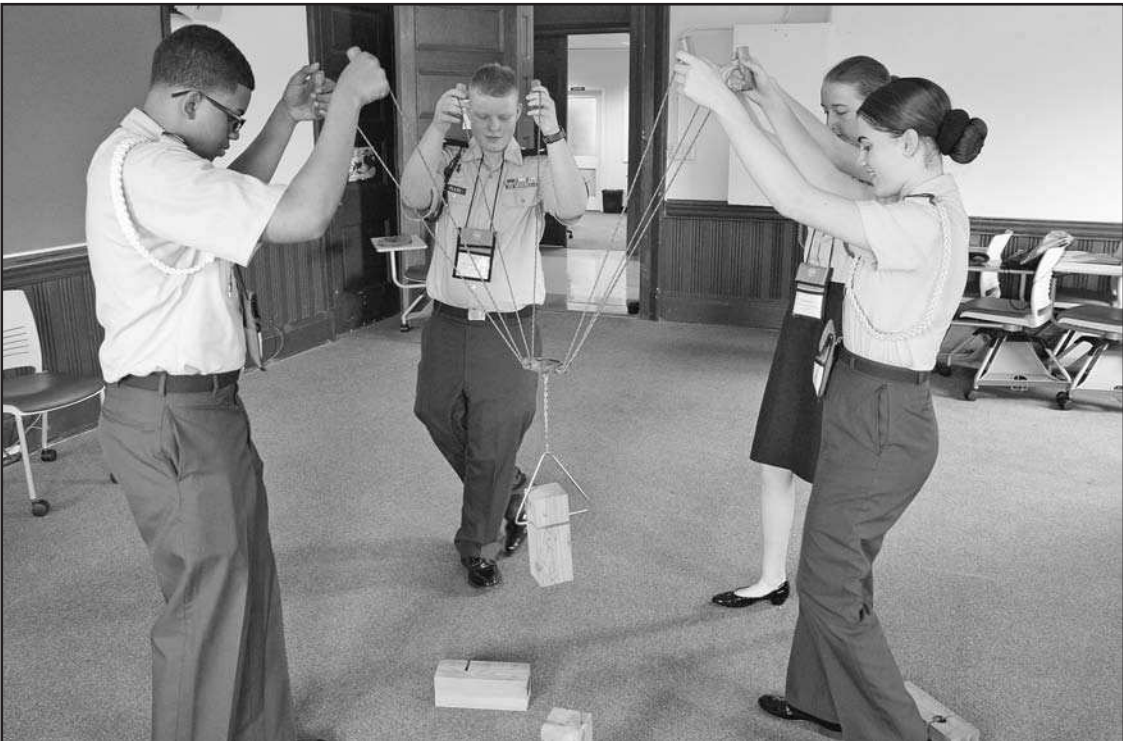


PHOTO BY JOSEPH LACDAN

JROTC cadets from multiple schools use communication and teamwork to stack blocks as part of the “How Tall the Tower?” challenge during Leadership Reaction Course competition at the JROTC Leadership and Academic Bowl June 25. JLAB 2017 is being held at the Catholic University of America, Washington, D.C., June 24-26.

students in the competition and in JROTC programs score better and post a higher graduation rate. The ROTC students hail from a wide range of economic, ethnic and social backgrounds.

“You see them fighting to be in competitions like this, no matter where they’re from,” said Maj. Gen. Christopher Hughes, commanding general, U.S. Army Cadet Command, Fort Knox, Kentucky. “They’re taught that they can be better than themselves. They’re taught that it doesn’t matter what your lot in life is; seize the opportunity to improve yourself.”

Tiffany Bryant, a JROTC cadet from Lanier High School in Jackson, Mississippi, was recognized at the awards ceremony for winning the U.S. Army JROTC National Essay Contest.

Bryant plans to attend Duke

University. In Jackson, 40 percent of residents live below the poverty level, while Mississippi ranks as the poorest state in the nation, with an average household income of around \$40,000. According to a Forbes study published in February, the state ranked as the second worst in education.

Jim Wood, chief of Training and Operations at Army Junior ROTC, said many of the schools participating are in lower income communities. Many of the students participating in the bowl had never before travelled outside of their hometowns or home counties, Wood said.

“There are a lot of kids that would either be in jail or in a drug halfway house,” said Wood, who retired from the Army as a major. “The impact is tremendous.”

The impact of the program was obvious to sophomore Ivan Son-

tay, from Osborne High School in Marietta, Georgia. Sontay started JRTOC as a quiet freshman, but after a few months of participating in JROTC, instructor Rodney Fagan noticed a change in the cadet.

“He is incrementally and gradually gaining confidence,” Fagan said. “Now he’s speaking out, taking charge of teams and leading.”

Meanwhile, Weaver plans to study psychology at Florida State or the University of North Florida in the hopes of one day becoming a psychiatrist in the Air Force. Two of her team members also plan to pursue a military career. The competition also helps prepare the students for success as leaders in their communities, whether their career path takes them into the military, business sector or medical field, said Greta

Medford, education coordinator for JROTC command.

Students participating in JROTC have the opportunity to apply themselves to their academic studies in a fun and interactive environment. Competition for the bowls begins in September, with teams competing in two online rounds. The top 24 academic and top 40 leadership teams were selected to participate at the national level in the nation’s capital.

While the JROTC program focuses on building better citizens and leaders, College Options president Terry Wilfong said JROTC cadets provide a boost for Army recruiting simply by participating in the program.

“The face of the Army is JROTC and recruiters,” Wilfong said. “There’s 480,000 JROTC kids across the nation in roughly 1,750 high schools. You don’t have that many recruiters, the face of the Army is those JROTC kids in uniform – that’s who the kids see.”

The JROTC Army Leadership Bowl started as a leadership symposium in the fall of 2005, with 128 junior Army cadets participating.

A total of 1,378 Army JROTC leadership teams participated, as well as 1,498 Army JROTC academic teams. Cadets from all services hail from more than 1,700 schools in each of the 50 states, four U.S. territories, and from Italy, South Korea, Germany and Japan.

Students in the academic bowl are challenged in English, math, science, current events and leadership. Cadets who participate in the leadership bowl are tested in hands-on, leadership-related activities, including how leadership tenets relate to historic monuments and memorials.

Military children use virtual reality simulators at workshop

By Sarah Marshall
Uniformed Services University of the Health Sciences

BETHESDA, Md. – A group of about 23 middle school-aged military children observed cutting-edge military medical science during a June 3-4 workshop held at the Uniformed Services University of the Health Sciences.

During the workshop the students donned high-tech virtual and augmented reality simulators and tested out revolutionary modular prosthetic limbs and interacted with experts in the STEM fields of science, technology, engineering and math.

The workshop was recently launched by the Johns Hopkins Applied Physics Laboratory through a grant from the Office of Naval Research and is referred to as CONVEY – Connecting STEM Outreach Now Using VIE Education for Youth.

Virtual Integrative Environment was developed by APL as a training platform to help amputees adapt to using advanced brain-controlled prosthetic devices. Led by prosthetic experts from the university and the John Hopkins laboratory, CONVEY was established for children of military service members to help them gain a deeper understanding of the healing process of an amputee, while learning about science, technology, engineering, and math topics.

The workshop was also designed to motivate the children to pursue STEM careers.

Working in pairs, the students played interactive games that taught them about STEM topics, including physiology, human anatomy, the brain, the nervous system and the muscular system. Wearing the Hololens and Oculus Rift – virtual and augmented reality headsets – they were able to “see” a virtual brain in front of themselves, and examine each of its lobes and functions.

They tried on Myo armbands – devices that allowed them to control the APL’s Modular Prosthetic Limb as well as virtual prosthetic limbs to better understand a new and developing technology helping amputees gain independence. The students also explored electronics by using circuits, along with lights, motors, and buzzers, bringing them to life by connecting LEDs or battery packs that ran currents through modeling clay.

The workshop culminated in a lively and

entertaining virtual-reality competition, which also helped the students to evaluate what they had learned.

Lucille Kistner, one of the students who participated in the workshop, said she was excited about using the virtual and augmented reality equipment because it allowed her to “feel what it’s like to have a bionic arm or prosthetic arm.”

Kistner explained how the Myo band allowed her to maneuver a virtual arm while playing pingpong, and as the virtual arm responded to her muscle movements, she could hit the ball back and forth.

“It’s all related to your brain, so that’s cool,” she said.

Kistner said she’s interested in a career in the field of science, and that she’s inspired by how new technology will help make a difference for so many people.

“It was really fun,” added Noah Hutchinson, another student who participated in the workshop. He enjoyed wearing the Myo armband, too, experiencing for himself how the device responds to muscle movements. He said he was also inspired by how this technology will help amputees do more independently, and therefore have a better future.

Dr. Paul Pasquina, professor and chair of USU’s Department of Physical Medicine and Rehabilitation and chief of Rehabilitation Medicine at Walter Reed National Military Medical Center, helped organize the workshop.

Having been a leader in the field of prosthetics and amputee care for nearly two decades, Pasquina said he sees great promise in the STEM workshop.

“While there have been significant advances in medical, surgical and rehabilitative care over the past decade, the challenges that our patients and families continue to face are constant reminders that more work is needed,” he said. “It is our hope that the CONVEY workshop will inspire future generations of scientists from a broad field of disciplines to help solve some of these challenges and contribute to an improved quality of life, not only for our men and women in uniform, but for society as a whole.”

Dwight Carr, APL STEM program manager, added that CONVEY is also designed to use the virtual training platform to enhance each child’s understanding of how STEM concepts are being used to help individuals gain independence, mo-

bility, and human interaction with loved ones.

“It’s an engaging and interactive way to expand the use of the technology, while helping both the service members and their families,” Carr said.

Dr. Peter Squire, program officer in ONR’s Human Performance Training and Education office, added it’s important to be

thinking, now, about the capabilities that will be needed in the future, while building the workforce of the future.

“This is a good opportunity to understand how science impacts prosthetics, to better understand the way they use science, and to think about what things you can do today that may impact folks tomorrow,” Squire said.

Bringing People Together Thru Faith

Church Directory

“Be ye followers of me, even as I also am of Christ.”

1 Corinthians 11:1

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall..... 8:45AM
The Gathering (Youth) 6:00PM
Sunday School..... 9:55AM
Nursery Care Every Service

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Public invited to Blue Angels practice



Naval Aviation Museum Press Release

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

Open bleacher seating is available for 1,000 people. Chair service is provided at each prac-

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

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

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

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 6:30 p.m. Meetings are held at the post’s facility at 3087 Hwy. 605, which is Brannon Stand Road at the intersection of Park Avenue. For more information, call 400-5356.

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 8-11a.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.

ENTERPRISE

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/>.

ONGOING — To help veterans and their families fight back from service-related injuries, the Professional Golfers’ Association of America and the Veterans Administration have partnered up nationally to use golf as therapy. The national organization has a local chapter, PGA HOPE Wiregrass in Enterprise. The free program meets Mondays at 10 a.m. at Highland Oaks Golf Course. People who know veterans with service-related injuries, whether registered with the VA or not, can have them call PGA HOPE Wiregrass at 239-272-7086 or visit the chapter’s Facebook page.

ONGOING — The Weevil City Cruisers Car Club hosts its monthly Cruise IN downtown in front of Milky Moo’s the first Saturday of every month at 4:30 p.m. For more information on the club, send an email to weevilcitycruisers@gmail.com, visit www.facebook.com/Weevilcitycruisers, or call 334-347-8680 or 334-477-6806.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) 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.

JULY 27 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the senior center, located one block behind the old New Brockton Police station. Food and drink will be served, and will be followed by regular chapter business. Maximum member participation is requested as chapter business will include voting for positions of commander, senior and junior vice, and other positions for 2018. Chapter members also extend an invitation to other veterans throughout the Wiregrass to join. For more

information, call 334-718- 5707.

OZARK

JULY 8 — The Friends of the Ozark/Dale County Library will hold a book sale from 9 a.m. to noon. This will be a buy-one, get-one-free sale. The sale will feature a large collection of hard and paperback fiction – romance, mystery, science fiction, classics and more, according to organizers. Non-fiction selections will be available, as well, including biographies, inspirational, how-to, diet, textbooks and encyclopedias. There will also be LP records, cassettes, DVDs and VHS.

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.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

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

TROY

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

WIREFGRASS AREA

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

ONGOING — AMVETS Post 23 monthly meeting is held the second Thursday of each the month at 7 p.m. at the AMVETS Service Center, 203 MLK Dr., in Opp. For more information, call 334-493-0785 or visit www.amvetstpost23.com.

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

Beyond Briefs

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/>.

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>.

Palafox Market

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

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

Disney’s ‘Mary Poppins’

The Alabama Shakespeare Festival in Montgomery will host its production of Disney’s “Mary Poppins” now through July 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 4 and up. Visit <http://tickets.asf.net/single/PSDetail.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/.

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/>.

HELPING HAND

Reserve Soldiers work to develop struggling border towns in south Texas

By Sean Kimmons
Army News Service

LAREDO, Texas — A few weeks after civil affairs Soldiers surveyed an economically distressed border town, a \$275,000 federal grant was approved to fix one of the town’s failing roads, based on data the Soldiers had collected.

Because of these Soldier-conducted surveys, more state and federal grants – possibly worth millions – are now expected in the future, according to local government officials. The Soldiers are collecting survey data from several “colonias,” or unincorporated towns, that lack major infrastructures such as portable water, sewer systems, electricity, paved roads or storm drainage.

Around 25 Soldiers are going door-to-door and speaking with residents inside the colonias, as part of an Innovative Readiness Training mission along the Texas-Mexico border. The assessments, coupled with the ability to use an interpreter with Spanish-speaking residents, allow Soldiers to replicate what they may face when interacting with people during deployments.

“This is a great opportunity for us to train for the mere fact that what we’re doing is not scripted,” said 1st Sgt. Vernon Williams, assigned to the 478th Civil Affairs Battalion based in Miami. “We’re dealing with real people with real issues.”

Williams and his unit are part of a roughly 200-member Reserve Soldier force currently assisting the local communities with medical and infrastructure projects.

Nearly 125 Army medics have set up free health clinics at four community centers located near the city of Laredo.

Another 30 engineer Soldiers are making road improvements by repairing a 2.5-mile stretch of dirt road that was once plagued with deep ruts from semi-trucks and poor drainage. They are also laying and grading fresh dirt onto a baseball field and soccer field used by local youth.

Soldiers from the 277th Engineer Company only had to travel about 150 miles from their home station in San Antonio to support the mission. While the unit often heads to Fort Hood to train, this mission has been more special.

“It makes you feel a lot better doing a real-world mission other than just training at Fort Hood making some makeshift roads,” said Sgt. 1st Class George Velez, the NCO in charge of both engineer projects. “Here at least



PHOTO BY SEAN KIMMONS

Sgt. 1st Class Rhody Merisier, middle right, and Staff Sgt. Aldo Blanco, both assigned to the 478th Civil Affairs Battalion based in Miami, conduct a survey with residents of a colonia currently without potable water near Laredo, Texas, June 23.

we’re helping the communities.”

LOW-INCOME REGION

There are more than 60 colonias in the Laredo area, with many residents living below the poverty line.

At the area’s two school districts – Laredo and United Independent School Districts – students are economically disadvantaged at rates of 97 and 89 percent, respectively, according to the Texas Education Agency.

Webb County, where Laredo is located, applied to have the IRT mission come to the area after being assisted by the Army North’s Army Reserve Engagement Cell and Texas A&M University’s colonias program.

“They’re getting more bang for their dollar as far as training dollars are concerned,” Oscar Muñoz, director of Texas A&M’s colonias program, said of the local Reserve engineers. “These guys don’t have to travel that far.”

The plights of many colonias, Muñoz noted, began with “unscrupulous developers” taking advantage of low-income homebuyers.

“How many people would not like to own a house? How many would not like to own land? It’s the American dream,” he said.

But once they moved in, the promises of proper infrastructure were never carried out and developers charged homeowners up to 30 percent interest for home loans, according to Muñoz.

“We’ve always had colonias, but no one ever liked to talk about them,” he said.

There are plans for more Army IRT missions, he added, to help other colonias in the county as well as in El Paso and the Rio Grande Valley.

GRANTS

Webb County officials produce a comprehensive plan for the county’s colonias, due to their large numbers of residents. Officials are currently using data compiled by civil affairs Soldiers to update the newest installment, which will last for a decade.

Armed with this recent accurate data, the county’s grant writers can then apply for state and federal funds to help colonias in desperate need.

“Without them, this would not be possible, period,” James Flores, the county’s senior grant writer, said of the Reserve Soldiers. “Would we still apply for grants? Yes. But would we have a higher percentage of being funded? Absolutely not.”

The previous comprehensive plan garnered around \$200 million in grants, Flores said, adding the new data could lead to better chances of grant applications being funded in the future.

“If it’s anything like the first one, it’s going to generate millions for us,” said Flores, who believes the Soldiers, along with help from 10 Texas A&M students, will be able to reach 2,000 to 2,500 households.

With their work already showing results, Williams said it has been a fulfilling experience for him and his Soldiers, even if they’re out there in temperatures over 110 degrees.

“If we can do something two-fold where we’re benefiting U.S. citizens and we’re getting training at the same time, I think it’s a win-win for everybody,” Williams said.

FORT RUCKER RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

Wings Chapel, Bldg. 6036
9:30 a.m. Protestant Sunday School

10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)
Spiritual Life Center, Bldg. 8939
10:15 a.m. CCD (except during summer months)

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

Protestant Women of the Chapel
Wings Chape, 9 a.m. and 6 p.m.
Adult Bible Study
Spiritual Life Center, 7 p.m.

WEDNESDAYS
Catholic Women of the Chapel
Spiritual Life Center, 9 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg. 50102N, Rm. 101 11:30 a.m.

164th TAOG Bible Study
Bldg. 30501, 11:30 a.m.

Precepts Bible Study
Soldier Service Center, 12 p.m.

Kingdom Kidz & Youth Group Bible Study
Spiritual Life Center, 5:30 p.m.

Adult Bible Study
Spiritual Life Center, 6 p.m.

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

Praise and Worship Meal/Bible Study
Wings Chapel, 5:30 p.m.

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



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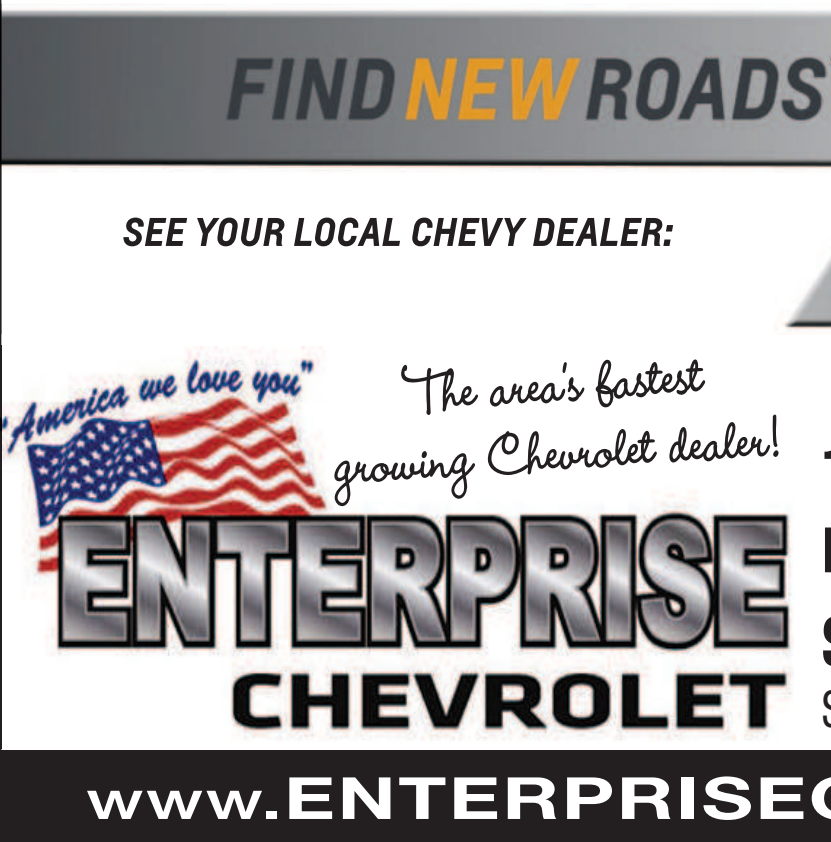


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JULY 6, 2017

DOWNED BUT NOT OUT

1-145th Avn. Regt. earns regular season softball title

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Intramural Softball regular season came to a close as two teams battled it out in the final game, and although one team came out on top, the other team earned the title of league champions.

The A Company, 1st Battalion, 145th Aviation Regiment, Pitches Be Crazy, took on the 1-13th Avn. Regt., Swift and Deadly, and although the game went to Swift and Deadly, who won 15-2, Pitches were crowned as league champs since they had the best record throughout the season —going undefeated until the final game.

“We played four games so far this week and this was our fifth game, and we started the game short with only nine players, so we had to take an out at the start,” said Capt. Kevin Dobbin, coach for Pitches Be Crazy. “We didn’t have 10 to start on the field, either ... but it’s all right, though. We’d rather lose now than lose in the playoffs.”

Pitches took to the plate first with only nine players to start and got off on the right foot with a base hit, but three pop ups later were making their way into the outfield as their opponents took their turn at bat.

Fresh off of another game, Swift and Deadly took to the plate, and although they had just played a full seven innings, managed to start with a base hit to get a runner on base.



PHOTO BY NATHAN PFAU

Chelsey McLendon, player for Swift and Deadly, connects with the ball during a game at the Fort Rucker Softball Fields June 29.

The 1-13th team followed up with a line drive for their first out, but came back with a triple to bring in their first run to be the first on the scoreboard.

Swift and Deadly managed another base hit to bring in another runner, and although they suffered another out, they managed to keep the ball on the ground to load the bases, setting them up to bring in additional runs, but a pop fly to right field ended their time at the plate, ahead 2-0.

Pitches didn’t start the second inning off too hot with a pop up for their first out, followed by another pop fly to center for their second.

They managed to find a gap with a shot to center for a triple, but they couldn’t build on their momentum and went back into the outfield still scoreless.

The 1-13th, though, were able to keep their momentum going with base hits after base hit, and managed to bring in a run within

three batters.

Swift and Deadly continued to find the holes in their opponent’s defense and keep the ball on the ground to bring in run after run, then followed up with a three-run home run to take a commanding 8-0 lead with just one out on the board.

The 1-13th wasn’t done with the home run, though, and the ball continued to slip through their opponent’s gloves as Pitches couldn’t seem to keep up, and

by the time the 1-145th got back up to the plate they were down, 15-0.

It was no secret that the 1-145th had their work cut out for them going into the third, but they weren’t up to the challenge as three pop ups ended their time at bat.

Swift and Deadly’s momentum faltered during their time at the plate, and two pop flies and a play at first ended their first inning, scoreless.

The 1-145th team weren’t faring much better going into the fourth with two outs early in the inning, but the winds seemed to shift with a double, followed by a triple to bring in their first run to avoid a shutout.

They seemed to roll with their momentum as they continued to keep the ball on the ground to bring in another run, but their luck wouldn’t last long as a play at first ended their streak, behind 15-2.

The 1-13th couldn’t get back their previous momentum and managed to put the ball right into their opponent’s hands to end the fourth.

Going into the fifth, Pitches had to bring in at least three runs to stay in the game, but things weren’t looking good as they wracked up two outs within three batters.

A line drive to left field sealed their fate and the game went to Swift and Deadly, 15-2, but despite their loss, Pitches Be Crazy were still crowned league champions.

DUAL-BENEFIT

Army Reserve medics increase readiness by extending a helping hand

By Sean Kimmons
Army News Service

EL CENIZO, Texas — Corraling her young children in the waiting room, Claudia Miramontes had each of her five girls treated by Army Reserve Soldiers currently on a medical readiness mission at the El Cenizo Community Center, just a mile from the Texas-Mexico border.

Every time one of her girls needs a medical appointment, the 26-year-old mother said, it costs her family between \$100-200 per child. Her visit to the center, where Soldiers are offering free medical services as part of their innovative readiness training, would help her from dipping into the family’s limited savings.

“We either have to cut groceries or something else just to get them checked,” she said. “Or, maybe one week one of the children [gets checked], and then the other week another one.”

A stay-at-home mom, Miramontes and her family live in one of Webb County’s 62 unincorporated towns — colloquially known as colonias — that lack one or more major infrastructures, such as potable water, sewer systems, electricity, paved roads or storm drainage.

Affordable health care can also be nonexistent in these economically distressed communities.

While her husband works as a truck driver, Miramontes said, he only makes around \$800 a week, which is stretched thin to keep seven people well-fed and healthy.

“We try to limit ourselves on a lot of things,” she said, adding health care can sometimes be put on hold due to high costs.

The IRT mission, she said, has helped fill some of that gap. “It really helps me and my husband out. It saved us a lot.”

Hearing similar stories of struggling families, the Army North’s Army Reserve Engagement Cell visited Webb County after the Texas A&M University’s colonias program, which supports several of these border communities, identified specific



PHOTO BY SEAN KIMMONS

Maj. Jennifer Meadows, a Reserve Soldier with the 7226th Medical Support Unit, conducts a refraction test on a patient inside the El Cenizo, Texas, Community Center June 20.

needs with which the Soldiers could help.

The AREC team then assisted the county in submitting an IRT application through the Defense Department, which resulted in nearly 200 Reserve Soldiers, along with a few Navy opticians, participating in the two-week operation that ended June 29.

The largest effort of the IRT mission has been providing health services at four community centers near the city of Laredo. Engineer and civil affairs teams are performing other services from construction projects to surveys.

During the first three days of the operation, Soldiers partnering with local health workers and nursing students from the Texas A&M Corpus Christi campus conducted more than 500 appointments each across three fields, including medical, dental and vision.

“From what we’ve seen in the first couple of days of the operation, it’s going very well,” said Sgt. 1st Class Jacob Pattison, one of the AREC coordinators.

“You have a lot of moving parts that need to line up to make everything go well and everyone has put in their hard work,” he added. “It’s awesome to see it pay off for the ben-

efit of all the people involved.”

DUAL BENEFIT

At the Larga Vista Community Center, Maj. Edward King and his team with the 7458th Medical Backfill Battalion from Fort Bragg, North Carolina, have been working at one of the busiest centers.

The center covers 14 colonias, and dozens of local residents could be seen Wednesday afternoon waiting for medical care.

While King described the substantial savings residents get from the free services, he noted that Soldiers were also getting something in return.

“There’s a dual benefit because we actually get to come out here and perform a real-world mission,” said King, the officer-in-charge at the Larga Vista center. “It allows us to develop our skills and improve our training. In the meantime we’re also providing a valuable service to the people in the area.”

There have also been heartwarming encounters with patients. The other day, he recalled, a client came in to get her eyeglasses. When she put them on, she started to cry.

Clinic offers nutrition tips

By Andrea Jones
Lyster Army Health Clinic Nutrition Chief
and Jenny Stripling
Lyster Army Health Clinic Public Affairs Officer

School is out for the summer and that means more meals are being made at home.

Many people find this a wonderful time for relaxation, fun and not doing homework. Children should be able to enjoy their summer break, but many people find it can be easy to slip into a sedentary routine and let boredom get the best of them.

When people live life at a summer-break pace, they need to be mindful of the foods they eat and the physical activity they get.

There’s nothing wrong with eating snacks when hungry, but if snacking becomes out of boredom, people might consider making a change. Be sure any snacks eaten are small in portion size. Incorporate fruits into meals and snacks. It can also be fun to make healthy snacks using whole-grain cereal, dried fruits, and nuts or seeds. Super-sweet snacks such as cookies, ice cream or snack cakes should be once-in-while treats and not consumed every day.

Pay attention to beverage choices. What people drink can be just as sugary as an ice cream cone. Sodas, powder drinks and sweetened juices are full of sugar and shouldn’t be consumed on a regular basis. Instead, people should opt for flavored waters or plain water.

Getting plenty of exercise over the summer

SEE NUTRITION, PAGE D3

HEALTHY SUMMER SNACKS

People can find more fun recipes like the ones below at <https://whatscooking.fns.usda.gov/recipes>.

Strawberry Yogurt Pops

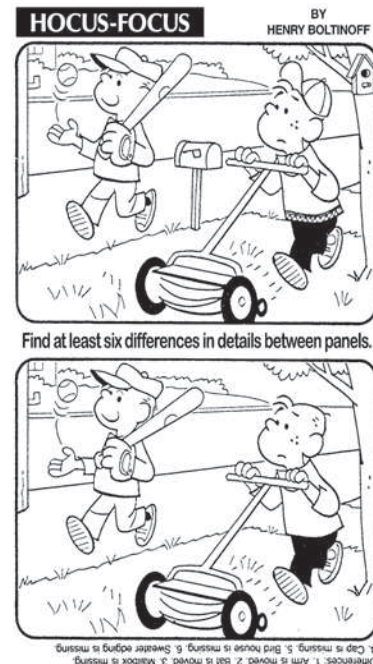
Ingredients

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

Directions

1. Cut strawberries into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws).
4. Freeze.
5. Enjoy as a frozen treat!

KID'S CORNER



SURGICAL PRECISION

Army surgical team, African partners provide vital medical care during training

By Staff Sgt. Shejal Pulivarti
U.S. Army Africa

LIBREVILLE, Gabon – Performing surgery is inarguably a complicated and intricate task. However, regardless of location, the basic steps and procedures are the same.

Three surgical professionals who partnered with the Gabonese military surgical team learned this firsthand as part of the 10-person U.S. Army medical team that participated in the U.S. Army Africa-led Medical Readiness Training Exercise 17-4 held at Hospital D’Instruction Des Armees in Libreville.

Even the basics can pose challenges when operating with a team that speaks different languages and often uses different tools, but the U.S. Army surgical team welcomed the challenge and went into the MEDRETE hoping to learn.

“The language barrier has been interesting,” said Maj. Christina Riojas, general surgeon out of Womack Army Medical Center, Fort Bragg, North Carolina. “We’ve been able to sign with our hands, use broken English and even some Spanish in addition to the use of our interpreters to communicate while in the operating room. It adds some time during



PHOTO BY STAFF SGT. SHEJAL PULIVARTI

Maj. Christina Riojas, a general surgeon, works with a Gabonese doctor to perform a gall bladder surgery during Medical Readiness Training Exercise 17-4 at Hospital D’Instruction Des Armees in Libreville, Gabon, June 19.

surgery but it has been working and we are able to communicate.”

The team spent 14 days in Gabon working alongside their individual Gabonese counterparts and functioned solely with the equipment and resources on site, taking them outside their comfort zone of the gadgets in America.

“In the United States, there is a lot of stuff in the operating room that we have that you would think makes performing surgery

easier but [the Gabonese military medical professionals] don’t have those things here and it’s not an issue,” said Staff Sgt. Jennifer Singh, operating room technician, 14th Combat Support Hospital. “They are still able to perform the surgeries necessary successfully with the tools they have.”

The mission called for them to build sustainable relationships with the Gabonese and to also improve their individual readiness in their respective fields.

“My job is to quickly put the patient to sleep and make sure that they stay alive so that the surgeon, regardless of who that is, can do their job,” said Maj. Fernando Lopez, certified registered nurse anesthetist, 14th CSH. “I think one of the things this mission shows you is how to function with limited resources.”

The three-person American OR team integrated completely into the Gabonese surgical staff. Working with their respective counter-

parts, the CRNA, OR technician and general surgeon, they observed and assisted in more than 35 surgical cases.

Working in the resources-limited environment exposed the team to situations challenging them to be creative, said Singh.

“I’ve definitely learned, watching them do it, it made me put my innovative cap on. In another surgery, I didn’t have something called a kittner and I came up with a way to make one on the back table so the surgeon could use it even though I didn’t have it,” said Singh. “So, the limited resources and equipment helps you think outside the box, especially after seeing them make the necessary tools out of what they have available.”

Aligned with Army Chief of Staff Gen. Mark Milley’s vision for training and readiness, this mission provides a small medical team a chance to train both as a team and as individuals, so that they are operationally ready for whatever the future may hold.

“The opportunity to function within that environment, it’s been really valuable,” said Riojas. “This could possibly simulate a future military real world scenario and being able to be here in a controlled environment is really good training and experience.”

Readiness

Continued from Page D1

“We were able to witness a significant impact that we had on that individual,” he said. “That is just one example. Every patient down here is very grateful and again we are grateful for the opportunity to train and serve these people.”

Back in El Cenizo, Victor Garcia, a 49-year-old landscaper, had a few tooth fillings done by an Army dentist. Because of the pricey procedure, he said, he had to put it off and suffer through the pain.

“It stopped me from getting my teeth fixed because I had cavities and [a civilian dentist] told me how much it would cost to fix, but I couldn’t pay for it,” he said. “It wasn’t until I was able to come here and get them fixed that I finally got some relief from the pain.”

Having a Soldier repair his teeth was also a unique experience for him. “I like the fact that it was a Soldier and not just a civilian dentist,” he said. “It just felt a bit

more special.”

VOLUNTEER FORCE

A majority of the Reserve Soldiers have volunteered for the mission, knowing it would provide them with realistic training. Spc. Kayla Fouts, who is helping out at Larga Vista, is one of them.

Back in North Carolina, the 22-year-old Soldier is a licensed practical nurse at a rehabilitation facility where she often sees the same patients on a daily basis. But now, in south Texas, she’s seeing different patients of all ages with a variety of ailments.

“Being a hands-on learner, it gives me that opportunity to better hone my skills as an LPN and also to just see different things,” she said.

With many patients only being able to speak Spanish, the language barrier has also presented challenges, forcing her to be more adaptive – a key trait needed by Soldiers in deployed environments.

“I take it as it comes [and] just roll with the punches,” she said.

There has also been a strong emphasis on being a cohesive team to handle the lines of patients. “I see myself as a piece in a puzzle ... and you just have to come together as a unit to help other people,” she said.

That sense of teamwork also involves civilian organizations who are participating in the outreach to ensure that care for colonia residents will continue long after the Army leaves. A federally-funded community health center in Laredo has agreed to take in patients for their follow-up care at little or no cost, according to Oscar Muñoz, director of Texas A&M’s colonias program.

“It’s not a one-shot deal where they only get services when you guys are here,” Muñoz said of the Reserve Soldiers. “What you guys are starting is going to be something that’s going to be beneficial for all the colonia residents for as long as they

want.”

This is important because even with health insurance, Muñoz noted, many colonia residents are still denied services by local medical providers, which limit the number of people they can accept.

“Some of the medical providers have found ways of saying no without ever using that word,” he said. “[Residents] have insurance coverage, but there are not many service providers that accept it.”

His office is currently working to bring back more IRT missions to Laredo and expand them to other border regions, such as El Paso and the Rio Grande Valley.

For Fouts and other Soldiers, they say any chance to do this type of mission would be worth the training dollars.

“It helps us do our job for the good of the people,” she said. “For me, personally, I enjoy doing humanitarian work. We’re going to get nowhere if we just do it for ourselves; we have to do it for other people as well.”

Nutrition

Continued from Page D1

months is just as important as eating healthy. People should limit time spent playing video games and watching TV to a certain number of hours per day. Make exercise fun by getting active with friends. Exercise can be anything that gets your body moving, such as swimming, jump rope, playing tag, dancing, riding bikes or

playing sports. Try a fun summer class like gymnastics, dance, karate or tennis.

Families can also get active together. Go for walks as a family every evening after dinner, and make family outings more active by trying new things together, such as hiking, bowling, bike riding, basketball games or gardening.

It’s easy to have a great summer when people bal-

ance down time, active time and healthy eating. Keeping healthy and strong during the summer will help people to be at their best when children start the next school year.

Summertime is full of all types of yummy foods. Some of those foods found during the summer are healthy, but some of them are a nutrition disaster. Remember, all foods can fit into a healthy diet in moderation.

FORT RUCKER SPORTS BRIEFS

Deep sea fishing trip

MWR Central will host a deep sea fishing trip to Destin, Florida Saturday. The cost of this trip is \$86 per person, and includes transportation, bait, rod, reel, fishing license, fish cleaning, tip and six-hour fishing trip. Organizers recommend people bring a small cooler with drinks and snacks – no glass. The bus departs from Fort Rucker at 3 a.m. – time is subject to change based on fishing conditions.

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

Ready, Set, Run! registration

Fort Rucker Youth Sports and Fitness will

host registration for its Ready, Set, Run! Program Monday through July 31. The program provides an opportunity for youth to spend time with friends chatting and exercising and taking part in a national program featured on Facebook, YouTube and Twitter. The program focuses on character-development and physical training for a 5k run, according to organizers. The program equips youth with the physical training and goal-setting mentality needed to accomplish their running goals. Issues like enhancing confidence and self-esteem, respecting authority, dealing with peer pressure and fueling their bodies through proper nutrition are covered during the 12-week session.

Youth will participate in three runs throughout the program. Cost is \$45 for the season that runs Aug. 7 to Oct. 28. All of the runs will be on Fort Rucker.

For more information, call 255-2254 or 255-2257.

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.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. A mob
2. 256
3. Green
4. Michigan
5. Left
6. Nescafe
7. Seven
8. Mars, Venus and Mercury
9. Kathy Kane
10. Reading Railroad

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