

**ARMY OFFICIAL:**  
Steady progress  
marks success in fight  
against ISIS

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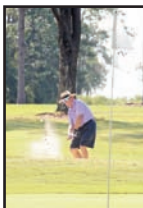
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# ARMY FLYER

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

VOL. 67 ■ NO. 38

FORT RUCKER ★ ALABAMA

SEPTEMBER 21, 2017

## REMEMBERING SACRIFICE

### Post honors POWs/MIAs

By Nathan Pfau  
Army Flier Staff Writer

As service members continue to fight across the globe to protect the freedoms of the nation, Fort Rucker took time out to remember the sacrifices of the country's prisoners of war and those still missing in action as a reminder that freedom comes with a heavy cost.

The installation hosted a POW/MIA remembrance ceremony at Veterans Park Friday to remember those who sacrificed to protect the rights of their citizens, said Col. Thomas W. O'Connor, U.S. Army Aviation Center of Excellence deputy commander.

"Today is a day when all Americans proudly tribute, honor and respect the service members who were prisoners of war, and those who remain missing in action," he said during the ceremony. "Those who served and sacrificed took on a new meaning — a



Col. Thomas W. O'Connor, USAACE deputy commander, speaks at the event.

new meaning under the most difficult of circumstances — whose strength, courage and faith were tested under the harshest of conditions.

"They have taught us much about the courage and honor possible in war," he continued. "They taught us about the ability



PHOTOS BY NATHAN PFAU

Retired Sgt. 1st Class Dan Stamaris, Desert Storm POW, stands as he's recognized during the POW/MIA ceremony at Veterans Park Friday.

to endure the unmanageable, and their strength, unwavering faith and love are an inspiration to us all."

For retired Sgt. 1st Class Dan Stamaris, that strength and un-

wavering faith is what kept him going during his time as a POW in 1991 when his UH-60 Black Hawk helicopter was shot down, killing five of his crewmembers. Stamaris was one of only three

who survived the crash and he was taken prisoner for eight days.

"The first two or three days

SEE SACRIFICE, PAGE A7

## WEATHERING THE STORM

### Post social media efforts help find shelter for family

By Nathan Pfau  
Army Flier Staff Writer

As Hurricane Irma barreled through Florida and made its way up the coast toward Alabama, Fort Rucker and the surrounding communities prepared for the worst, but one Army family was able to find respite through social media interaction.

Jessica Perez and her husband, W01 Robert Perez, B Company, 1st Battalion, 145th Aviation Regiment, were just like many families keeping their eye on the storm as Irma made its way toward the Florida coast, but as forecasters predicted the storm to take a more northerly path, they made to decision to stay put rather than evacuate with their children.

"We were waiting to see what was going to happen because it was suppose to go through the Carolinas," said Jessica. "At first I was going to go to my mom's house because she lived in South Carolina, but the storm shifted toward Georgia and we made the decision not to go."

Although they were sure they would be out of harm's way, they continued to keep an eye on forecasts and early on the morning of Sept. 10, they noticed that the projected path put them right in the line of the storm.

The Perez family, like many Army families who are here for training, live



PHOTO BY NATHAN PFAU

Members of the Perez family enjoy some play time together in their mobile home.

in a mobile home park in a recreational vehicle with their seven children, which gave them concern considering the high winds that were predicted to accompany the storm.

"I thought, 'Oh no, now it's coming straight for us,' and they were talking about up to 65-mile-per-hour winds," she said. "The trees around the RV are really old and they shed their limbs all the time, so we started looking for a hotel and realized that everyone from Miami and Tampa were now in [this area], and all the hotels up to Birmingham were booked, so we just didn't know what to do."

Jessica said she called around numerous locations to try and find lodging, and she had heard through social media that rooms were available at the Inter-Continental Hotels Group hotel on post, but every time she called she was told that rooms were no longer available.

The family stayed in their home until Sunday when they finally made the decision to get out of the mobile home and made their way to a shelter in Ozark.

"We went to the Ozark shelter and I remember I started crying, thinking, 'I can't believe this. We waited until the

SEE STORM, PAGE A7

## Volunteer experience can boost résumés

By Nathan Pfau  
Army Flier Staff Writer

The impact of volunteers can be seen and felt throughout many organizations on post, and Fort Rucker provides opportunities for volunteers that can translate into real-world experience.

Army Community Service provides volunteer opportunities for people who want to dedicate their time to gain a leg up when it comes to providing a helping hand, whether it's through volunteering at the thrift shop, in family readiness groups, or other various organizations on post, and Vernon Johnson, ACS Army Volunteer Corps program manager, said volunteers are integral in helping the installation function.

"It's been amazing having volunteers



COURTESY PHOTO

Rabeea Perez and Elianna Castro, ACS volunteers, work together in the ACS office during their work day.

to join the team," he said. "They actually enhance this community by the gifts and talents that they have and with what they bring to the table."

Volunteers come from all walks of life, from retirees, military spouses

and oftentimes people with multiple degrees, and volunteerism for many of these people can be a starting block, said the program manager.

If people want to volunteer on post, Johnson said the first thing they should do is visit the Army Volunteer Corps office in Bldg. 5700, Rm. 177, which is what Rabeea Perez, military spouse and ACS volunteer, did when she decided to look for volunteer opportunities on the installation.

"They just have to come to the office and show an interest," she said. "For me, the first day I walked into the office I talked to [Johnson] and told him what my skill set was. He's really amazing with pairing people up depending on

SEE VOLUNTEER, PAGE A7



ARMY PHOTO

Supervised autonomous systems are what the Army needs, said Maj. Gen. William K. Gayler, Fort Rucker and USAACE commanding general, Sept. 7 at the AUSA Army Aviation Hot Topics forum. Shown here, a 3,200-pound Gray Eagle Unmanned Aircraft System waits for its mission at sunset during Operation Enduring Freedom in Afghanistan.

## Supervised autonomy goal in Army Aviation

By David Vergun  
Army News Service

WASHINGTON — With all of the publicity surrounding autonomous cars in America, people might wonder if autonomous aircraft or unmanned aircraft systems are to follow, particularly in the military.

According to Maj. Gen. William K. Gayler, who spoke Sept. 7 during an Association of the United States Army-sponsored Aviation forum, that's not likely to happen.

Gayler, who serves as the commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, said he favors "supervised autonomy" over complete autonomy for several reasons.

Aside from the ethical reason of not having a person in the loop in relation to combat operations, Gayler said it simply won't work.

During a fight with a near-peer adversary armed with sophisticated cyber and electronic-warfare capability, communications links with automated systems could be compromised, he said. That might mean those systems would be unable to navigate, send data back to users, or even acquire targets, Gayler said.

"It would be relatively easy to use full autonomy in an area not contested," he continued. "Not so in a contested environment."

Another reason full autonomy is not feasible is that automatic systems simply

SEE AUTONOMY, PAGE A7



# PERSPECTIVE

## READY TO HELP

*Breach exposes 143 million – tips for Soldiers, families to protect against identity theft*

**By Brian Evans**  
*For Army News Service*

WASHINGTON — Equifax recently reported a data breach that exposed 143 million consumers’ sensitive personal information. Here is what you need to know about the breach and how you can best protect yourself.

Equifax is one of three major consumer reporting agencies – Experian and TransUnion are the other two. Equifax is the only agency reporting a data breach as of today.

Credit reporting agencies are companies that assemble and store consumer credit information. They use this information to furnish consumer reports to third parties. These third parties, often businesses, can then use the reports to evaluate consumers’ credit worthiness.

Equifax stated the data breach occurred from mid-May through July. The breach is potentially dangerous because of the nature of the consumer information Equifax stored. Equifax stated that hackers accessed people’s names, Social Security numbers, birthdates, addresses and, in some instances, driver’s license numbers.

According to Equifax, more than 143 million American consumers had sensitive personal information exposed in the data breach, and many individuals in Canada and the United Kingdom also had personal information exposed.

This is important because criminals could use this stolen data to engage in identity theft – using your personal information without your permission to commit fraud. This could include accessing your open accounts or opening new accounts in your name.

There are several steps you can take to address concerns regarding fraud or identity theft.

Under the federal Fair Credit Reporting Act, every consumer has a right to review



PHOTO BY JEREMY HENDERSON

**A Soldier at Fort Rucker speaks with a representative from the installation’s legal assistance office. If Soldiers and their families who may have been effected by the recent Equifax breach have questions about their credit reports or tips for avoiding identity theft, the legal assistance office on each base is ready to help.**

one free copy of his or her credit report each year from each of the three agencies. To do so, you can go to [www.annualcreditreport.com](http://www.annualcreditreport.com). You can enter information there and review/print a copy of the credit report, or you can print out a request form and mail it to receive a free copy of your credit report by mail.

Look for anything on your credit report that is inaccurate, such as accounts you did not open, incorrect personal information, credit inquiries from companies you have never contacted and wrong amounts showing on your accounts in your credit report.

You can place a security freeze on your credit report. When there is a freeze, creditors cannot access your reporting file and, therefore, cannot offer new credit. This helps prevent identity thieves from opening fraudulent accounts in your name.

However, it also means you will not be

able to apply for credit without unfreezing your account. This could delay the time it takes for you to apply for credit, such as a mortgage or car loan. You can place a freeze on your credit file at any time, but you must contact each of the three major agencies to do so.

You can place a fraud alert on your credit report. A fraud alert requires creditors to take steps to verify your identity before opening a new account, issuing an additional card or increasing the credit limit on an existing account.

There are two types of fraud alerts: an initial fraud alert that the credit reporting agencies will keep on your file for 90 days but expires after that time, which can then be renewed by the consumer – an extended alert, which is for identity theft victims and is good for seven years. A fraud alert does not prevent a creditor from opening credit in your name the same way a credit

freeze does, but it does require the lender to take additional steps to verify your identity. If you place a fraud alert on your account with one agency, it must notify the other agencies of the alert.

Deploying service members can place an active duty alert on their credit reports. An active duty alert means businesses must take extra steps before granting credit in your name. Active duty alerts last for one year and can be renewed to match the period of deployment. If you place an active duty alert on your account with one agency, it must notify the other agencies of the alert.

You can go to a website established by Equifax, [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com), to determine whether your account was one that may have been compromised in the data breach. If so, you can enroll in credit monitoring and other protection through Equifax’s theft protection and credit monitoring product, TrustedID Premier.

Equifax states it is a complimentary one-year subscription. Whether you are considering TrustedID Premier or a different credit monitoring service, make sure you are aware of the extent of the services offered and any trial periods, fees, cancellation requirements or other possible restrictions, such as mediation and arbitration provisions. These could affect the services you receive, the cost of services or any remedies you may wish to exercise if you have a dispute with the company providing services.

Since every person’s case is unique, not all of these choices will be right for every consumer. If you have questions about identity theft and what steps to take to protect yourself, call your nearest armed forces legal assistance office, which you can find at <http://legalassistance.law.af.mil/>.

The Fort Rucker Legal Assistance Office can be reached at 255-3482.

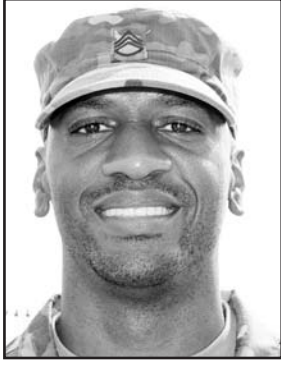
## Rotor Wash

“The Hispanic Heritage 10K race is Sept. 30 and National Hispanic Heritage Month runs now through Oct. 15. Why is it important to celebrate diversity in not just the military, but in society, as well?”



**Sgt. Cierrah Azcona,  
USAARL**

“I think everyone is important, no matter your culture or your religion. Diversity is great and the Army does an excellent job of keeping diversity alive.”



**Staff Sgt.  
Brock Johnson,  
B Co., 1st Bn., 101st  
Avn. Regt.**

“It’s important for us as a people to come together. I don’t think there should be a cultural difference between anybody, especially those serving the country.”



**2nd Lt. Joshua Miller,  
D Co., 1st Bn.,  
145th Avn. Regt.**

“Diversity brings a lot of different opinions, viewpoints and experiences to the table, so it helps you move forward and get different ideas to solve problems.”



**Felicia Ponce,  
veteran and  
military spouse**

“Celebrating diversity is also celebrating individuality. It makes us who we are as people and as a country.”



**W01 Jacob Fejes,  
B Co., 1st Bn.,  
145th Avn. Regt.**

“It’s kind of the American way to celebrate because we’re a melting pot.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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# ARMY OFFICIAL:

## Steady progress marks success in fight against ISIS

By Terri Moon Cronk  
*Defense Media Activity*

WASHINGTON — Progress is steady in the fight to defeat the Islamic State of Iraq and Syria, as Iraqi security forces push ahead to eradicate the enemy from Iraq, said Army Col. Ryan S. Dillon, spokesman for Combined Joint Task Force Operation Inherent Resolve. Dillon spoke with Pentagon reporters Sept. 14 during a news briefing live from Baghdad.

Clearance operations around Tal Afar continue, the colonel said, and the ISF have defeated pockets of remaining ISIS fighters mostly north of Tal Afar.

“The handover to hold forces in cities and towns of northern Nineveh [governorate] continues as the ISF prepare for their next offensive to defeat ISIS,” Dillon said.

He added that remaining ISIS holdouts in Iraq include Hawija and a cluster of towns in western Anbar.

“The coalition will continue our support to the ISF with training, equipment, intelligence, precision fires, and combat advice,” he said.

### HUMANITARIAN HELP

The ISF have worked tirelessly on a humanitarian level, too, by prioritizing the evacuation of those civilians who are trapped by ISIS. “They have planned and positioned personnel and assets



ARMY PHOTO

A Soldier scans his area while on a mission in Iraq.

to screen, receive and transport [internally displaced people] to camps,” Dillon said.

In Mosul, stabilization continues as federal and local police and tribal forces conduct security operations in the eastern and western parts of the city, Dillon said. Residents also are working with local and national government institutions to clean up and return essential services to the city.

### NORTHEAST SYRIA

Syrian Democratic Force partners continue the fight to eliminate ISIS terrorists throughout northeastern Syria, the spokesman said, noting that fighting in

Raqqah is in the center of the city where the SDF cleared 35 blocks this week.

“The SDF now control 63 percent of the city,” he said. “The SDF have encircled the stranded, desperate ISIS fighters near the national hospital -- one of the many protected sites ISIS regularly uses to base their operations -- and the main stadium.”

The SDF have cleared several neighborhoods in the southwest part of Raqqah and continue to clear important infrastructure in the east, such as buildings, tunnel systems and landmarks, he said.

“The Naim traffic circle, once an ISIS symbol of fear and terror where they held public execu-

tions, is now a fading propaganda setting much like ISIS’s hollow caliphate,” the colonel said. “The liberation of these sites, both symbolically and tangibly, destroys ISIS’s legitimacy as a so-called state, while increasing the morale of our partner forces and the civilians of Raqqah.”

### IED THREAT

While the SDF make steady progress, the improvised explosive device threat in Raqqah remains the most challenging obstacle, Dillon said.

“Our partners work tirelessly to clear these explosives deep in the city’s center where ISIS has had years to prepare for this

battle. SDF fighters describe this struggle ‘as much a fight against IEDs as it is against ISIS’ with the sheer quantity of improvised explosive devices far exceeding anything the SDF had seen previously,” he emphasized.

Meanwhile, the SDF is conducting clearing operations against ISIS in the Khabur River Valley, northeast of Dayr Az Zawr, Dillon said, noting that the forces met with light ISIS resistance while clearing nearly 400 square kilometers -- more than 150 square miles -- of territory.

“The start of the SDF’s offensive to uproot ISIS north of Dayr Az Zawr proves once again that once our multiethnic partner force liberates territory from ISIS, it effectively holds it with indigenous forces and provides the necessary security to enable representative civilian councils to stabilize the territory,” Dillon said. “They will continue to defeat ISIS while protecting the people in the region -- freeing them from ISIS brutality.”

Across Syria, about 1.5 million people are free of ISIS control and 42,000 square kilometers -- more than 16,200 square miles -- have been cleared, in the ongoing fight against ISIS, he said.

“We still expect tough fighting ahead, but with our partners’ battlefield successes, increased capacity, and continued support from a 73-member coalition, we will keep the pressure on until ISIS is defeated,” Dillon said.

## Gray PT uniform disappearing from formations as wear-out deadline looms

By David Vergun  
*Army News Service*

FORT MEADE, Md. — Just five months ago, about half of the Soldiers participating in organized physical fitness training at Fort Meade were seen wearing the grey Improved Physical Fitness Uniform.

On the morning of Sept. 14, inside the Gaffney Field House and outside track, there were only a couple of Soldiers still in the IPFU. Dozens of others were seen sporting the new, black Army Physical Fitness Uniform.

By Oct. 1, that number wearing the IPFU will reach zero Army-wide, as the wear-out date expires with “mandatory possession” kicking in for the APFU, per All Army Activities message 209/2014, which was released Sept. 3, 2014.

### GOOD REVIEWS

Soldiers seem happy with their new APFUs, according to a small opinion sampling conducted at Fort Meade.

That doesn’t mean there aren’t some sentimental feelings about the IPFU, however.

Spc. Lafavien Dixon, from C



PHOTO BY DAVID VERGUN

Soldiers in their new black Army Physical Fitness Uniforms conclude an off-duty physical fitness session at Fort Meade, Md., Sept. 14. The Soldiers, all from C Co., 742nd MI Bn., are Spc. Douglas Banbury, Spc. Lafavien Dixon and Sgt. Christopher Davis Garland.

Company, 742nd Military Intelligence Battalion, said he plans to wear the IPFU for organized PT right up to the wear-out date, out of a “sense of nostalgia.”

Any time a uniform changes, Soldiers will look back with a sense of fondness and happy memories, but not necessarily regret, he said.

The black with gold lettering design, in particular, is something Dixon said he likes on the new uniform, as well as the two

small ID card or key pockets in the shorts. The built-in spandex in the shorts is another improvement, he added.

Sgt. Christopher Davis Garland, from C Co., 742nd MI Bn., said he likes the overall look and feel of the new uniform and is supportive of the switch, but will miss the “cottony feel” of the grey reflective shirt.

Rather than discard the IPFU, he said he plans to wear parts of it when doing yard work.

Garland, a self-described “PT freak,” said he will also wear parts of the IPFU when participating in off-duty Spartan races, which include a number of obstacles that must be negotiated.

He said he didn’t want to tear up his APFU doing that.

Spc. Douglas Banbury, from C Co., 742nd MI Bn., said he purchased his APFU a year ago “to weigh the differences between them.”

Like other Soldiers, he said he’s pleased with the look and feel of the APFU, particularly the material, which he said enables the uniform to dry out faster when wet.

The other difference, he said, is that in his personal view the APFU feels a bit less comfortable in cold weather than the IPFU, but more comfortable in hot and humid conditions.

The only malfunction with his own APFU thus far, he said, is one of the key/card pockets detached. He reasoned that since he got the uniform early on when they first became available, he thinks it was a problem in the initial assembly production run. But the other pocket is OK, he added, so he can still carry his key/ID

card.

Spc. Jarvis Smith, who was PTing after-hours with the other three co-workers from 742nd MI Bn., said the APFU shorts are longer than the IPFU, and this is a positive when it comes to modesty.

Like the others, he said he approves of the switch and plans to continue to wear parts of the IPFU around the house and yard to get as much mileage out of them as he can before they eventually fall apart.

Another Soldier interviewed said she plans to give her old IPFU to her wife -- who is not a Soldier -- to wear.

A main goal of the PT uniform switch “was to use high-performance fabrics in the APFU without increasing the cost from the IPFU,” according to the ALARACT, which noted 32 improvements, including the “identification/key pockets, a redesigned stretchable lining in the trunks and heat mitigation and female sizing.”

All of the changes were incorporated based on Soldier input and extensive technical and user testing in various climates, the ALARACT added.

## News Briefs

### Emergency broadcast channel change

Starting Tuesday, the post’s emergency broadcast channel, Channel 6, will be reflected onto Channel 900 for on-post cable outlets. This is due to the new hardware installed by Spectrum for high-definition TV. All channels will be rearranged, including changing Channel 6 to its new location on Channel 900.

### Fall clean up

The Fort Rucker Fall Post-wide Clean up is scheduled for Oct. 3-6. All garrison, mission and tenant units are required to participate. The schedule is for Oct. 3 to be designated for clean-up of interior offices and work areas; Oct. 4 for clean-up of exterior areas and police call areas; and Oct. 5 from 9 a.m. to noon a continuation of clean-up of interior and exterior areas, and from 1-4 p.m., under the supervision of the brigade, or owner of the barracks, Soldiers residing in the barracks to be released to conduct clean-up of common areas of responsibility. Oct. 6 will be an inspections of the ef-

forts.

Hazardous materials, such as paint, batteries, thinners, solvents, etc., can be taken to the HAZMAT point in Bldg. 1315. For specific information on what materials are acceptable for turn-in, call 598-1311. To coordinate for mixed fuel or oil for turn-in, call 255-1659.

Units, directorates, and activities serviced by dumpsters must place their waste in the dumpster or coordinate for a pick-up. Waste placed at the side of a dumpster or on the curb will not be picked up by the contractor when the dumpster is emptied. If people require a pick-up of waste that will not fit into their dumpster, call 255-1070, to coordinate a time and location for pick-up. If a pick-up is scheduled, the scheduling Unit will be required to support with personnel to load and unload the truck. Bulk trash items that will be picked up on the side of the road will be bagged leaves, limbs, boxes and furniture. Boxes must be broken down and furniture must be taken apart. Government fur-

niture or property will not be placed in the dumpsters. Bulk trash pick-up will be conducted Oct. 3-5 from 9 a.m. to 4 p.m.

For more information, call 255-0739.

### Gold Star Family Luminary Service

Fort Rucker will host a Gold Star Mother’s Day and Family Day Luminary Service Sunday at 6 p.m. at the Main Post Chapel. The mission of the Gold Star Luminary Initiative is to promote awareness of Gold Star Family Day, and urge organizations and individuals in communities throughout the United States to light luminaries at dusk on the last Sunday of each September in honor of the nation’s fallen heroes, according to survivor outreach services officials.

For more information, call 255-9637.

### Change of responsibility

The 1st Battalion, 223rd Aviation Regiment will host a change of responsibility ceremony Oct. 3 at 8:30 a.m. at Howze Field. Command Sgt. Maj. Fred-

erick D. Jordan will assume responsibility from Command Sgt. Maj. Scott W. McGee.

### CIF closure

The Fort Rucker Central Issue Facility will close Monday through Sept. 29 for a 100-percent, wall-to-wall inventory. Normal hours will resume Oct. 2.

For more information, call 255-1095.

### Change of command

The 1st Warrant Officer Company will host a change of command ceremony Oct. 13 at 1 p.m. at the U.S. Army Aviation Museum. CW4 Olga Elliott will assume command from CW4 Jerry D. White.

### Siren test

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





PHOTO BY NATHAN PFAU

# Spouses club members ‘Take Flight’

Members of the Fort Rucker Community Spouses Club enjoy their monthly luncheon at the U.S. Army Aviation Museum Sept. 14. The club meets once a month for a destination luncheon where they choose a location and theme. This month's theme was "Take Flight," and featured an educational social event that gave them opportunities to discuss fundraising opportunities, as well as learn a bit about Aviation history with Bob Mitchell, museum curator, and the Army Aviation Museum Foundation with Leslie Edens, foundation manager.

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# RESILIENCE

## Army Combat Readiness Test aims to replace APFT, cut injuries

By Sean Kimmons  
Army News Service

FORT LEE, Va. — After finishing the Army Combat Readiness Test, a six-event assessment designed to reduce injuries and replace today’s physical fitness test, Spc. Efred Gandara and others in the pilot program were physically drained by the full-body workout.

About 120 Fort Lee Soldiers, including Gandara, had one of the first looks Sept. 13-14 at the test, which gauges Soldiers on five components of physical fitness — muscular and aerobic endurance, muscular strength, speed/agility and explosive power. Since 1980, the current Army Physical Fitness Test has only measured the first two components.

Developed by the Army Center for Initial Military Training, the new test aims to better prepare Soldiers for their warrior tasks and battle drills, as well as other physically demanding tasks.

“In combat you’re going to be lifting things, moving stuff around and all your gear is going to be on,” Gandara said afterward. “I don’t think the regular [test] actually gauges that. I know people who can run, but as soon as you put weight on their shoulders, they can’t. What will happen when they get into combat?”

### SIX EVENTS

While the ACRT still keeps the 2-mile run as its final event, it introduces five others to provide a broad measurement of a Soldier’s physical fitness.

“The Army has always used a physical fitness test as a tool for commanders to determine whether their Soldiers are prepared to do their mission,” said Whitfield East, a research physiologist with CIMT. “[This is] a better assessment. It’s better because it’s more comprehensive.”

- **Deadlift:** With a proposed weight range of 120 to 420 pounds, the deadlift event is similar to the one found in the Occupational Physical Assessment Test, which is now given to new recruits to assess lower-body strength before they are placed into a best-fit career field. The ACRT will require Soldiers to perform three deadlifts (only one in OPAT) and the weights will be increased. The event can simulate picking up ammunition boxes, a wounded battle buddy, duffel bags or other heavy equipment.
- **Standing power throw:** Soldiers toss a 10-pound ball backward as far as possible to test muscular explosive power that may be needed to lift themselves or a fellow Soldier up over an obstacle or to move rapidly across uneven terrain.
- **T-pushup:** In this event, Soldiers start in the prone position and do a traditional pushup, but when at the down position they move their arms outward and then back in to do another pushup. This allows for additional upper body muscles to be exercised.
- **Sprint/drag/carry:** As they dash 25 meters five times up and down a lane, Soldiers will perform sprints, drag a sled weighing 90 pounds, and then hand-carry two 40-pound kettlebell weights. This can simulate pulling a battle buddy out of harm’s way, moving quickly to take cover, or carrying ammunition to a fighting position or vehicle.
- **Leg tuck:** Similar to a pullup, Soldiers lift their legs up and down to touch their knees/thighs to their elbows as many times as they can. This exercise strengthens the core muscles since it doubles the amount of force required compared to a traditional sit-up.
- **Two-mile run:** Same event as on the current test. In the ACRT, run scores are expected to be a bit slower due to all of the other strenuous activity.

Test scoring hasn’t been decided yet, but it could be up to 100 points for each event like the APFT, officials say. There will be a minimum score required in each event to meet Army standards.

Using empirical data gained from earlier testing with Soldiers on more than 20 physical fitness exercises from heel hooks to bench press repetitions, researchers were able to cut the number of exercises based on how well they improved Soldier readiness.

While there have been several attempts to change the current test over the last 10 to 15 years, East said, this attempt has more scientific firepower.

“The thing that’s different about this attempt is that we went back to the baseline and we set up a scientific process very similar to the process of the Physical Demands Study for the OPAT,” he said.

### HOLISTIC HEALTH

Together, the OPAT and ACRT physi-



PHOTOS BY SEAN KIMMONS

**Spc. Efred Gandara performs leg tucks during a pilot for the Army Combat Readiness Test, a six-event assessment designed to reduce injuries and replace the current Army Physical Fitness Test. Gandara and 120 other Soldiers based at Fort Lee, Va., had the opportunity to take the test Sept. 13-14.**

cal fitness tests will be integral to the Army’s Holistic Health and Fitness concept, which is currently being developed and will encompass all aspects of human performance to optimize individual readiness.

There are also plans to have both the OPAT and ACRT in the latest rewrite of Field Manual 7-22, which sets the standards for physical fitness. The newest version is set to be done by the end of this year. It is a ground up revision, not just a rehash of old programs.

Lt. Col. David Feltwell, who works at the Center of Initial Military Training as the primary developer of FM 7-22, stressed that the ACRT remains a proposed test at this time. If approved, the test could go to initial operational capability as early as next summer before being fully implemented in fiscal year 2020.

“It will be up to senior leaders in the Army to decide exactly when and how it’s executed,” Feltwell said. “There will be a transition phase from current efforts to when it becomes fully executed for record testing. In between now and then, the Army and Soldiers will have the time and resources to prepare for it.”

Next month, the ACRT pilot is slated to head to Fort Leonard Wood, Missouri, which like Fort Lee is another hub for initial entry training. In August, the pilot was held at Joint Base Lewis-McChord, Washington, to test the Army Rangers and elements of the National Guard.

Up to 2,000 Soldiers could get the opportunity to participate in the pilot and give feedback in surveys after they complete the test.

At Fort Lee, Sgt. Bruna Galarza found the test to be tough, but appreciated the emphasis on muscular strength during the events.

“This is actually what you’re going to be doing,” she said. “I know when I went to Afghanistan I had to carry the [M249 squad automatic weapon], as well as ammunition and my vest.”

Staff Sgt. Joel Demillo, who was one of the graders, called the ACRT a better “yardstick” at measuring one’s fitness over the current test.

When he deployed to Iraq as a wheeled vehicle mechanic, Demillo said he faced many physically demanding tasks when he had to recover vehicles.

“You never get to the battlefield and you’re 100 percent fresh,” he said. “So how much more can you push your body? Doing that 2-mile run after those five events is taxing your body from head to toe. I think it correlates to something you might have to deal with in combat.”

### PREVENTING INJURY

While the events are difficult now, future training guidelines aim to better groom Soldiers to tackle them. In turn, injury rates — particularly lower back problems — may decrease and more Soldiers could be able to deploy.

“We literally spend billions of dollars every year on musculoskeletal injuries,” East said. “So whatever we can do to strengthen the lower body and strengthen the core, we’re going to prepare Soldiers not only to do their job, but we’re going to help them to do it safely and effectively.”

As a professional bodybuilder and an Army master fitness trainer, Sgt. 1st Class Floston Arthur knows firsthand how proper training can prevent injury. He graded Soldiers taking the test Sept. 14 and kept a close eye on how it exerted the body.

A well-rounded approach to physical training, along with ensuring Soldiers use the correct form when lifting heavy objects, he said, would be a game-changer in lowering injury rates.

“There are certain muscles in your body that if you’re not using or strengthening, you’re just going to be weak,” said Arthur, who works at the Combined Arms Support Command’s headquarters. “If you work on your shoulders and back and you don’t work on your legs, you’re just

going to have this heavy upper body.”

Now is the time to make a shift toward that holistic approach, according to East. He said the Army can head to either a buy, build or break model when it comes to Soldier fitness, the latter of which the service is currently in.

“We’ve been more or less in a break model for a long time. It’s the way our health system works,” he said.

“The bottom line is that we want to move the narrative back over to the build stage, and having an assessment like this would be really important in terms of driving training, but we’ll also see, we believe if done properly, a significant reduction in musculoskeletal injuries, which ultimately lead to all kinds of downstream costs and attrition,” he said.

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# Sacrifice

Continued from Page A1

were really bad, and after that it just got kind of routine,” he recalled. “At that point, I was in a prison infirmary, and they operated on my leg to stabilize it. I had life-threatening injuries and I didn’t know the full extent of those injuries until I came back.”

Although he was treated, Stamaris said that he was left for dead on two occasions, but he managed to pull through.

“We don’t need to ever forget what so many service members have sacrificed for this country to give the freedoms that we

have today,” he said. “They sacrificed so much. I always used to say that I didn’t go through nothing until I was corrected by a World War II veteran who said, ‘If your freedoms were taken away from you for an hour, a day, a week – no matter what the time period is - you still lost all of those freedoms.’ That’s what all the service members, myself and so many others have sacrificed for this country to be free like it is today.”

For Ozark Mayor Bob Bunting, who is a Vietnam veteran, the day holds a special meaning for Soldiers in his command that went missing in action.

“This is a very special day because I served as a company commander during Vietnam. We were in Laos for 55 days. I had 10 men killed and we ended up with three MIAs,” he said. “In 2001, they were brought home and identified, and my company showed up in Arlington and we laid those young men to rest.

“It’s a very special day for me when you serve in combat and you’re a commander, and some of your men have been killed,” he continued. “Today I’m glad the country remembers.”

That remembrance is an important part of honoring those who have given up their

freedoms so that others can be free, said O’Connor.

“Today is a day we fly the familiar black flag across our country to honor the POW and MIA communities, and to pledge once again to live by its creed – you are not forgotten,” said the deputy commander. “Today is the day we reaffirm our commitment and sacred obligation to the men and women we place in harm’s way that we will never leave our fallen behind. We shall never forget those who have sacrificed for our freedoms and our values, and it’s just one of the many reasons why our country is the greatest country on Earth.”

# Storm

Continued from Page A1

last minute and now I’m taking my kids to a shelter,” she said. “It was the first time anything like this has ever happened to us, so I was a bit emotional, but [a volunteer] there was really nice and hugging me, telling me it was going to be ok.”

As the Perez’s settled into the shelter, Jessica said she didn’t know what to expect because she had always heard horror stories about storm shelters, but said she was pleasantly surprised by the hospitality they were met with.

Although the shelter exceeded their expectations, the Perez’s were still worried for the safety of their children since they did have at least five of their children to look after in a place where so many people from so many different walks of life were coming in.

“They weren’t checking IDs when you came in, so anybody could just walk in off the streets and go in there, and since my

husband and I have both worked in law enforcement before, for us it was a safety nightmare for our family,” said the mother of seven. “Our priority was to keep our family safe – we attract a lot of attention because our children are really friendly and really outgoing.”

Jessica began looking for other options as the shelter began to fill up, and not only was the safety of her family on her mind, but she was also concerned that her family was taking up valuable space from families who were coming in from south Florida who might not have homes to go back to.

“I felt bad because there were a lot of people in the shelter from Tampa who fled from the storm and they had no idea if their home was going to be there when they returned,” she said. “We’re a large family and we brought our own beds and stuff, but it was filling up. That’s a large area of the floor we were taking up and I didn’t want someone to get turned away because we were here.”

Jessica decided to look to see if there were other options for her family, so she decided to check the U.S. Army Aviation Center of Excellence Facebook page for updates, and at the time she saw that no shelter was planned to be opened on post, so she decided to leave a comment about her situation.

The last thing she expected was to be directly contacted by an official from the post, especially with the installation dealing with the potential shutdown due to the storm, she said.

Lisa Eichhorn, Fort Rucker Public Affairs officer, reached out to Jessica to inquire further about her and her family’s situation.

“[Eichhorn] reached out to me and private messaged me and asked about my situation, and I told her that we were in a shelter right now, so we start talking and she asked for some suggestions,” she said. “I told her about the hotel and how it was full, so she ended up talking to the manager at the hotel and somehow they

found us a room right around dinner time. It was amazing how fast they worked.”

Karen Brenenstahl, IHG general manager, was on duty at the hotel Sept. 10 trying to work through the bookings and cancellations they were experiencing due to the storm, and when she got the call from Eichhorn, she worked hard to try and secure a room for the Perez family.

“It was really just a matter of going back and looking through our inventory because we’re basically watching that inventory constantly because of cancellations, and the problem was they needed a family room,” said Brenenstahl.

The hotel houses 652 rooms, but only 38 of those rooms have two beds, so availability was a big issue. But despite the low availability of family rooms, Brenenstahl was able to find one for the Perez’s and get them in.

“When we finally got in [the hotel, her husband said], ‘Just being here is such a relief – I can

let my guard down, I can relax and I know my family’s safe.’ It was a huge relief,” said Jessica. “I wasn’t expecting anyone to be [administrating] these [social media] pages [on a Sunday]. [Eichhorn] spent so much time helping us get into a room, and we got a room and it was awesome because I don’t know if I would have been able to sleep that night.

“If it weren’t for [Eichhorn] or [Brenenstahl], I have no idea what it would have been like,” said the mother of seven. “I think it was a really positive experience for us and it really made us feel like someone cared.”

Eichhorn said that it’s a big part of her job to monitor the installation’s social media for families who might be in need.

“When we say we put your safety first, we mean it, and that’s why we monitor our social media so closely,” said the public affairs officer. “We take the safety and security of our families very seriously.”

# Volunteer

Continued from Page A1

your skill set, so if you go to your ACS office and talk with your volunteer manager, I think they could figure out what would be the best fit for you.

“Just come to the office and talk to the people here,” she continued. “It can be intimidating sometimes when you’re in a new place, but once you get to know people, they are super nice and they are here to help people.”

People can also call 255-1429 to inquire about volunteer opportunities or visit <https://rucker.armymwr.com/programs/army-volunteer-corps> for more information.

Johnson said one of the big benefits to volunteering is that it can provide real work experience.

“Volunteering is a way to enhance your resume while you’re waiting to go into the work force,” he said. “Volunteer work translates directly into employment opportunities when put on a resume – I think it’s very important. Even when you look at the civilian workforce, corporate America is looking for a workforce that can do more than just the job. They’re looking for employees who are able

to go out and do that outreach.”

For Elianna Castro, military spouse and ACS volunteer, she began volunteering as a way to help occupy her time with something meaningful and get involved in her community while her husband was going through training.

“I’m new to the Army, so ACS has allowed me to feel like I’m part of a community. It has helped me to make connections, so it’s been a great opportunity for me not only to get involved in my community, but professionally, too,” she said. “Even though I didn’t get paid [for volunteering], it’s nice to feel like you’re doing something worthwhile. And although you might not get paid monetarily, you get paid in experience and you get to meet people on post, so you get paid in other ways.”

“It’s been such an amazing way for me to feel like I’m a part of the Army life, get to know other spouses and learn more about the Army,” added Perez. “I’m [also] completely new to the Army life, so it’s been a really good way for me to adjust and feel more comfortable.”

Not only can the work experience be a boon on re-

sumes, but the connections can also lead to employment opportunities, which is exactly what happened for Castro, who was able to secure a job at the commissary through her connections with ACS.

It’s that type of reward that volunteerism can provide for people, said Johnson, adding that the experience gained can only benefit them in the future.

“One thing we like to put emphasis on is to make sure our volunteers are trained,” he said. “I know that they aren’t going to stay in this location, so if they have that additional military training for wherever they go, they leave with a new skill set. That way it’s easier for them to assimilate in the next location.”

“Just try it out,” said Castro. “[Johnson] has always said that you can go and try out the workforce, but if you need to come back home, come on back. So, I really like the fact that I have the freedom to go and try new things, and if that doesn’t work out, I can always go back to ACS – it makes me feel like I always have somewhere to go.”

For more information, call 255-1429, or visit <https://rucker.armymwr.com/programs/army-volunteer-corps>.

# Autonomy

Continued from Page A1

cannot replicate the human judgment and reasoning capacity that is required should there be an anomaly in a pre-programmed system, he said. Nothing yet has been built that replicates human capability to alter an approach mid-stream and override controls.

## CASE FOR SUPERVISED AUTONOMY

Gayler said that autonomy, when supervised by pilots or ground controllers, has merit and is something from which Army Aviation would definitely benefit.

Gayler said he sees a future where sensors can see terrain and obstacles that would aid a pilot in picking an effective flight path and other sensors that would sense hostile fire and help the pilot take evasive actions.

Such a system would “aid a human in the loop and augment the pilot rather than replacing the pilot,” he said.

“We owe it to forces on the ground to

provide that capability,” he said.

Col. Thomas von Eschenbach, who serves as director of the capability development and integration directorate within U.S. Army Aviation Center of Excellence, agreed that supervised autonomy is the goal.

However, the Army must be smart about what sort of supervised autonomy is desired, he said. For example, no one wants a sensor that “lands the aircraft, orders parts and grounds it.”

The pilot and maintenance crew need to make those determinations, he said.

Chris Van Buiten, vice president of innovations with Sikorsky Aircraft, said industry is working every day to mature technology like supervised autonomy that he hopes will one day become game-changers and provide overmatch on the battlefield.

Besides aiding the pilot in a battlefield fight, Van Buiten said supervised autonomy would also inform mechanics of what needs to be fixed. “You’re replacing wrenches with math. It’s a new field that

other industries are pursuing.”

He said, for example, that there will be a convergence of supervised autonomy built into future vertical lift capability that the Army is striving for in its science and technology efforts.

Another area of supervised autonomy, he said, will go into deciphering patterns and providing meaningful information from the many gigabytes of data that are downloaded from UAS and other aircraft

after every flight, which now gets mostly lost in the noise.

He said supercomputers are being used to sort through that data and will become increasingly used.

Lastly, Van Buiten said semi-autonomous aides for pilots will allow them to navigate in degraded visual environments and high-intensity flying environments. He also said manned and unmanned aircraft pairings will become more common.

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**104 WHITNEY: \$115,500:** Located in Cotton Creek Plantation Subdivision, three bedroom, three bath townhome is ready for occupancy. Carpet and tile floors, master suite is downstairs with double vanity and tiled shower, linen closet in the bathroom and walk-in closet in the bedroom. Both upstairs bedrooms have their own walk-in closets and full bath, as well as a bonus room and office. Covered patio and deck off the dining area downstairs, and covered deck off the front bedroom. **EVELYN HITCH 406-3436. MLS# 20171709**

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**1202 W COLLEGE: \$77,500:** Nice ranch features a great family/den with fireplace, big back yard for entertainment, separate dining room, 4 bedrooms, split floor plan. Great location, close to shopping areas and schools and walking distance to town. Well established subdivision. It read some TLC. Home built prior to 1978, lead paint potentially exist. Alabama Right of Redemption may affect this asset. Seller does not guarantee or warrant title to the property. **NANCY CARLERO 334-389-1758 & BOB KUYKENDALL 334-369-8534. MLS# 20171719**

**new LISTING**

**108 LAKE RIDGE: \$225,000:** Don't miss your opportunity to join the Country Club! Beautiful lot, Granite countertops in the kitchen. Very convenient to the clubhouse and the golf course make this home a steal! **CHRIS ROGERS 334-406-0726. MLS# 20171716**

**new LISTING**

**102 BARBARA: \$187,000:** 2 +/- acres of city limits oasis. Beautiful Landscaping, Pool, 2 Decks, Screened In Back Patio, Privacy fence and a Shed. This home is great for Outdoor or Indoor Entertaining. Highly Energy Efficient, Brand new Triple Pane Windows, Easy Breathing Installation System and much, much more. A Must SEE!!! **EDITH HALL 470-330-5959. MLS# 20171726**

**new LISTING**

**124 PALISADES: \$192,268:** Updated in August 2017. New vinyl faux wood flooring in bedrooms, living & dining area. New interior paint. New light fixtures & hardware. Refrigerator new in 2015. Neutral colors throughout make it easy to just move right in! Covered back deck for outdoor living. Large fenced yard for extra privacy. Less than 5 minutes from Fort Rucker. 10 minutes to shopping in Enterprise. 30 minutes to Dothan. **SHAWN REEVES 334-475-6405. MLS# 20171737**

**new LISTING**

**LOT 41 ROSEMOUNT: \$42,000:** Tartan Pines, no through traffic, at end of cul-de-sac lot. Home Owners Association. Owner is married to a REALTOR in the state of Alabama. **SHAWN REEVES 334-475-6405. MLS# 20171738**

**new LISTING**

**110 BRITT: \$252,000:** Spacious Home, great location with a sparkling salt water pool, private back yard and 4 large BEDROOMS. HOUSE will be painted throughout. **FRAN & DON KALTENBAUGH 334-790-5973. MLS# 20171741**

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**101 LOYOLA CIRCLE:** Nice size 3 BR, 2 Bath brick home (2074 Sq. Ft.) on a large corner lot - Has new hardwood floors throughout, new granite counter tops, new stainless appliances, new light fixtures and freshly painted inside and outside. Features a large living room with cathedral ceilings and a fireplace. And also has a very large family room/den (approx. 21' x 21'). Very convenient to Ft Rucker, schools and shopping. It's just waiting for someone to move in. **BOB KUYKENDALL 369-8534**

**\$110,000**

**103 FOREST AVENUE:** Great starter home, downsize home or investment property. Updated with stainless steel appliances, wood & tile floors. Extra room is being used as a 3rd bedroom. Lots of storage & space!! Convenient to schools, shopping & the hospital. This home is immaculate!!! **TEXT TERRI 406-2072**

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**12 STRATFORD:** Great family home located in Clubview Estates just off Shell Field Road. Absolutely move in ready and a great location convenient to Faulkner Gate, Holly Hill Elem, Dauphin Jr. & downtown. All new stainless appliances in this bright, white eat-in kitchen with lots of counter space and storage. Split bedrooms off the main living area. A large formal dining room creates a really nice flow for entertaining. Master bath has a large jetted tub, separate shower and double sinks. Large, flat, shady backyard. **JAN SAWYER 406-2393**

**NEW LISTING • \$115,500**

**104 WHITNEY:** Located in Cotton Creek Plantation Subdivision, three bedroom, three bath townhome is ready for occupancy. Carpet and tile floors, master suite is downstairs with double vanity and tiled shower, linen closet in the bathroom and walk-in closet in the bedroom. Both upstairs bedrooms have their own walk-in closets and full bath, as well as a bonus room and office. Covered patio and deck off the dining area downstairs, and covered deck off the front bedroom. **EVELYN HITCH 406-3436**

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**NEW CONSTRUCTION • \$164,500**

**204 Winterberry Way:** New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. 3 BR/2 BA/1 car garage, security system, 1 car garage, 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 fenced back yard. (Poplar Place Plan)

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**NEW LISTING • 301 HEATH**

**\$125,000:** Wonderful location for this 3/2 cottage style home near Hillcrest Elementary. Built in 2012 by Norman Riley, the laundry room is right off the galley style kitchen. All appliances convey. The master has a walk-in closet & large bathroom w/linen closet. One of the bedrooms has an exterior door to the front porch and was used by the seller for his in-home tutoring schedule. Reinforced storm doors on front. French doors lead from the dining area to the screened in porch. Fenced backyard w/privacy & chain link. **DIRECTIONS: From Lee St. take Alberta to Feagin. Turn left. House is on the corner of Heath & Feagin. From Dauphin St. take Alberta to Feagin and turn right.**

**39 COUNTY ROAD 739**

**\$187,000:** A real time saver! If you don't like to waste a minute, see this 3 bedroom, 2 bath conveniently located between Fort Rucker and Enterprise. House features an open floor plan, living area with fireplace, split bedrooms, separate dining room, eat-in kitchen, laundry room, 2 car attached garage, and covered patio with privacy fence. **DIRECTIONS: Rucker Boulevard, Freedom Drive to County Road 739**



SEPTEMBER 21, 2017

# RUSTY SKILLS

## Forgotten Cold War tactics need re-learning



ARMY PHOTO

The Improved Turbine Engine Program will eventually replace the existing General Electric T700-GE-701C/D engines that now power AH-64 Apache and UH-60 Black Hawk aircraft. This improvement will better allow pilots to compete against near-peer adversaries, according to Brig. Gen. Frank W. Tate, director, Army Aviation, G-3/5/7, who spoke Sept. 7 at the Association of the U.S. Army's Army Aviation Hot Topics forum at AUSA headquarters in Arlington, Va.

By David Vergun  
Army News Service

WASHINGTON — The necessity of fighting counter-insurgency-style wars over the last 17 years has resulted in rusty skill sets needed to fight against near-peer adversaries, said Brig. Gen. Frank W. Tate.

Tate, who serves as director of Aviation within the Army's G-3/5/7, spoke Sept. 7 during an Association of the United States Army-sponsored forum on Army Aviation.

Some of those rusty skills, he said, include terrain masking, which is flying below hills to avoid detection and affect surprise; camouflage netting of equipment on the ground to con-

ceal one's position; and flying low over terrain to avoid being struck by surface-to-air missiles.

These are skills Army Aviators once cut their teeth on, Tate said, and even as the counter-insurgency-style wars continue, training must now incorporate these and other tactics that will be needed against near-peer adversaries.

During Tate's last command at NATO Multinational Corps Northeast in Poland, he said he spent time studying NATO defensive and Russian offensive capability.

Kaliningrad, a tiny sliver of Russian land situated on the Baltic Sea between Lithuania and Poland, contains a very powerful suite of anti-access, area-denial, or A2AD missiles and aircraft

that provide an umbrella of protection to forces that might strike out against NATO, he said.

"It became clear that the U.S. Air Force, along with NATO's air forces, are not capable alone of defeating Kaliningrad's A2AD umbrella, or at least rapidly defeating it," he said.

The Army is taking a number of steps to address that type of near-peer threat, he said, such as improved combined-arms training using a multi-domain approach.

That approach, he explained, relies on combining the effects of ground, space, cyber and sea, as well as air power from all branches of the military and coalition partners.

SEE COLD WAR, PAGE B4

## HAY RIDE

### Army Aviators deliver hay to stranded cattle in Texas

By Sgt. Ariel Solomon  
128th Mobile Public Affairs Detachment

BEAUMONT, Texas — Sand, grit and hay billowed into the faces of roughly two dozen Texas and Utah National Guard Soldiers as two Ohio National Guard CH-47 Chinook helicopters touched down in the parking lot of Hamshire-Fannett High School in Jefferson County Sept. 7.

As the dust settled, trucks with trailers full of hay moved forward and within moments a flurry of work moved bale after bale of hay into the cargo hold of the transport helicopters. Directing it all, from the middle of the bucket line of hay stackers, was CW2 Zach Koehn from the 149th Aviation Regiment Texas National Guard.

After Hurricane Harvey struck the Gulf Coast of Texas, thousands of acres of ranchland was submerged below several feet of water, stranding thousands of cattle on islands of higher ground. Within days of the disaster, the local sheriff's office began using its Huey helicopter to respond to calls from ranchers who were unable to reach their livestock.

"We found a tremendous number of cattle stranded in areas that were inaccessible, and wouldn't be accessible for quite some time in Jefferson and nearby counties," said Lt. Tony Viator with the Jefferson County Sheriff's Department. "We began dropping hay, but we quickly realized we wouldn't be able to support that mission over such a broad region. So we contacted the Guard and they sent Zach. We couldn't have done this without his help."

At the high school, the helicopters lifted off to take their cargo of 130 hay bales each to cattle throughout the region. The helicopters followed a grid pattern developed by Koehn, which sped up the delivery of feed.

"I first got here, the civilians were finding all the locations for the cattle, but there were 80 grid coordinates and I didn't know if it was several bunches of cows or individual cows," said Koehn. "I didn't want my pilots to enter in all these numbers into their systems and take up so much time, so I simplified it. We split up the counties into a search grid the military and civilian pilots

SEE HAY RIDE, PAGE B4



ARMY PHOTO

Personnel aboard a CH-47 Chinook assigned to Ohio Army National Guard B Co., 3-238th Avn. Regt. drop bales of hay onto dry high ground Sept. 7 near Beaumont, Texas.



CANINE HOIST

PHOTO BY CHARLES ROSEMOND

Sgt. Philip Ventimiglia and his working dog conduct hoist training into a UH-60 Black Hawk at Oberdachstetten Local Training Area, Germany, Aug. 28. The training familiarized Soldiers and their working dogs with air medical evacuation procedures.

## Exercise Falcon's Talon grabs hold in Latvia

By Spc. Thomas Scaggs  
10th Combat Aviation Brigade  
Public Affairs

LIELVARDE AIR BASE, Latvia — U.S. Army Aviators gathered inside a conference room, eager to hear a briefing about their next exercise: Falcon's Talon.

The meeting began in textbook Army fashion. PowerPoint slides guided a discussion about a simulated conflict, offered background information on the scenario, maps showed the enemy's movements and a planned route to victory.

Then, things took a turn toward the unexpected. The pilots and crews were told that they are officially on notice — at any time in the next 48 hours, they will be ordered to gather their personnel, equipment and aircraft, and execute a scatter plan away from the base. Communications will be cut with their higher headquarters, leaving junior leaders, at the platoon level, fully responsible for the mission's success.

The exercise would see small groups venture out into the countryside and work alongside Soldiers from the Latvian national guard to avoid detection of their aircraft, move strategically to multiple locations along a path and, most importantly, preserve their combat power — survive.

Aircrews from Task Force Baltic Phoenix, 3-10th General Support Aviation Battalion, 10th Combat Aviation Brigade, 10th Mountain Division (LI), received the call for the start of Exercise Falcon's Talon Aug. 20 at Lielvarde Air Base.

"The Latvians have been extensively integrated into Falcon's Talon," said Maj. Nathan Colvin, officer in charge of Task Force Baltic Phoenix. "They've



PHOTO BY SPC. THOMAS SCAGGS

A Soldier from D Co., 3-10th GSAB, 10th CAB guards a helicopter hide-site during Exercise Falcon's Talon in Latvia Aug. 19.

provided two Zemessardze battalions, which is their national guard, an air defense radar section to track our aircraft's progress, and Mi-17 helicopters with infrared to search for our aircraft. A lot of times, U.S. forces are in the lead in these training scenarios, but in this case, it's actually the Latvians who have the lead. Seeing the Latvians in charge reminds us that we're not up here alone and that, through our interoperability, we're able to build a stronger Alliance."

The exercise is a culminating training event for the brigade with battalion task forces simultaneously training in Romania and Germany in addition to Latvia.

Task Force Baltic Phoenix's iteration of the exercise began two weeks after its sister battalion, 2-10th Assault Helicopter Battalion, started in Romania. Colvin said that even in that short amount of time, they were able to share information and build upon what had already been accomplished to their south.

The intent for Falcon's Talon is to

test new tactics, techniques and procedures that will allow Army Aviation to fight and win on a complex battlefield.

Once the Aviators reached their hide sites, they teamed up with Latvian ground forces to secure the area, camouflage their aircraft, and use minimal communication to resupply and coordinate their future movements.

Colvin emphasized that the empowering of junior leaders for Falcon's Talon began early on with its lead planner, a pre-command captain, who jumped at the opportunity to work with NATO Allies.

"It was really exciting to integrate with the Latvian national guard battalions," said Capt. Spencer Feliciano-Lyons, assistant operations officer for Task Force Baltic Phoenix. "The national guard isn't just a military entity, it's a part of the local community. They were integral in helping us find suitable landing zones throughout their area of operations and, in some cases, even worked with private landowners to get access granted."



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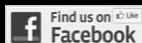
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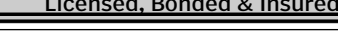
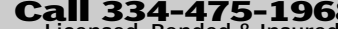
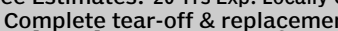
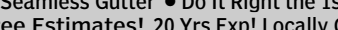
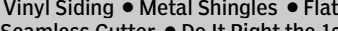
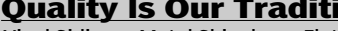
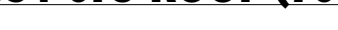
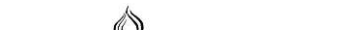
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# Cold war

Continued from Page B1

There are still gaps in making that approach a reality, he said, citing a shortage of long-range precision fires and other munitions.

### NUCLEAR THREAT

Still other gaps relate to failure of current technologies in a nuclear war, he said.

For instance, Russian doctrine states that tactical nuclear weapons could be used in combat. Besides the hazards of the blast and fallout, position, navigation and timing devices would become inoperable and with so many aircraft using fly-by-wire technology – where the computer flies the airplane – that, too, would be taken out.

So the challenge then becomes how can aircraft and GPS-enabled munitions function in that environment, he said.

Other gaps also need to be addressed, he said. For example, in Iraq and Afghanistan, there exist

forward area refueling and rearming points. These FARPs, which each contain upwards of 100,000 gallons of Aviation fuel, remained static for months and years.

In a near-peer conflict, those could easily be targeted, he said.

So mobile FARPs need to be introduced, Tate said.

Also, there needs to be discussions on where to put the Aviation assembly and maintenance areas, which are critical for keeping the helicopters flying, he said. Close to the battlefield is convenient, but that also means they can more easily be targeted.

One solution now being implemented is to upgrade helicopters through the Improved Turbine Engine Program. The program gives aircraft greater speed, range and lift, and enables them to fly to more distant assembly and maintenance areas, he said.

The Future Vertical Lift program is another necessary component, he said, which addresses similar flight needs.

In an era of fiscal constraints,

the FVL is proving to be a smart, low-cost approach, with technical demonstrators validating the physics of flight improvements. Once a requirement is out, this approach will more rapidly get FVL fielded, since the technology will have been successfully demonstrated.

During a recent Senate Armed Services Committee hearing, Tate said lawmakers told him that incremental improvements to legacy helicopters, such as with ITEP, forward-leaning efforts like FVL, and other Army programs were models for what modernization should look like throughout the Department of Defense.

Col. Thomas von Eschenbach, who serves as director of the capability development and integration directorate within the U.S. Army Aviation Center of Excellence, said he agreed with Tate's assessment of what needs to be accomplished.

However, he added, "we all know we don't have the money. So that means you have to chal-

lenge the assumptions of yesterday, and that's a great thing because then you validate those that are true and question those that are not."

One thing that should be on the table when it comes to change, is organizational restructure. He said that kind of change doesn't cost much, but also that it doesn't come easy. Still, he said, "we're working on that."

The other inexpensive piece is training, he said. "You don't need material solutions to train to operate in an A2AD environment."

### MULTIGENERATIONAL FIGHT

Maj. Gen. (ret.) Jeff Schloesser, who serves now as vice president of strategic planning for Sierra Nevada Corp., said the Army's counterterrorism mission, particularly in the Middle East and North Africa, isn't going away.

"It's a multigenerational fight," he said. "You can't ignore that, so you have to keep those capabilities even as you address near-

peer competition."

Schloesser concluded that preparing for both types of missions is an expensive proposition. The Army will need to make a better case to Congress and the American people in asking for what they need to fight. He suggested framing the narrative in terms of jobs and adding to the economy.

Tate said for now, the best Army Aviation can hope for is to "keep its most valuable current programs on track and on time ... because realistically, we don't expect any funding growth in [fiscal year 2019].

Besides keeping funding on track for current programs, Tate said what also matters is funding for people. He predicted new retention bonuses for Aviators by the end of this month.

He said that, in particular, he hates to lose Soldiers in the seven-to-10-year mark and others approaching retirement who are "seasoned Aviators. We want to target them."

# Hay ride

Continued from Page B1

could use to spot cattle, and feed each sector systematically."

While throwing hay onto a trailer in preparation for another iteration of helicopter-hay-delivery, Koehn explained that the operation was a governor-mandated effort to restore

a \$25,000,000 rancher industry investment and protect Texan livelihood.

"It's not just the ranchers, it's the truckers that carry the cattle and feed, it's the veterinarians that take care of the cattle's medical needs. Nationally, this is where a lot of meat comes from and it has the potential to raise the price of beef nationwide," Koehn said.

Many local ranchers came to pitch in moving bales of hay onto the trailers and into the helicopters.

"These guys aren't getting paid to be here," said Koehn. "They're here because they know it needs doing for their community and we're thankful for all of their help."

Above the flooded pastures, the Chi-

nooks hovered just feet above the ground. The crew rationed out enough feed for each group of cattle to last for a few days until the water recedes and ranchers can reach their livestock.

By the end of the four-day mission, crews flew more than 20 flights, providing food for more than 10,000 cows.



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SEPTEMBER 21, 2017

# CELEBRATING DIVERSITY



People line up to try authentic Hispanic cuisine during the Hispanic Heritage Month kickoff celebration.

## Post kicks off Hispanic Heritage Month events

By Nathan Pfau  
Army Flier Staff Writer

The Army is rich in its diversity, with Soldiers and families coming from across the globe to serve, and Fort Rucker celebrated that diversity with a kickoff event to honor Hispanic heritage Friday.

The installation kicked off the month-long observance of National Hispanic Heritage Month with a celebration at the post exchange that included a sampling of Hispanic cuisine and traditional dancing, and provided an opportunity for those in attendance to expand their cultural horizons by learning about the contributions of others, according to Staff Sgt. Antonio Santiago, NCO Academy small group leader.

"Today we kick off the celebration of approximately 34 million Hispanic Americans who live and work in the United States,"

he said during the kickoff. "Our Hispanic American brothers and sisters have deeply impacted our society in all facets of American life, thriving as athletes, public servants, scientists and artists, and many have served and continue to serve in our nation's military."

"While Hispanic American communities have roots that reach across the globe, their success stories are equally American and their rich heritage continues to expand the world and the depths of America's history," he continued. "Generation after generation, Hispanics have forged a legacy that reflects the spirit of our nation, and during times of hardship and in the face of enduring prejudice, Hispanic Americans persisted and forged ahead to help strengthen our union."

Throughout the observance kickoff, people were able to sample authentic Hispanic cuisine



PHOTOS BY NATHAN PFAU

Yeya Galloway, dancer, enjoys a traditional Latin American dance with her dance partner, Victoria Chavez, during the Hispanic Heritage Month kickoff celebration at the post exchange Friday.

and were treated to a display of traditional Latin American dances from countries that include Mexico and Guatemala.

In addition to the dancing and food, people were able to learn a bit about Hispanic culture and the contributions of notable Hispanic Americans throughout history.

For Janella Brown, military spouse, the observance was a proud moment for her to embrace her Hispanic heritage, and an opportunity she hopes people can take to learn about other cultures and traditions.

"I think it's wonderful to be able to take the time out to learn about other people's cultures," she said. "Growing up in a Hispanic family in the United States, I feel like sometimes you can feel like you're a bit disconnected while growing up, so it's nice to see people embrace our culture, and to see the community come together to recognize the contributions that our people have made to this country."

It's those contributions from people of all backgrounds that Brown said people should take stock of when understanding what the country is built upon



Neira Mendoza, dancer, performs a traditional Latin American dance.

and what needs to happen in order to advance as a society.

"I'm proud to be Hispanic American, but at the end of the day we're all just Americans and we need to remember that," she said. "No matter how divided people may feel about race or whatever, we need to remember that we're here in this country together and we need to embrace each other if we want to continue to move forward."

Bridging that divide is the reason observance months like His-

panic Heritage Month exist – it's a means to bring people together and show that differences can make a nation stronger, according to Sgt. 1st Class Ronald Davis, 1st Aviation Brigade equal opportunity adviser.

"It's important that we all celebrate each other and embrace our differences," he said. "The more we know about each other, the more we will understand."

Fort Rucker will continue to observe Hispanic Heritage Month through Oct. 15, and people can attend events around post to learn more about Hispanic culture.

The Center Library will host a special reading Sept. 29 from 10-11 a.m. where EOAs will read selections of books written by Hispanic authors or about Hispanic culture.

The installation will also host the Hispanic Heritage Month 10k Sept. 30 beginning at 8 a.m. Cost of registration is \$20 before Monday and \$25 afterwards and up to race day. People can also register in teams of eight for \$120 before Monday and \$160 afterwards and up to race day.

For more information on events, call 255-2669, 255-2363 or 255-9950.

**No matter how divided people may feel about race or whatever, we need to remember that we're here in this country together and we need to embrace each other if we want to continue to move forward."**

— JANELLA BROWN,  
MILITARY SPOUSE

# HOME SWEET HOME

## Seminar guides homebuyers, homeowners seeking to sell

By Jeremy Henderson  
Army Flier Staff Writer

Buying a home can be a life-changing proposition, but Army Community Service Financial Readiness Program officials hope an upcoming seminar can make the process easier for potential homebuyers.

"Buying a home is probably the largest purchase someone will make in their life," Beth Gunter, ACS financial counselor, said. "Having an understanding of the ins and outs of home buying is essential in making a sound decision."

The home buying seminar, free and open to the public, is Tuesday from 6:30-8:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 282. Pre-registration is required by Monday.

According to Gunter, topics discussed at the seminar include the impact of people's credit scores on the terms of their loans, most importantly on the interest rate; the types of mortgages, providing groundwork to determine which may be the best fit for people's purchase goals; and an overview of the paperwork needed to close and the documents provided by the lender at closing.

"This information is presented with the overall goal of providing a better understanding of the process and commitment made when purchasing a home," she said. "Buying a home should not be the type of purchase made without prior



planning.

"Saving for a down payment takes time," she added. "Living on a spending plan that includes the cost of a proposed mortgage for a year can help determine if someone will be house poor after the projected purchase."

Potential homebuyers are not the only people who can benefit from the seminar, according to Gunter. Current hom-

owners can also pick up helpful tips.

"If a current homeowner is considering selling, information is presented on choosing a selling agent and factors they should consider when pricing their home," she said. "They will also be given guidance for personally selling their home as for sale by owner, if they choose. The seminar is conducted by accredited financial counselors with train-

ing in the real estate market, providing insight they may not think to take into consideration."

According to Gunter, the seminar can give homeowners and homebuyers an edge by highlighting potential problem areas during the buying or selling process.

"Common pitfalls the seminar covers are the hidden costs often forgotten about, not researching a real estate agent, neglecting to take into consideration the cost to sell your home when PCSing, or the ups and downs of the market that can impact the resale," she said.

Individuals with specific questions can bring them to the seminar or email them prior the event.

"The tools provided through the ACS financial readiness office help Soldiers and their families make informed decisions on how to make their money work for them rather than having a focus of working for their money, providing a healthy financial wellbeing," Gunter said.

According to Gunter, the seminars are offered quarterly, but additional help is available for individuals and families.

"After the seminar, we find that individual appointments are helpful, as the questions become more specific to the potential home buyer," she said.

For more information, including the email address to send in questions, call 255-2341, 255-3949 or 255-9631.



# ON POST

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

**Single Parent Family Game Night**

Army Community Service, and the Army and Air Force Exchange Service will host a single-parent family game night today from 5-7 p.m. at the post exchange food court. The event will feature free games, free food and a free movie ticket. All who pre-register will receive a voucher for a free movie at the post theater and a game to take home. Registration deadline is Monday. Registration is limited to the first 20 families. The event will be open to single parents who are active-duty or retired military, Department of Defense employees and their families. This is an initiative of the Fort Rucker Community Health Promotions Council Community Resiliency Work Group.

To register, call 255-3359 or 255-9647.

**Home buying seminar**

The Army Community Service Financial Readiness Program will present a home buying seminar Tuesday from 6:30-8:30 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 282. Topics will include: why buy a house; credit history; Veterans Affairs mortgage insurance; types of mortgages; and applying for a mortgage. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Monday. Free child care will be available with registration.

For more information and to register, call 255-3949 or 255-9631.

**Fort Rucker Right Arm Night**

The Landing Zone will host the Fort Rucker Right Arm Night Sept. 28 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 255-0768.

**Employment readiness class**

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Sept. 28. 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 Oktoberfest**

The 15th annual Fort Rucker Oktoberfest and volksmarch is scheduled for Sept. 29 from 4:30-9:30 p.m. at the festival fields. Oktoberfest will feature live German music by Sonnenschein Express, traditional German food, a keg toss competition and more – including inflatables for children, a pumpkin patch, craft activities, rides and fireworks. The volksmarch will take place from 4:30-6 p.m. Participants will receive beads and a German Oktoberfest hat as a souvenir for participating in the Volksmarch. There will be no cost to take part in the volksmarch and people can register for it at the event. Both events will be open to the public.

For more information, call 255-1749 or 255-9810.

**Library book sale**

Center Library will host a book sale Oct. 2. The library will be selling gently used books and other media at bargain prices, according to library officials. All proceeds will go back to the library for future programs and events.

For more information, call 255-3885.

**Literature and the Veteran Experience**

The Center Library and the Alabama Humanities Foundation are pleased to announce their partnership to bring area veterans, retirees and active duty Soldiers a new program titled Literature and the Veteran Experience. This is a reading and discussion program for all combat veterans led by veterans. Registration is limited to the first 20 participants. A free meal will be provided. The first meeting will be Oct. 3 at 5:30 p.m. to choose the first reading material.

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

**Federal jobs workshop**

Army Community Service will host its



FILE PHOTO

## Trail ride

**Fort Rucker Outdoor Recreation will host its ATV & Dirt Bike Trail Ride Saturday from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public, ages 16 and up. For more information, call 255-4305 or 255-2997. Pictured is the beginning of a previous trail ride.**

federal job workshop Oct. 5 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Job-seeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

**Care Team Training**

Army Community Service will hold its Care Team training Oct. 11 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. As Care Team volunteers, volunteers perform a valuable role to both families of fallen and injured Soldiers, according to ACS officials. The training is given to people who are interested in being a Care Team volunteer. It is designed to give volunteers an understanding of a Care Team volunteer’s responsibilities and offers guidance on how to handle issues they are likely to face.

For more information, call 255-9578.

**Fall outdoor yard sale**

The Fort Rucker Fall Outdoor Yard Sale is scheduled for Oct. 14 from 7-11 a.m. on the festival fields. The event provides members of the Fort Rucker community the opportunity to buy and sell used household items in a consolidated fashion, according to organizers. The event is open to the public. Booth space fees apply to sellers. No commercial vendors allowed without a contract – call 255-1749 for details and fees. Booth cost for ID card holders (active-duty and family members, retired military, members of the Reserve, and Department of Defense civilians): 15x20 is \$25, 30x20 is \$35, and tables are \$10 each. Cost for members of the general public: 15x20 is \$35, 30x20 is \$45, and tables are \$10 each. Registration is due by Oct. 11. People can register at MWR Central, 255-2997.

For more information, call 255-1749 or 255-9810.

**EFMP focus group**

The Fort Rucker Exceptional Family Member Program will host a focus group Oct. 16 from 9-10 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 371-F. EFMP officials are seeking to get people’s ideas and opinions on opportunities and services needed for exceptional family members on Fort Rucker. Refreshments will be provided. Children are allowed to attend. People who would like to participate need to register by Oct. 10. The focus group is open to families with exceptional family members.

For more information or to register, call 255-9277.

**Newcomers welcome**

A newcomers welcome is scheduled for Oct. 20 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the

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- Volksmarch
- Keg Tapping & More!

### Schedule of Events

Volksmarch	4:30 - 6 PM
Vendors	4:30 - 9:30 PM
Car Show	4:30 - 9:30 PM
Tapping of the Keg	5 PM
Fireworks	9 PM

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\*Gate access pass required for unescorted visitors (those without a valid DoD-issued ID card). In case of inclement weather, the event will be moved to The Landing. Prohibited items: coolers, backpacks (except for medical and baby care items), pets, glass containers, weapons (guns, knives, pepper spray, etc.) and bicycles, scooters, roller blades or skateboards. This is for the safety of all patrons.

**FORT RUCKER MWR**

newcomers orientation. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

**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.

**Book club**

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served. The club is open to authorized patrons. For more information, call 255-3885.

**Army Family Team Building app**

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftruckermwr.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.

## FORT RUCKER MOVIE SCHEDULE FOR SEPT. 21-24

**Thursday, September 21**

**The Dark Tower (PG-13)** .....7 p.m.

**Friday, September 22**

**The Hitman’s Bodyguard (R)** .....7 p.m.

**Saturday, September 23**

**The Nut Job 2 (PG)** .....4 p.m.  
**The Hitman’s Bodyguard (R)** .....7 p.m.

**Sunday, September 24**

**The Nut Job 2 (PG)** .....1 p.m.  
**All Saints (PD)**.....4 p.m.



# Army scientists discover power in urine

By David McNally  
ARL Public Affairs

ABERDEEN PROVING GROUND, Md. — Scientists at the U.S. Army Research Laboratory observed an unexpected result when combining urine with a newly engineered nano-powder based on aluminum.

It instantly releases hydrogen from the urine at much higher rate than with ordinary water.

The research team announced earlier this summer that a nanogalvanic aluminum-based powder they were developing produced pure hydrogen when coming into contact with water. The researchers observed a similar reaction when adding their powder to any liquid containing water.

“What we do as Army scientists is develop materials and technology that will directly benefit the Soldier and enhance their capabilities,” said Dr. Kristopher Darling, an ARL researcher. “We developed a new processing technique to synthesize a material, which spontaneously splits water into hydrogen.”

Hydrogen, the most plentiful element in the universe, has the potential to power fuel cells and provide energy to future Soldiers.

Fuel cells generate electricity quietly, efficiently and without pollution. According to a Depart-



PHOTO BY DAVID MCNALLY

Anthony J. Roberts, Army researcher, adds one gram of aluminum nano powder to urine to release hydrogen from a chemical reaction at the U.S. Army Research Laboratory at Aberdeen Proving Ground, Md.

ment of Energy’s website, fuel cells are “more energy-efficient than combustion engines and the hydrogen used to power them can come from a variety of sources.”

“We have calculated that one kilogram of aluminum powder can produce 220 kilowatts of power in just three minutes,” said Dr. Anit Giri, also an ARL researcher.

In space, astronauts recycle waste water and urine because

drinking water is a precious commodity. For Soldiers in austere environments, there are many precious commodities. Power and energy is becoming increasingly important to run communications and electronics gear for away teams, which can’t be resupplied.

Making use of urine as a fuel source may result in tremendous benefits for Soldiers, officials said.

“When we demonstrated it with urine, we saw almost a twofold increase in the reaction rates,” Darling said. “We were very excited. As a group we have been pushing for the last few months on developing the efficiency and the reaction kinetics to try to get them faster.”

The team is still investigating why urine causes a faster reaction, but it may have something to do with the electrolytes and the

acidity of the liquid.

“It’s unique because the rate of the reaction is so efficient and extremely rapid from such a small volume of material,” Darling said.

The team is working with other researchers at the laboratory, including the Sensors and Electron Devices Directorate, to discover how to harness the material as a potential energy source.

“It was a spontaneous finding,” Darling said. “We weren’t expecting to develop this material specifically for hydrogen production. It was a group effort. We came together as a team to understand the importance of the discovery. This has great potential for benefiting Soldiers.”

In a statement, Dr. Philip Perconti, the laboratory director, said the discovery “may find great utility for forward deployed troops who need a compact and lightweight energy source.”

In the coming months, the team will continue to investigate and push the limits of the discovery, to try and understand its implications.

“Our basic focus is materials development and optimization,” Darling said. “We’re looking at how we can optimize the composition, its interactions with other fluids, including saliva and other liquids available to Soldiers in a field environment.”

## Robotic teammate technology showcased at ARL capstone event

By Stacy A. Ouellette  
Army News Service

ABERDEEN PROVING GROUND, Md. — Robotic systems similar to drones, but with the ability to fly, crawl, perch, climb and maneuver around obstacles, were on display recently as part of a capstone event to demonstrate the progress made following nearly a decade of study by Army Research Laboratory and academia into increasing situational awareness for the dismounted Soldier.

“The purpose of the capstone event is to display all the work that has come out of the MAST program,” said Allison Mathis, who serves as the deputy manager for MAST CTA, and who is also a researcher at ARL. “There is an enormous variety of incredible technology we have created and we’d like to showcase it and give people the opportunity to transition it.”

Since 2008, the Army Research Laboratory has served as the military lead agency for the Micro Autonomous Systems and Technology Collaborative Technology Alliance. The project is typically referred to as MAST CTA.

The goal of MAST CTA was to provide individual dismounted Soldiers with autonomous tools that can provide situational awareness by going in, over and around obstacles that block a Soldier’s line of sight.

In general, MAST CTA has done significant research into figuring out what can be done to provide Soldiers with robotic “teammates” that can be taken on the battlefield, that operate independently and without input from a control system such as a joystick, and that can provide those

Soldiers with environmental awareness.

Such autonomous robotic teammates wouldn’t need to be controlled by those Soldiers. Rather, like with a human teammate, a Soldier would simply be able to tell the robot what he wanted, and the robot would be able to do it, without further input or interaction.

“The future vision is for Soldiers to say, ‘I want to know what is inside of that building,’ or on that rooftop, and to then deploy an independent device to the objective so it can provide information to the Soldier,” said Brett Piekarski, MAST CTA manager. “With this information, Soldiers can make decisions on where, when and how to move with more knowledge of threats in the environment.”

Mathis said that possible devices that one day could be made available would identify hazards and give crucial information to Soldiers on the ground. Having such devices would keep Soldiers themselves and other innocent people safe. The main goal is to create a pocket-sized system that a Soldier can pull out of their pocket and that he or she could toss out to fly or crawl into a space to investigate it for them.

To provide that type of mobility and agility to robotic systems, researches with MAST-CTA looked everywhere, including nature, Mathis said.

“Robotics has been interested in biological movement for a long time,” Mathis said. “We have so many examples of things that are well-adapted to a number of environments. It would be foolish not to use them as inspiration. We’re not looking to recreate a house fly or lizard, but rather, what it is about any of those things



ARMY PHOTO

This UAS was one of many technologies on display at Aberdeen Proving Ground, Md., Aug. 22. The min-UAS was developed based on a decade of research conducted by ARL, as well as partners in academia and industry.

that make them so well-adapted and how we can utilize it.”

As part of MAST-CTA, researchers weren’t necessarily developing end-products that will end up in the hands of Soldiers. Instead, researchers involved were proving technology ideas, and creating prototypes that showcased those ideas, so that industry can later come back and use that research to develop equipment that can be fielded to Soldiers.

The MAST-CTA reached its goal of discovering how to deliver rugged, autonomous systems into the hands of Soldiers for use on the battlefield and beyond. They have proved it’s possible to meet the needs of the Army. Now, it’s up to industry and others to actually develop the pocket-sized tool for Soldiers.

“We came together and fostered a community with ARL, other Department of Defense agencies, industry and academic institutions,” said Piekarski. “We raised the bar from where we started ten years ago, and that is what I am most proud of.”

In the future, Piekarski said, researchers with MAST CTA are hopeful their research will contribute to saving lives.

“It is very rewarding to think of what you’re doing as a researcher can save or make the life of a Soldier on the battlefield easier,” he said. “Wars are inevitable and we need to manage it to where there is the least amount of casualties and harm to people. It would be great to find out one day that the MAST contributed to saving the lives of Soldiers.”

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# REACHING OUT

*Army researchers participate in DOD's first TED talk*

By Joyce M. Conant  
ARL Public Affairs

**ABERDEEN PROVING GROUND, Md.** — Researchers from the U.S. Army Research Laboratory were among the nearly 200 guests and participants at the Department of Defense's Basic Research Office's Science, Technology and Innovation exchange held in Crystal City, Virginia, Aug. 24-25.

STIx provides members of DOD's science and technology community — both internal and external — a forum to discuss new ideas and opportunities for progress across the defense research enterprise. According to its website, STIx is a "series of talks and seeks to showcase and connect our brightest minds, communicate new ideas and share novel approaches to confronting old challenges facing the Defense community. STIx takes its cues from TED and TEDx."

The invited speakers included researchers from universities, DOD laboratories and students participating in the Science, Math and Research for Transformation scholarship program and the National Defense Science and Engineering Graduate Fellowship.

Their 12-minute talks or demonstrations followed the TED talk format and were based on the theme of "The Big Questions" facing the DOD from a science and technology standpoint. The event was live streamed on YouTube.

The event targeted middle and high school administrators, educators and students, university administrators, professors, researchers, graduate students, industry researchers, and R&D executives, and anyone from the public interested in learning about basic research in the DOD.

Dr. Robin Staffin, director for Basic Research in the Office of Assistant Secretary of Defense for



PHOTO BY JOYCE M. CONANT

Drs. Charles Kamhoua and Daniel Cole from the U.S. Army Research Laboratory speak before nearly 200 guests and participants at the DOD Basic Research Office's Science, Technology and Innovation exchange in Crystal City, Va., Aug. 24-25.

Research and Engineering said he is looking at different ways of doing research and learning. He indicated the event was the first try at this type of forum.

"STIx gives us incredible diversity across the Defense enterprise, including industry and academia. We've got an exceptionally diverse group talking about science, technology, innovation and humanity — broad set of missions for DOD — it's about unity of the mission," said Staffin, who has responsibility for oversight and coordination of basic research activities throughout DOD.

Dr. Daniel Cole from ARL's Vehicle Technology Directorate spoke about additive manufacturing and addressed the big question. "Why don't we just 3-D print all of it?"

Cole discussed some of the major challenges facing the ad-

“Being able to communicate this vital mission at an event like STIx can help provide new collaborative opportunities, as well as attracting additional talent.”

— JERRY CLARKE,  
ARMY RESEARCH LABORATORY NETWORK SECURITY  
BRANCH CHIEF

ditive manufacturing community, including fundamental issues with processing-structure-property relationships and the need for more testing standards. He touched on the cultural shifts needed for additive manufacturing to become more widespread and took a playful jab at Navy football with a 3-D printed scoreboard from the 2016 Army-Navy game.

"This event was a great opportunity to present our research in a dynamic and non-technical forum," Cole said. "We also got to learn about a variety of other basic research projects happening across the DOD."

Dr. Jaret Riddick, acting chief of VTD's Mechanics Division said it was a very important forum for the DOD to innovate and col-

laborate.

He said ARL is fortunate to have forward thinking subject matter experts who can represent the lab.

New to the lab and representing ARL's Network Security Branch was Dr. Charles Kamhoua. He gave his talk on the "Cyber Physical Security Game."

Kamhoua presented a game theoretic modeling of cyber-physical security threats and how to automatically find the best countermeasures. He identified cyber physical systems that are pervasive in today's battlefield. He also highlighted the need for theoretical constructs or mathematical abstractions to provide a rigorous scientific basis for cyber security to ensure dominant strategic land power.

"This event present an opportunity for DOD scientists to communicate their research to the general public," said Kamhoua. "I am happy to increase the public's understanding of cyber security threats."

Jerry Clarke, chief of ARL's Network Security Branch said that in addition to experts in cyber operations, ARL is fortunate to have top level scientists who perform critical basic research into cyber security in an effort to help the United States achieve cyber overmatch for the conflict after next.

"Being able to communicate this vital mission at an event like STIx can help provide new collaborative opportunities as well as attracting additional talent," said Clarke.

Dr. Mary Harper, ARL's deputy chief scientist, attended the two-day event. "This is a great event to help researchers draw connections among a variety of fields of science and engineering and aim higher to solve the problems we will face in 30-50 years," she said. "Many of the talks also highlighted just why careers in these fields are so amazing!"

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# ‘Leaf Watch’ tracks best fall color

**Georgia State Parks**  
*Press Release*

ATLANTA, Ga. — For many people, the perfect autumn weekend includes cozy campfires and gooey s’mores surrounded by fiery-hued forests.

To help leaf peepers plan their fall escapes, Georgia’s state parks will soon launch “Leaf Watch 2017” to track fall color as it moves across the Peach State.

Found at <http://www.GeorgiaStateParks.org/LeafWatch/>, the travel planner is filled with top trails and overlooks, mountain cabins and campsites, fall events and hiking safety tips.

Photographers are encouraged to share their favorite shots



DARPA GRAPHIC

on the Georgia State Parks’ Facebook page and Instagram, tagging #GaLeafWatch and #GaStateParks.

Rangers will also post updates on how fall color is progressing

in their parks.

Typically, Georgia’s mountain parks peak in late October. However, color can be seen as early as September and throughout much of November.

Some of the most popular parks for leaf watching include Black Rock Mountain, Cloudland Canyon, Fort Mountain, Tallulah Gorge and Vogel. Since mountain parks are heavily visited on October weekends, travelers may want to explore lesser-known parks which can be vibrant as well.

Hardwoods and mossy rock gardens can be found at F.D. Roosevelt State Park in near Columbus.

Deep orange cypress needles reflect off a shimmering pond at George L. Smith State Park in southeast Georgia.

Georgia State Parks offer a variety of accommodations where leaf peepers can stay in the heart of autumn scenery.

Guests can choose from cab-

ins, campsites and yurts — a “glamping” option that is like a combination tent-cabin.

Accommodations may be reserved 13 months in advance, and many fill up on October weekends. Guests are encouraged to make plans as early as possible or visit during weekdays.

Reservations can be made by calling 1-800-864-7275 or at [www.GeorgiaStateParks.org/reservations/](http://www.GeorgiaStateParks.org/reservations/).

Park rangers have planned numerous events throughout autumn, including guided hikes and paddles, fall festivals, Halloween hayrides and campground trick-or-treating.

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

## WIREGRASS COMMUNITY CALENDAR

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### 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](http://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](http://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

**SEPT. 23** — The Wiregrass Master Gardener Association will host its 13th Fall Plant Sale from 8 a.m. to noon at the Dothan Area Botanical Gardens. Admission is free. People will be able to purchase plants and receive planting advice at the same time.

**ONGOING** — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email [daychapter87@gmail.com](mailto:daychapter87@gmail.com). The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

**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.

### ENTERPRISE

**SEPT. 25** — Rumba dance lessons will be offered at the Hildreth Building, 202 N. Main St. Classes will be from 6:30-7:30 p.m. The cost is \$3 per person per evening. For more information call 334-393-4811.

**SEPT. 23** — Registration for the 5k run and walk to benefit the Children’s Hospital of Alabama is scheduled for 7 a.m. and the event is scheduled to start at 8 a.m. at Johnny Henderson Park. People can register at [www.BFF.Care](http://www.BFF.Care).

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

### 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.

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

### OZARK

**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](mailto:wcholmes53@hotmail.com).

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

### PINCKARD

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

### SAMSON

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

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

### TROY

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

### WIREGRASS AREA

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

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

## Beyond Briefs

### Ballet and the Beasts

The Montgomery Ballet will perform for free Sept. 22 from 6-10 p.m. under the stars at the Montgomery Zoo. Zoo officials said the event will be fun for all ages. Admission will be free and people will be welcome to bring picnic blankets, lawn chairs and coolers. The event will also feature face painting and door prize drawings.

Ballet and the Beasts will be an evening event and all zoo animals will be in their night quarters during the event. Select animals will be on display prior to the event. Limited concessions will be available for purchase.

For more information, call 334-240-4930 or visit [montgomeryzoo.com/announcements/ballet-and-the-beasts](http://montgomeryzoo.com/announcements/ballet-and-the-beasts).

### Fido Fest

The Shoppes at EastChase in Montgomery will host its Fido Fest Sept. 23 from 4-7 p.m. The event, which will benefit the Montgomery Humane Society, will include an array of vendors, activities for dogs, food from local food trucks, a splash zone for dogs and more.

For more information, call 334-279-6046, or visit [www.facebook.com/events/1964169903867388/](http://www.facebook.com/events/1964169903867388/).

### A walk through Montgomery’s past

The Landmarks Foundation of Montgomery will offer a two-part walk through Montgomery’s past. The first part will take place Sept. 23 at 8:30 a.m. and the second part will take place Nov. 24 at 2 p.m. The walk is free for Landmarks members and cost members of the general public \$10. According to organizers, the walk will be a leisurely stroll down one of Montgomery’s most historic thoroughfares, Monroe Street, where once upon a time a future presidential assassin performed, famous actors strode the boards, billiard balls bounced, and the aroma of fried fish sandwiches competed with those of indoor restaurants, the stables of the police and fire departments and the day-or-so-aged vegetables from the market under city hall (which burned in 1932).

For more information, call 334-240-4500 or visit [www.landmarksfoundation.com/events/upcoming-events/](http://www.landmarksfoundation.com/events/upcoming-events/).

### Beginners bird walk

Conservation Park, 100 Conservation Drive, Panama City Beach, Florida, will

host a free beginners bird walk Sept. 23 from 7:30-9:30 a.m. Park officials said the event will be a leisurely walk around Conservation Park, where Bay County Audubon Society guides will teach people about birding. Binoculars will be loaned for free, as well.

For more information, visit <https://www.visitpanamacitybeach.com/listings/conservation-park/594/>.

### Purdy Butterfly House

The Huntsville Botanical Garden’s Purdy Butterfly House is open through Sept. 30 from 9 a.m. to 6 p.m. daily. The largest open air butterfly house in the country features butterflies in a kaleidoscope of colors, according to organizers. People can also see turtles sunning in the pond or digging in the dirt, and the Butterfly Discovery Cart helps visitors encounter even more wonder.

For more information, visit <http://hs-vbg.org/>.

### 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/>.

### Calera & Shelby Railroad

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

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



# ARMY STRONG

Family’s escape from conflict in El Salvador set stage for life in Army, Soldier says

By David Vergun  
Army News Service

WASHINGTON — Sgt. 1st Class Miriam Lemus said she often thinks how fortunate she is to be a Soldier and an American.

Life could have been a lot different for her, but possibly in a bad way, she said, had her parents not decided to come to America from El Salvador, a tiny Central American nation that was in the grips of a civil war during the 1970s.

Lemus, who is now the operations and training NCO at the Casualty and Mortuary Affairs Operations Division, U.S. Army Human Resources Command, explained how her parents came to the United States.

Her paternal grandfather, who worked for the Salvadorian government, was assassinated by anti-government terrorists in the mid-1970s, she said. His distraught widow, Lemus’ grandmother, took immediate action to protect her family. She came to the U.S. with her brother and her own children, including Lemus’ father.

At the time, there were a lot of kidnappings of boys and men, who were forced to join the rebel forces, she said. The only way out of the violence and abductions was to escape to the U.S.

Likewise, her maternal grandparents escaped to the U.S. At the time, they were divorced, she said, adding that even so, her grandmother helped her grandfather to escape, along with their children, including her own mother.

Once in America, the two sides of the family settled down in Los Angeles, where her mother and father met, married and had children, including Lemus, who is now 34.

LEARNING ENGLISH

Lemus was born in the U.S. and grew up bilingual, although she did not speak the language until attending an all-English pre-school in Los Angeles.

“When I got there, everyone spoke in English,” she said. “I was really confused. I had to learn English quickly.



COURTESY PHOTO

Sgt. 1st Class Miriam Lemus, presently senior operations and training NCO with U.S. Army Human Resources Command’s Casualty and Mortuary Affairs Operations Division, takes in the grandeur of Iguazu Falls on the border of Brazil and Argentina in February, 2016, on one of her ongoing forays into the Spanish-speaking realms of the Americas.

“But being so young, I was like a little sponge, soaking it up,” she said. She mastered the language so well that she says she can express herself better in English than in Spanish.

Lemus’ father picked up English, as well, taking night courses. Her mom, who also took English classes, never really acquired the language, she said, and still only communicates in Spanish.

Ironically, in basic training, Lemus said she struggled with writing letters to her mom in Spanish, since she never learned to read or write it, only speak it. To remedy her deficiency, she said she took Spanish courses in college, just to learn to read and write in Spanish.

LEARNING ABOUT CUISINE

Learning English wasn’t the only hurdle.

Lemus said she also had to become accustomed to eating American food, since she grew up on Salvadorian and Mexican fare in Los Angeles.



Lemus poses for a photo with her brother, Pedro Lemus Jr., at the Great Lakes Naval Training Center Dec. 3, 2014, the day he graduated from Navy Basic Training.

When she arrived at basic training, she said their first meal was pork chops. “I’m like, ‘What’s that? I’m not going to eat that,’” she said with her easy and light-hearted laugh.

Even though she got used to eat-

ing American food, Lemus said she salivates just thinking about Salvadorian food, from banana leaf-wrapped tamales to pupusas.

ENJOYING ARMY LIFE

During her senior year in high school, Lemus recalls discussing with her parents her plans to attend college and how to pay for it. Since the family wasn’t wealthy, she said her idea was to work part time and attend school part time.

Lemus said the thought of joining the Army never occurred to her until she was asked to take the Armed Services Vocational Aptitude Battery in high school. A recruiter mentioned the education benefits and that sealed the deal for her.

So in 2000, Lemus, who was 17, joined the Army. She was the first in her family to do so. She said her younger brother, Pedro, later joined the Navy.

Although Lemus said she initially joined the Army for college benefits, she took a liking to the Army

way of life and decided to stay.

“It’s not only because I enjoy the Army way of life, but it’s also my way of giving back to my country,” she said.

The Army has also provided Lemus the opportunity to travel, meet people from a range of cultural backgrounds, and pursue her education.

Before joining the Army, she said she had never met a Cuban, Dominican or Puerto Rican. That interaction opened her eyes to the richness of her own Hispanic heritage.

Lemus said she is grateful her parents chose to immigrate to the United States and embraces her multicultural background.

Mostly, she said, “People are curious about my last name and where I came from. They mostly think I’m Mexican,” she said, laughing again.

“I welcome the question because it gives me a chance to tell my story, a story I’m proud and happy to share with everyone,” she 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. 60g36

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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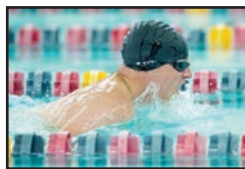
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SEPTEMBER 21, 2017

# GOING PRO

## Pro golfers, amateurs share course

By Nathan Pfau  
Army Flier Staff Writer

It's not often amateur golfers get to mix with professionals, but that was just the case at Silver Wings Golf Course during one of the course's most unique tournaments.

The course held its 2017 SWGC Pro-Am golf tournament Saturday and Sunday, where Lady Professional Golf Association professionals from all over came to share Fort Rucker's fairways and greens with local amateurs in a tournament that proved unforgettable for some.

The tournament was a 36-hole event with teams of four comprised of one professional player and three amateurs playing Team Stableford, which is a point system where teams lump their scores together to add their points to a pot depending on how well they shoot. Unlike traditional scoring in golf, the objective in Team Stableford is to have the highest score, rather than the lowest.

For Derek Holder, civilian participant, the game was less about the competition and more about the experience.

"I've just had a wonderful time playing with these ladies," he said. "They're not letting up in their game at all, which I appreciate, and they're really showing us what real golfing is."

"It's a great experience to be able to play a round of golf with some true professionals," he continued. "The amount of work and effort these ladies put into their game is really inspiring and I have the utmost respect for their dedication. And on top of that, for them to come out and spend their time to play some golf with amateurs, such as myself, really speaks to their character."

Rodney Lacewell, fellow participant, echoed Holder's sentiments and said he's enjoyed the time playing the LPGA professionals.

"We started yesterday and it's been great," he said. "[The pros] all have great attitudes and they're fun to be around, and to see good play that I can't equal has



PHOTOS BY NATHAN PFAU

Madison Opfer, LPGA professional, lines up her putt as her teammates, Richard Hutson and Armand Millette, retired military participants, look on during the 2017 SWGC Pro-Am tournament Sunday.

made it a really a great day."

Although many of the amateur golfers were having the time of their lives, the professionals were enjoying themselves just as much with the experience they were getting to enjoy with civilians and Army veterans.

For Melissa Siviter, LPGA professional, this year's tournament was her second visit to the installation, and getting the opportunity to play with local golfers was one of the highlights of the tournament.

"This is the second time I've done this event and I really enjoy it," she said. "I felt the tournament was great last year. It was very well hosted and they looked after us girls great."

"It was fun to play with these guys

who have been in the Army and served their country," she added. "So it's been a great experience for us and a different format."

Following the tournament, the professionals had the opportunity to tour the simulators around the installation to get a taste of the training that Army Aviators endure, which Siviter said she was looking forward to, adding that she was going to try and take in as much Aviation knowledge as possible with a visit the U.S. Army Aviation Museum, as well.

"I'm glad that I took part in this competition, even though I'm not really in it to win it this time," said Holder. "I feel like with this experience, you can't lose either way."



Melissa Siviter, LPGA professional, hits a chip shot onto the green during the 2017 SWGC Pro-Am tournament Sunday.

# FUTURE MEDICINE

## Training, technological synergy key to future battlefield care scenarios

By Ramin A. Khalili  
U.S. Army Medical Research and Materiel Command

KISSIMMEE, Fla. — The first slide on the screen during Maj. Doug Powell's panel presentation on prolonged field care features a blank, colorless slate without any pictures, graphics or images. Instead, there's just a single quote.

"It's not about the technology," the slide reads, "It's about the people."

Powell is the Womack Army Medical Center Intensive Care Unit Medical director at Fort Bragg, North Carolina. He presented at the 2017 Military Health System Research Symposium in Kissimmee.

For Powell and the rest of the investigators diving head first into the Army's newly-retooled commitment to prolonged field care — the No. 1 capability gap according to a recent Army Capabilities Needs Analysis — the quote doubles as both a mantra and a mission statement.

"We carry around one of the greatest and most powerful computers of all time in our pockets every day," said Powell, holding up his cell phone to the audience, "and we use it to play 'Candy Crush.'"

He added, "We can do better."

Given that desire for a more complete, more mature fusion of technology and Soldier, Powell's presentation focused chiefly on the burgeoning telemedicine requirements for prolonged field care in future battlefield scenarios. Products that are flexible, scalable, reliable and convenient are specifically targeted for deployment in the dense, urban settings that experts say will likely dominate combat environments in the coming years.

The presentation highlighted ad-



PHOTO BY G. A. VOLB

Soldiers from the 15th Brigade Support Battalion out of Fort Hood, Texas, provide treatment to simulated casualties during a mass casualty exercise. The training on Fort Irwin, Calif., was part of a National Training Center rotation scenario testing their ability to perform in a simulated combat environment.

vanced development efforts such as an Air Force pararescue-jumper project called Battlefield Airmen Trauma Distributed Observation Kit, which is a cell phone application intended for use on Android platforms. Wireless sensors placed on the patient send aggregated vitals to the computer screen, providing primary responders the ability to make emergency medical decisions. Like a cell phone, the device can be set for three kinds of alerts: auditory, tactical or visual. The alerts notify the medic not only to which patient is in danger, but also his or her vitals.

Situational awareness for receiving field hospitals is also important to provide medical staff on the ground with information that can help them prepare to receive and immediately treat patients. This need is being addressed by an advanced development effort at the U.S. Army Medical Research

and Materiel Command called the Medical Hands-free Ultra-wideband Broadcast system.

The MEDHUB's distinction is its patient care focus and operational situational awareness capability. The goal is to keep the medic or flight paramedic focused for performing life-saving tasks for multiple patients, unencumbered from documentation. The MEDHUB is designed to automatically capture, store and forward data to the receiving field hospital — without adding any burden to the medic.

Key components are individual wearable vital sign monitors that record vitals and provide littered or ambulatory status through accelerometers; peripherals to capture patient weight; and an end-user device, such as a tablet or phone, that captures and

SEE FUTURE, PAGE D3

## Multiple choices, answers as TBI research evolves

By Ramin A. Khalili  
U.S. Army Medical Research and Materiel Command

KISSIMMEE, Fla. — "We're just trying to address as many military needs as possible," said Dr. Baruch Ben Dor, Drexel University professor, during his breakout session presentation on cutting-edge traumatic brain injury detection technologies at the 2017 Military Health System Research Symposium in Kissimmee.

One technology Ben Dor highlighted was an infrascanner device, developed through a multi-university partnership agreement that included Drexel University. The device uses near-infrared spectroscopy technology to locate pockets of intracranial pressure that may, in turn, indicate a potential TBI. By applying multiple sensors to the head, forehead and limbs, the infrascanner measures the absorbance of light at four separate areas of the brain. The device provides data that is then interpreted by a clinician.

This type of technology, which has been previously used to measure the amount of oxygen in a patient's tissue, as well as heart rate, may now serve an important role during en-route care and evacuation scenarios in future battlefield situations.

SEE RESEARCH, PAGE D3

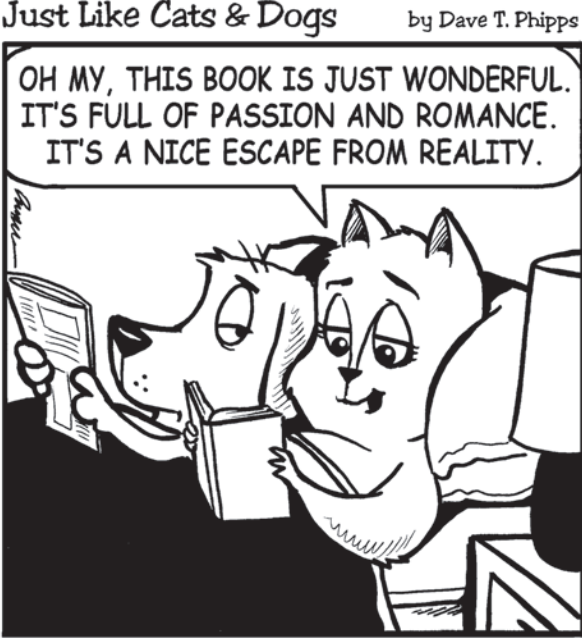


PHOTO BY ADAM WYATT

Dr. Marcello Pilia, U.S. Army Medical Research and Materiel Command's Combat Casualty Care Research Program, tests the I-Portal PAS tool — one of several emerging TBI detection devices — during a presentation at the Pentagon in May.



# DOWN TIME



## Super Crossword

ACROSS										DOWN									
1	Say another way	51	Actor LeBlanc	88	Sometimes-shocking fish	1	Wealth	39	South, in Spain	76	Ship's veer								
8	Portuguese capital	55	Go after legally	89	Gown fabric	2	Join a force	40	Namely	78	Came upon								
14	Apply with a syringe	56	Brewed beverage	90	Get ready, for short	3	Shivers	42	"Aw, shucks"	80	Nuke								
20	Get by will	57	Regards as	91	Look on and offer unwelcome advice	4	Actress Garr or Hatcher	44	Blouse, e.g.	81	Makes a flub								
21	Chant a mantra, e.g.	58	Mean fish	95	Pear discard	5	Sports site	45	Puts forward	86	"— folly to be wise"								
22	Vacillate	60	Quack's cure-all	98	Dance move	6	Sensation of slight prickles	46	Convent	87	Hold on to								
23	Scopes trial lawyer	63	Pedicure targets	100	To's opposite	7	Plus other things: Abbr.	47	Poker-faced	89	Porkers' pen								
25	Spirit and resilience	65	Horn honker	103	Satire device	8	Jar toppers	48	Corp. head	91	Tokyo robe								
26	Going backpacking	66	Closing part	104	Winter glider	9	Unfitting	49	Certain electron stream	92	Clothes smoother								
27	Colorado ski mecca	67	"Rosemary's Baby" star	106	Fruity drinks	10	Meryl of the screen	50	Love, to Livy	93	Kicked out								
28	Like sad excuses	71	Robert of "Vegas"	108	"Dancing With the Stars" judge Goodman	11	Brunel's island	51	Native New Zealander	94	Not alfresco								
29	Lingo suffix	72	Preacher's exhortation	109	Farm sounds	12	Artist Yoko	52	Of a much earlier era	96	Go by								
30	Brewed beverages	74	Battle vestige	110	Trial excuse	13	Just-made band of 1989	53	"Love Song"	97	Unfroze								
32	Kickoff aids	75	Pride of Mr. Universe	112	Not idle	14	Belief suffix	54	North Carolinian, colloquially	99	Legume seed vessel								
34	Abominated	77	Window over a door	114	Promptly	15	Formerly surnamed	56	Shore birds	100	Plays at love								
35	Roads: Abbr.	79	Major fad	117	Lead role in "Pirates of the Caribbean"	16	Overseas travel woe	59	Drive (out)	101	Cast another ballot								
36	Bow out	82	Grain variety	120	Couldn't do without	17	Plantation, e.g.	61	City in New Hampshire	102	Unreciprocal								
38	Daddies	83	Ending for press	121	Not present	18	More serene	62	Fleur-de- —	105	Keaton of film								
40	Big wild cats	84	New Year's song word	122	Country singer Lynn	19	Some woolen coats	64	Soak	107	Hair-raising								
41	Plug up	85	He sang in a folk trio with Paul Stookey and Mary Travers	123	Commands	24	With no difficulty	66	Emphasizes	111	Chomp on								
43	Most of them run on gas			124	Pundit Myers	31	Cry out	69	Jamie of "M*A*S*H"	113	Very, to Gigi								
45	Furthermore			125	Honda minivan	33	More scanty	70	Cried out in excitement	115	Sea, to Gigi								
48	Bonnie Parker's partner in crime					34	That lad's	73	November birthstone	116	Periodical team, briefly								
						37	New York Jets coach Bowles			117	Ill-bred man								
										118	"Honest" prez								
										119	— Poke (candy brand)								

See Page D3 for this week's answers.

## TRIVIA



- GENERAL KNOWLEDGE: What was the name of George Washington's estate?
- U.S. PRESIDENTS: Who was the first president to appear at a live televised news conference?
- TELEVISION: In what year did the children's show "Sesame Street" debut?
- MATH: In Roman numerals, what is D divided by X?
- LITERATURE: Who wrote the 19th-century novel "Mansfield Park"?
- MEDICAL: What is a common name for the childhood disease varicella?
- ASTRONOMY: What is the only planet in our solar system named after a female deity?
- MEASUREMENTS: What is the metric equivalent of a teaspoon?
- NICKNAMES: What major city is also known as "The Big Smoke"?
- BIRTHSTONES: What is the official birthstone of September?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

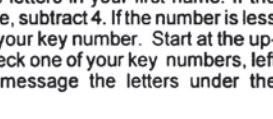
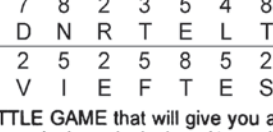
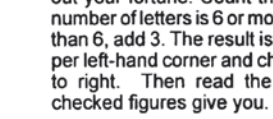
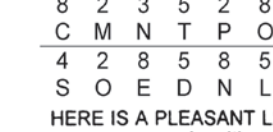
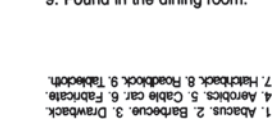
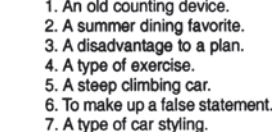
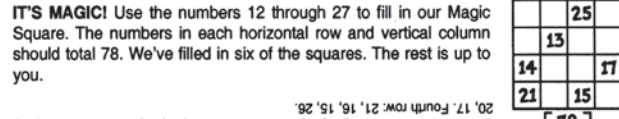
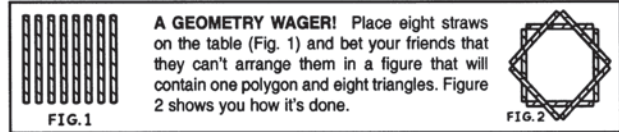
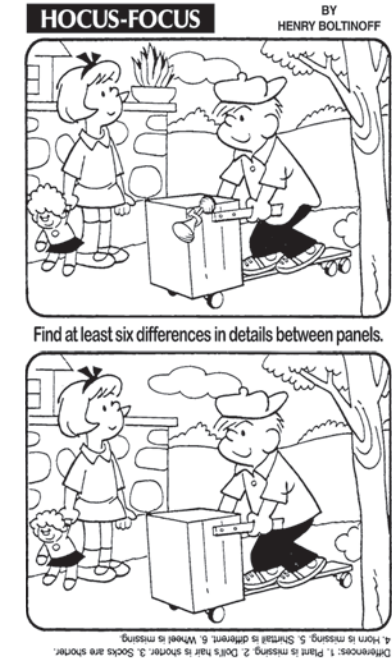
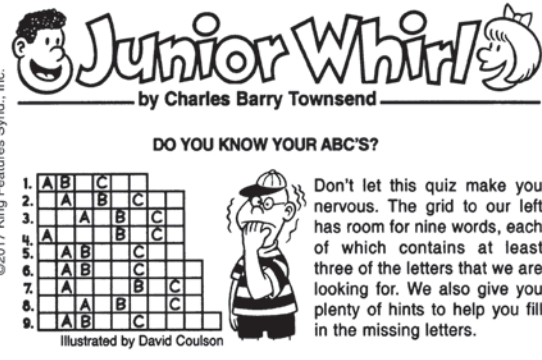
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER





# Adaptive sports helps Soldiers' recovery

By Jeff L Troth  
*Army Medicine*

FORT CARSON, Colo. — In the Army, physical activity is the norm. Physical training is how the majority of Soldiers start their work day at 6:30 a.m.

But that activity can get sidelined due to injury, illness or a wound.

When this happens to a Soldier, they are issued a medical profile that tells them and their leadership what their physical limitations are and what they can't do.

But at the Warrior Transition Battalion on Fort Carson, the nurses and physical therapists turn that document into a positive profile – stating what the Soldier can do.

“It is scientifically proven that an active body and mind heals quicker than a sedentary one,” said Marc Cattapan, the WTB's Adaptive Sports coordinator. “So at the Warrior Transition Battalion we try to keep both their mind and body engaged. This is an important part of their rehabilitation progress.”

Soldiers that are assigned to the WTB require at least six months of rehabilitative care and complex medical management. While assigned to the WTB, these Soldiers are able to concentrate on medical appointments and transitioning to civilian life, or returning to their original unit.

“Most of our Soldiers cannot do regular Army PT. They can't run, jump or do a lot of the things they could do prior to being admitted to the unit,” said Cattapan. “When someone has a major injury, illness or wound, it is very tempting to feel like life is over. They face



PHOTO BY EJ HERSON

Sgt. First Class Richard Hastings swims breaststroke during the 2017 Warrior Games event in Chicago July 9.

some very significant mental challenges and we help them focus on what they can still do and to try something different.”

Adaptive sports are one of the therapeutic approaches the WTB uses to help Soldiers recover. Adaptive sports often parallel existing sports played by able-bodied athletes, but there may be modifications in the equipment and rules to meet the needs of the participant.

For a wheelchair bound Soldier who was interested in shooting the air rifle, Cattapan and other WTB cadre raised a table, so that the wheelchair fit under it and the rifle rests on a cushion on the table.

“All he has to do is roll up to the table, look through the sights, line up the target and pull the trigger,” said Cattapan. “We have Soldiers that come to us and tell us they need something to do – they can't just go to medical appointments.

“We sit down with them and brainstorm in order to figure out

how to make an activity possible,” he said. “We have to think outside of the box on most things, but whatever the solution is we must mitigate the risk so that the Soldier doesn't further injure themselves.”

A visually impaired person might think running or cycling is out of the question, but through adaptive sports it's a reality. The visually impaired person is partnered with someone who still has their sight and they compete as a team.

Visually impaired runners are tethered to their teammate, who is responsible for keeping them in their lane as they race around the track. The cyclist who has their vision is the pilot on a tandem bicycle. They pedal and steer while the visually impaired person takes the second seat and pedals.

“Both are a true team effort,” said Cattapan. “Last year I trained a visually impaired Marine in cycling. He was brand new to his vi-

sual impairment and was actually spiraling down, losing his confidence and gaining weight.”

Cattapan met the Marine at an adaptive sports camp when they were partnered together for cycling. During their time riding around Colorado Springs, Cattapan told his teammate about the Department of Defense Warrior Games, which showcases the skills, and celebrates the triumphs and personal courage of 270 wounded, ill and injured service members and veterans from all U.S. military branches and the British Armed Forces.

“He tried out, made the Marine team and won the bronze medal at the games this summer in Chicago,” said Cattapan “It was really cool to see the transformation of someone who was in a bad spot and then six months later you see them excelling – it was really exciting and really rewarding.”

The Marine wasn't the only person Cattapan helped earn medals at this year's Warrior Games. Before coming to Fort Carson, Cattapan worked for the Fort Bliss, Texas, WTB and helped train a visually impaired cyclist that took gold this year. Three Soldiers from the Fort Carson WTB competed at the Warrior Games and brought back eight medals to the Mountain Post.

“Sgt. 1st Class Richard Hastings did great at the Warrior Games and has a really good shot at representing the United States at next year's Invictus Games, the international wounded warrior competition, in Australia,” said Cattapan.

“I was surprised to medal in track,” said Hastings, who earned

silver in the 400 meter (race) and bronze in the 800 meter (race). “My main events were swimming and in all but one event, the backstroke, I was the top seeded due to my qualifying times. So I came into the events knowing that I had already beaten them once and all I had to do was maintain.”

He walked away from the pool with one gold and four silver medals.

“Adaptive sports have helped me realize that I am not going to be able to recover from my injuries,” said Hastings, who slipped a disc and pinched a nerve in his leg while deployed. “But they have also shown me that my injury does not have to limit me.”

Hastings said he always rode mountain bikes but when he got injured he knew the jarring on a mountain trail would not be good for him, so he decided to give road cycling a try. This led him to try other sports. One day he hopes to combine his swimming, cycling and running skills and tryout for the U.S. Paralympic triathlon.

“Through the WTB's adaptive sports program, I have had access to equipment, coaches and events that have given me the motivation to keep pushing myself,” said Hastings.

But he is not just content with pushing himself, he is ready to pass onto other disabled people what he has learned.

“We are working on getting Hastings in the pool and having him give swim tips to others in the unit,” said Cattapan. “He is a very skilled swimmer and we can't wait for him to share his knowledge with others.”

## Future

Continued from Page D1

stores the data.

“Prolonged field care is not a skill set. It's a situation you find yourself in,” said Lt. Col. Andre Cap, U.S. Army Institute of Surgical Research chief of blood research in San Antonio, Texas.

For Cap, the synergy of man and machine in future far-forward environments isn't complete without first addressing the existing training gaps in the prolonged field care disci-

pline. To that end, concepts such as a dedicated emphasis on critical care techniques and prolonged resuscitation efforts are incorporated into current medical training regimens. Additionally, leadership has instituted a pilot program focused around those concepts at Fort Bragg, North Carolina.

“We are still fighting the new war with the tools from the old war,” said Cap, “and that has to change.”

Both Cap and Powell say that moving forward current capabilities gaps in prolonged field care will include a dedication to the concept of universal interoperability among

technological devices, as well as the development of an on-demand, on-call marketplace for continuous communication regardless of location.

Still, the immediate focus remains on strengthening current training, development and execution processes, all while paying special attention to the integration needed to succeed on the future battlefield.

Said Powell, “Whatever we eventually give to the people in the field, I want to make sure it works with what they already have.”

## Research

Continued from Page D1

“This is something like ultrasound was 40 years ago,” said Ben Dor. “And so we're excited to take that existing technology and then mold it to whatever is needed in the field.”

When it comes to the world of TBI, that willingness to upcycle already proven technology is en vogue as investigators try to not only establish biomarkers for the diagnosis of TBI severity, but also try to develop non-invasive neurological assessment devices for all TBI. For researchers, the buzzword is fusion.

“While we'd love to have just one device for all our needs, the reality is that we're taking more of a Frankenstein's monster ap-

proach to head injury detection and diagnosis,” said Dr. Tammy Crowder, manager of the U.S. Army Medical Research and Materiel Command's Neurotrauma and Traumatic Brain Injury portfolio.

“We're excited about all the products here, but in many ways they're all just one part of the larger whole,” Crowder said.

Given that more than 360,000 service members worldwide have suffered a TBI since 2000, questions about the cause, scope and impact of TBI far outnumber current solutions. In addition, products currently being developed to aid TBI diagnosis are further complicated by the recent Army-wide focus on prolonged field care, which dictates attention to the concepts of miniaturization and portability in addition to reliability.

“Right now we're working on imaging the entire head,” said investigator Dr. Jason Riley, referring to the infrared transcranial hematoma imaging device he developed with his private-sector partners. “And even better, we've got the whole thing down to the size of a briefcase, which is a big plus to operators in the field.”

While always a high-profile capability gap for the Army, the process of developing diagnosis solutions for TBI and TBI risk factors now stands at a crossroads where the need for immediate solutions collides with a parallel need for compact integrity. For both Ben Dor, whose device is the size of a super-market scanner, and Riley, whose device is currently engaged in clinical trials, their respective efforts put them at the very leading

edge of TBI research.

“It's truly exciting to watch all these efforts take place right here, right in front of you,” Crowder said.

The MHSRS is the DOD's premier scientific annual meeting, which combines three previous conferences, including the former Advanced Technology Applications for Combat Casualty Care Conference, the Air Force Medical Service Medical Research Symposium and the Navy Medicine Research Conference. By combining these conferences into one event, the meeting serves as a critical strategy session for leaders to set future milestones for the Department of Defense's deployment-related medical research programs, centered on the needs of the warfighter.

## FORT RUCKER SPORTS BRIEFS

### Hunting, fishing licenses

In an effort to continue to be the post's one-stop shop for fishing and hunting information, Fort Rucker Outdoor Recreation will continue to sell Alabama State fishing and hunting licenses for calendar year 2017-2018, according to ODR officials. ODR's customer service professionals will also assist with obtaining the Fort Rucker post fishing and hunting permits through fortrucker.isportsman.net beginning around Oct. 1. In the interim, expiring post permits can be temporarily extended at ODR during its regular business hours of 7:30 a.m. to 5 p.m.

Sportsmen will receive an extension stamp on their current post hunting and fishing permit that extends their privileges. Post permits that have not been stamped will not be valid. Alabama State licenses must always be current.

For more information on fishing and hunting at Fort Rucker, call 255-4305.

### Trail ride

Fort Rucker Outdoor Recreation will host its ATV & Dirt Bike Trail Ride Saturday from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must

pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public, ages 16 and up.

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

### Golf Military Discount Card

Silver Wings Golf Course has a new program that offers service members the Golf Military Discount Card. The discount card

offers a discounted cost when people purchase multiple rounds of golf. The more people play, the more they save, according to SWGC officials. The punch card will have options to purchase three rounds and save 10 percent, six rounds and save 15 percent, nine rounds and save 20 percent, and 12 rounds and save 25 percent. Discounts vary by quantity of rounds purchased and pay tiers based on rank. The discount card is available to active-duty military, and National Guard and Reserve members – not available to current annual members of the golf course. For more information, call 255-0089.

## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

### Weekly SUDOKU

#### Answer

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

## TRIVIA

#### Answers

1. Mount Vernon
2. John F. Kennedy
3. 1969
4. L (50)
5. Jane Austen
6. Chickenpox
7. Venus
8. About 5 milliliters
9. London
10. Sapphire





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2013 Honda Accord EX \$14,995	2016 Kia Forte LX \$13,991	2016 Kia Rio LX \$10,991
2015 Chevrolet Malibu LT \$14,995	2015 Toyota Corolla L \$13,991	2012 Ford Focus SE \$10,991
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