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MOGADISHU**
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STILL FAMILY
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wounded warriors
with fall hunt
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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

OCTOBER 12, 2017

MAINTAINING READINESS

Clinic prepares to administer flu vaccines

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

Flu season is here and Lyster Army Health Clinic is prepared to provide vaccination to improve people's health and maintain the readiness of the force.

Active-duty Soldiers can obtain the flu shot beginning Monday. The schedule is below:

- Monday-Oct. 19 from 7:30 a.m. to 4:00 p.m. at Yano Hall;
- Oct. 20 from 7:30 a.m. to noon at Yano Hall;
- Oct. 21 from 7:30 a.m. to noon in Rm. J-100 at LAHC;
- The make-up date for active duty will be Oct. 26 in Rm. J-100 at LAHC from 7:30 a.m. to 4 p.m.;
- The flu vaccine will be available at the Retiree Health Fair Oct. 27 at Yano Hall; and
- Vaccines for all other beneficiaries will be given in the LAHC immunization clinic beginning Oct. 30.

Flu shots will be available in the preventive medicine department from 7:30 a.m. to 3:30 p.m. Monday through Friday. Patients should keep in mind that lunchtime is the busiest time for the department.

"We hope to make it easily accessible to individuals who do not want to



PHOTO BY KELLY MORRIS

Chief Warrant Officer 5 Joseph B. Roland, Chief Warrant Officer of the Aviation Branch, receives a flu shot at the U.S. Army Aviation Center of Excellence headquarters building Oct. 6.

make a doctor's appointment off post or may just be putting off getting the vaccine. We hope our eligible population takes advantage of this free but extremely beneficial benefit," said Capt. Mildred Castillo, chief of LAHC Preventive Medicine.

Everyone is encouraged to take advantage of receiving the vaccine as early as they can. Likewise, Department of Defense schools require children to be vaccinated no later than Dec. 1.

Flu season is often unpredictable and has the potential to impact Department of Defense force readiness and mission. In the United States, influenza results in more than 40 million reported cases, more than 750,000 hospitalizations due to serious complications and up to 50,000 deaths annually.

The Centers for Disease Control and Prevention recommend a yearly flu vaccine for everyone six months and older. It's especially important that certain people get vaccinated either be-

cause they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

Those at higher risk for complications from influenza include people with asthma, diabetes, heart disease, pregnant women, people with weakened immune systems, children younger than 5 years old, and adults ages 65 and older

Taking necessary steps to prevent or stop the spread of the flu include washing hands often with soap and water or using anti-bacterial gel when soap and water is not available; avoiding touching your eyes, nose and mouth; covering your cough or sneeze; and staying home when sick.

To stay up to date on flu vaccine availability, check LAHC's website and Facebook page, or call the preventive medicine department at 255-7260 or 255-7332.

USAACE kicks off campaign

By Kelly P. Morris
USAACE Public Affairs

The U.S. Army Aviation Center of Excellence kicked off its annual influenza vaccination campaign with an opportunity for leaders and Soldiers to get their flu shot onsite at the headquarters building Oct. 6.

This year's campaign runs from Monday through Dec. 15.

The goal is to protect Soldiers and their dependents, healthcare personnel, mission-essential Civilians, retirees, and Fort Rucker School aged children from the flu and its complications, and prevent potential spreading of the virus to others.

"Anyone six months old and older should get the flu vaccine because, along with handwashing, it's the best defense we have against influenza," said Donna Upshaw-Combs, Army public health nurse at Lyster Army Health Clinic.

Influenza is a potentially deadly disease and can have significant morbidity, mortality and impact on combat readiness if not properly prevented and treated.

Whereas in past years the vaccine was available as a mist and in the form of a shot, it is only available in the injectable form this year.

Upcoming scheduled unit vaccinations are slated for Monday through Oct. 19 from 7:30 a.m. until 4 p.m. at Yano Hall.

Vaccinations are available at Lyster Army Health Clinic in room J-100 for active duty and beneficiaries on Oct. 20 from 7:30 a.m. until 4 p.m., and on Oct. 21 from 7:30 a.m. until noon.

The makeup vaccination date for Soldiers is Oct. 26 from 7:30 a.m. until 3:30 p.m., at Lyster.

SEE USAACE, PAGE A6



HO NO RING THE FALLEN

PHOTO BY NATHAN PFau

Fort Rucker Soldiers conduct Reveille to help kick off the post's remembrance of the Battle of Mogadishu Oct. 3. For more on the remembrance, see Page C1.

1-212th welcomes new sergeant major

By Nathan Pfau
Army Flier Staff Writer

The 1st Battalion, 212th Aviation Regiment welcomed a new command sergeant major during a ceremony at Howze Field Friday.

Command Sgt. Maj. James W. Coquat assumed responsibility from Command Sgt. Maj. Michael L. Awai as the unit colors changed hands from Awai to Lt. Col. Cecil C. Nix, 1-212th Avn. Regt. commander, to Coquat.

Nix said that he believes the new command sergeant major has the experience necessary to continue the Wings of Freedom legacy.

SEE 1-212TH, PAGE A6



PHOTO BY NATHAN PFau

Command Sgt. Maj. James W. Coquat assumes responsibility from Command Sgt. Maj. Michael L. Awai as the unit colors changed hands from Awai to Lt. Col. Cecil C. Nix, 1-212th Avn. Regt. commander, to Coquat, during a change of responsibility ceremony on Howze Field Friday.

Post to host retiree health fair

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

Retirees and their family members are invited to the 43rd annual Fort Rucker Retiree Health Fair Friday Oct. 27 from 8 a.m. to noon at Yano Hall, Bldg. 6005, Shamrock Street.

Lyster Army Health Clinic, along with other outside agencies, will have tables set up along with interactive areas to educate retirees on numerous health topics, including disease management, chiropractic care, digestive health, physical therapy, nutrition and more.

Retirees and their family members



ARMY PHOTO

Retirees and family members speak with vendors at last year's event. This year's event is scheduled for Oct. 27.

can also receive their 2017-2018 flu vaccination. Those unable to attend the

SEE RETIREE, PAGE A6

PERSPECTIVE

Résumé, references key to transition

By Deborah Godwin
Soldier For Life Center
Career Counselor

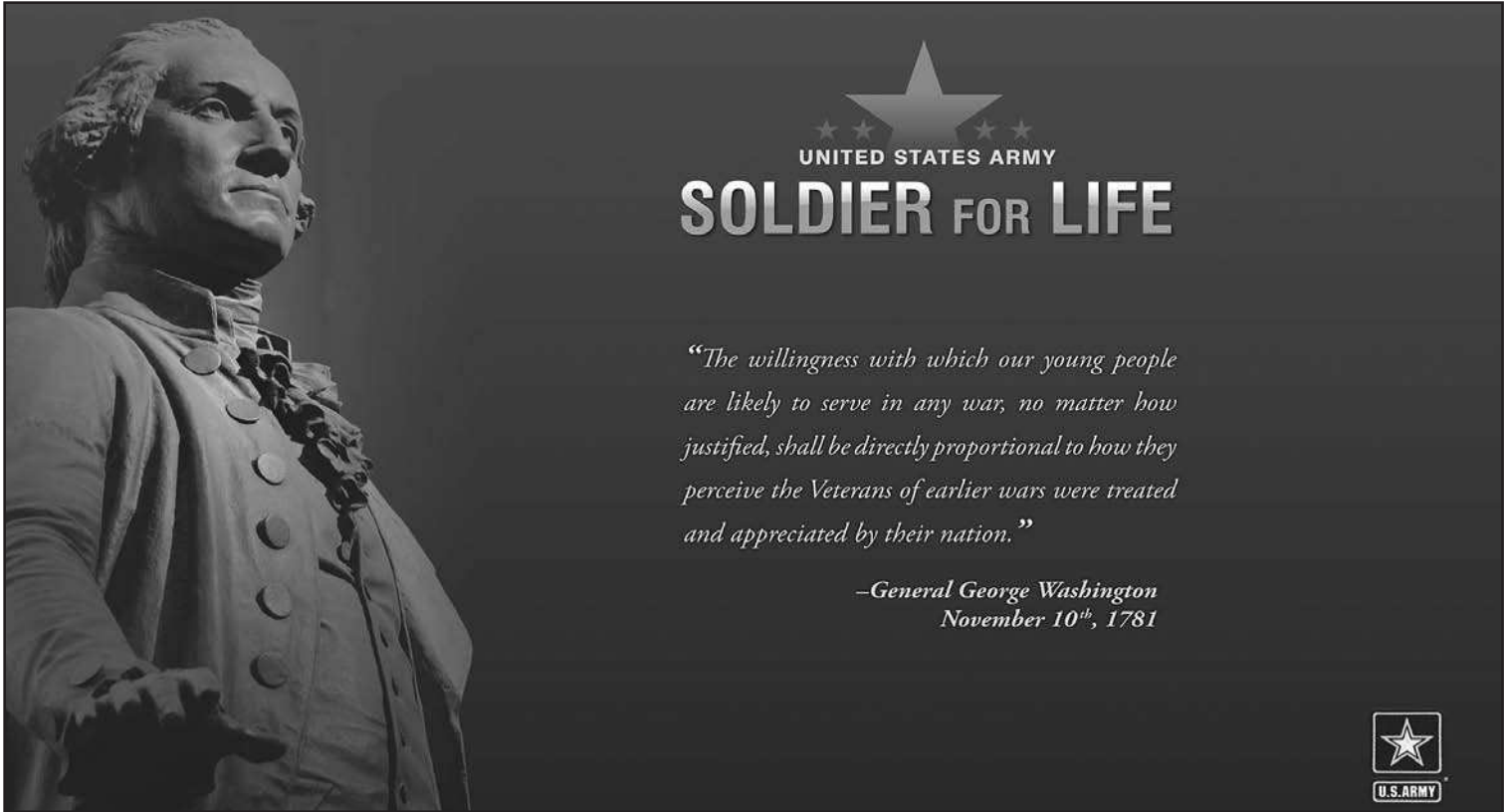
Transitioning can be a simplified process by knowing the essentials necessary to move on to the next chapter in the Soldier's life. This transition not only effects changes for the Soldier, but for the Soldier's family, as well.

One key component to continue to be more prepared for this transition is the resume and references. You've spent years building a career within the military, which is highly respected, but what if you want to do something different in the civilian world? What if you want to do something similar?

These are good questions, most especially how to put what you've done for years on a short resume. The importance of asking these questions, determines what type of resume you want to achieve.

Resumes show your experience, knowledge, abilities and skills. Resumes can have different formats, such as professional, functional and chronological.

Your resume should be tailored for each job you apply for if the job titles are different. Identifying who you are and what you can offer for the position you are applying for is also a key essential in the details of your resume.



ARMY GRAPHIC

Tailor your accomplishments and skill sets that you have towards the civilian career you want.

Make sure you are also translating your military terminology and acronyms into something the potential employer can understand and match with your current experience to the new job description.

Employers may ask for professional references and personal

references. The professional references are people who trust you to do your job, how well you work with others and if you're a person that can be qualified to do the job.

It is important to have built professional relationships, so that when an employer you are interested in working for contacts your reference, they'll feel more confident in choosing you as a

top candidate.

Personal references are geared towards who you are outside of work ethically and morally. Employers do not typically use these references in determination for hiring, but it helps them to identify your character that could potentially benefit their company. So, it is important to utilize both types of relationships with peers and professionals, but also im-

portant to ask their permission to use them as a reference. You don't want to have a bad reference listed.

SFL-TAP career counselors are here to help with your transition from military life to civilian life. We can help with resume and references, so please feel free to contact our office to schedule an appointment by calling 255-2558.

PUBLIC NOTICE – FORT RUCKER ENVIRONMENTAL ASSESSMENT FOR INTEGRATED NATURAL RESOURCE MANAGEMENT PLAN

Notice is hereby given that the US Army, Fort Rucker, AL has prepared a Final Draft Environmental Assessment (EA) and Finding Of No Significant Impact (FONSI) for a 5 year Integrated Natural Resources Management Plan in accordance with the National Environmental Policy Act (NEPA). Copies of the EA have been provided for public review at the Daleville Public Library located at 308 Donnell Blvd., Daleville, AL, 36322, phone number 334-503-9119; and the Fort Rucker Center Library, Building 212, 5th Ave., Fort Rucker, AL, 36362, phone number 334-255-3885; and the Sustainable Fort Rucker Website at: <https://www.fortrucker-env.com/> under the Programs tab and then the NEPA tab. The EA will be available for review and comments for 30 days starting 12 OCT 2017. Comments on the EA should be sent to: Ms. Leigh Jahnke, Directorate of Public Works, Environmental and Natural Resources Division, ATTN:IMRC-PWE, Building 1121, Fort Rucker, AL, 36362 or leigh.b.jahnke.civ@mail.mil. Comments will be addressed and incorporated into the Final EA.

Rotor Wash

“Fort Rucker is hosting its second Fort Rucker Girl Scout Olympics Saturday from 9 a.m. to noon. Why is it important to instill ideals of leadership and teambuilding in children?”



**CW3 Shawn Rodgers,
E Co., 1st Bn., 212th
Avn. Regt.**

“Increasingly, people are taught to be individuals and separating themselves because of social media and what not, so having those skills to be able to do team building and have those leadership skills is a lost art.”



**Deborah Lilly,
military family**

“It leads to good team building skills for later on in life. If you start early, when they get into the work force or they get into university, that is instilling good ethics into them.”



**Maricel Javier,
military spouse**

“When they grow up, they'll know how to become a leader.”



**Daniel Robinson,
civilian**

“It helps children understand that things don't have to be accomplished alone. When they're able to work together and build off each other's ideas, it can allow for better results.”



**Michael Janik,
civilian**

“Being able and capable to lead a group, as well as grow as a group, is an invaluable skill set that will follow them throughout their lifetime. It's easier and far more efficient to start early in childhood and foster the ability to work together and lead.”

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

Revised field doctrine prepares Soldiers for changing global threats

By Joe Lacdan
Army News Service

FORT MEADE, Md. – An increased emphasis on large-scale ground combat and a greater focus on cybersecurity during combat operations are among key changes in the Army’s updated Field Manual 3-0, Operations, released Friday.

America’s potential enemies now have capabilities greater than what Soldiers faced from insurgents in the Middle East. Threats from near-peer adversaries today include the infiltration of communication networks and cybersecurity compromise during combat.

“They have the ability to reach out and touch you – to interrupt your networks, to amass long-range artillery fires on your formations,” said Col. Rich Creed, director of the Combined Arms Doctrine Directorate at Fort Leavenworth, Kansas. “How to consider protection is different ... (they) force you to dig in, or stay mobile and to consider air defense of your key assets ... those are the kinds of challenges we’re talking about.”

The changes, directed by Gen. Mark Milley, the Army chief of staff, mark the first updates to the manual since 2011, when the Army moved from the AirLand Battle concept to unified land operations focusing on the joint force. To revise the guidance, the CADD worked closely since last fall with Lt. Gen. Michael Lundy at the Combined Arms Center and



PHOTO BY SGT. PATRICK EAKIN

Soldiers from B Co., 8th Bde. Engineer Bn. conduct a tactical road march during demolition training on July 9, Warrior Base, South Korea. The Army released a revised version of the Army Field Manual 3-0 Friday, providing doctrine focused on large scale ground combat.

Gen. David Perkins at the Training and Doctrine Command.

The updates highlight a shift in readiness from counter-insurgency and stability operations to large-scale combat. Three chapters of the new manual will heavily focus on large unit tactics during large scale ground combat, addressing both the offense and the defense during operations. The emphasis on large-scale combat stems from the perception that conflict with a peer adversary is more likely now than any time since the end of the Cold War. Conflict with a nation state able to field modern capabilities approaching our own is quite different than facing insurgents in Afghanistan and Iraq, Creed said.

“Those adversaries have modernized,” Creed said. “They repre-

sent a type of capability that would be more challenging in many ways than what we’ve been doing. That type of warfare – large-scale ground combat – is a very different environment.”

Creed said CAC researchers examined which countries had the most dangerous conventional capabilities that were proliferated around the world so that doctrine could take a more threat-based approach to operations.

While the Army has focused resources on cybersecurity for years, Creed said the new manual will help account for cyberspace threats during combat and large-scale operations.

“There’s always been hackers,” Creed said. “We didn’t generally worry about that during military

operations because the people that we were fighting couldn’t really do a whole lot to affect our operations. However (China, Russia, Iran and North Korea) are very active in cyberspace and have significant capabilities in cyberspace that extend into the military realm. So there’s no separation of cyberspace between civilian and military; you have to be aware of it all the time.”

Other areas addressed by the manual include consolidation after tactical victories, one of the Army’s strategic roles. Creed said after U.S. forces seized Baghdad during the Iraq invasion of 2003, after the quick strike, the enemy was allowed to extend the war.

“(We) gave the enemy the opportunity to reorganize and pro-

tract the conflict for a long time,” Creed said. “Because we didn’t account for the different possibilities that they could continue resistance ... There’s a lot of other things you need to do after the initial battles to secure an area and make those gains enduring.”

Each of the manual’s chapters aligns with the Army’s strategic roles of shaping operational environments, preventing conflict, prevailing in large-scale ground combat, and consolidating gains.

The manual will also emphasize the roles of echelons above brigade. Creed said building around brigades won’t be enough in large-scale combat and that divisions, corps and theater armies take increased importance in large-scale operations. Finally, CAC made adjustments to the operational framework, the model commanders use to plan and conduct ground operations.

Creed said the revisions in the FM 3-0 will help deploying units continually prepare for future conflicts as the Army remains wary of threats from these nation states.

“We needed to make sure from a doctrine perspective that we had adequate doctrine to address those kinds of conflicts -- the high-intensity type of conflicts,” Creed said. “If you are engaged in large-scale combat with a nation-state adversary with modern capabilities, you’ve got a different problem set to deal with. So that’s the underlying reason for what we’ve done.”

Army rolls out latest version of iconic Abrams Main Battle Tank

By Ashley Givens
For Army News Service

LIMA, Ohio – Oct. 4, members of the Joint Systems Manufacturing Center workforce celebrated the delivery of the next iteration of the iconic Abrams Main Battle Tank as the Army accepted the first of six M1A2 System Enhancement Package Version 3 initial production vehicles.

Production for the M1A2 SEPv3 is being conducted at JSMC in Lima, Ohio and at the Anniston Army Depot in Anniston, Alabama.

“This version is the most modernized configuration of the Abrams tank, having improved force protection and system survivability enhancements and increased lethality over the M1A1 and previous M1A2 variants,” said Lt. Col. Justin Shell, the Army’s product manager for Abrams. “The Abrams M1A2 SEPv3 tank will be the foundation for future incremental system upgrades and can host any mature technology the Army deems operationally relevant.”



ARMY PHOTO

The Abrams M1A2 SEPv3 is step forward in reliability, sustainability, protection and onboard power, according to Army officials.

“The Abrams M1A2 SEPv3 is the first in a series of new or significantly improved vehicles that we will be delivering to the Army’s ABCTs,” said Maj. Gen. David Bassett, program executive officer for Ground Combat Systems. “It is a great step forward in reliability, sustainability, protection, and on-board power which positions the Abrams tank and our ABCTs for the future. Even in a fiscal environment that

has greatly hampered our ability to move towards entirely new vehicles, the Abrams M1A2 SEPv3 shows we can still deliver meaningful and operationally relevant improvements.”

The SEPv3 will replace the M1A2 SEPv2 which has been in production since 2005. In 2011, the Program Executive Office for Ground Combat Systems was directed by the Army to execute Engineering Change Proposals to

restore lost capability and allow the capacity for the insertion of new technologies.

The M1A2 SEPv3 improvements include the following.

- Joint Tactical Radio System: Integration of the Government Furnished Equipment Joint Tactical Radio System Handheld, Manpack, and Small Form Fit radio to support the need to establish network readiness and maintain battle command and communications interoperability with future Brigade Combat Teams.

- Power Generation and Distribution: Aspects include Improved Amperage Alternator, Slip Ring, Enhanced Hull Power Distribution Unit/Common Remote Switching Modules, and the Battery Monitoring System. These technologies address the power demand growth potential and the need for dissemination of critical information.

- Line Replaceable Unit/Line Replaceable Modules Redesign: Migration of current force Abrams platforms to a two-level maintenance scheme can be initiated through the implementa-

tion of Line Replaceable Module technology.

- Counter Remote Control Improvised Explosive Device Electronic Warfare V3: Counter Remote Control Improvised Explosive Device Electronic Warfare/Duke V3 is the latest version from PM CREW.

- Ammunition Data Link: The ADL is required to program the M829A4 Advanced Kinetic Energy and Advanced Multi-Purpose rounds.

- Auxiliary Power Unit: The under armor APU provides capability to operate on-board systems with a reduced probability of detection during silent watch operations.

- Armor Upgrades: The Abrams Tank will continue to advance its ballistic protection to counter the latest threats and maintain battlefield superiority.

“These vehicles are not just about assuring our allies, or deterring or coercing potential adversaries,” added Bassett. “They are about compelling our enemies and winning the multi-domain battle.”



PHOTO BY NATHAN PFAU

Instructors of the Quarter

Fort Rucker's instructors of the quarter were recognized during a ceremony at the U.S. Army Aviation Museum Oct. 4. Those recognized were (right to left) Capt. Scott G. McMahan, D Company, 1st Battalion, 145th Aviation Regiment, 1st Aviation Brigade, Officer Academic Instructor of the Quarter; CW2 Steven A. Roth Jr., C Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., Officer Flight Instructor of the Quarter; Staff Sgt. Min S. Choi, C Co., 2nd Bn., 210th Avn. Regt., 128th Avn. Bde., NCO Academic Instructor of the Quarter; Staff Sgt. Shain P. Huggler, F Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., NCO Flight Instructor of the Quarter; Laura A. Smith, B Co., 2nd Bn., 13th Avn. Regt., 1st Avn. Bde., Civilian Academic Instructor of the Quarter; and Randy L. Smith, F Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., Civilian Flight Instructor of the Quarter.

News Briefs

Change of command

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

Clinic closure

Lyster Army Health Clinic will close at noon Wednesday for training.

Tell Me A Story

Command Sgt. Maj. Gregory M.

Chambers, command sergeant major of the U.S. Army Aviation Branch, will read the book, “Verdi,” to children as part of the Tell Me A Story: Making Connections and Finding Support through Literature initiative Oct. 22 at 3 p.m. in Bldg. 101. The story is geared towards children ages 4-12. Admission is free, but space is limited. To reserve a space, visit <http://tmasignin.questionpro.com>. Registration code is ENT.

For more information, send an email to PtoP.Enterprise@MilitaryChild.org.

Fort Rucker Retiree Health Fair

The 43rd annual Fort Rucker Retiree Health Fair is scheduled for Oct. 27 from 8 a.m. to noon at Yano Hall, Bldg. 4605. All retirees and their family members are welcome to attend. Lyster Army Health Clinic and other agencies will have booths with information on various health topics, including health and disease management information, physical therapy, fitness, nutrition and more. Light refreshments will be available along with several door prize draw-

ings. Pending arrival of flu vaccines, retirees and their family members may also be able to receive flu and pneumococcal vaccinations.

For more information, call 255-2292.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Oct. 27 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the post’s latest retirees for their service to the nation.

Top Soldier, NCO named after Best Warrior contest

By Sean Kimmons
Army News Service

WASHINGTON — The Army now has two more role models for all Soldiers to follow. After six days of demanding events at the Best Warrior Competition last week, a specialist and staff sergeant stood out among this year's highly-skilled competitors.

U.S. Army Pacific's Spc. Hazen Ham and Staff Sgt. Ryan McCarthy, who represented the Army Training and Doctrine Command, were officially named the Army's Soldier and NCO of the Year, respectively, during an awards luncheon Monday at the Association of the U.S. Army's Annual Meeting and Exposition.

"The group of Soldiers here is one of the finest I've ever trained and worked with," said Ham, 21, who is an infantryman with 25th Infantry Division's 3rd Brigade Combat Team. "It was a pleasure to see how they performed and, honestly, I didn't think I had won because they are that good."

This year's Best Warrior had 22 competitors who excelled in other competitions at 11 major commands before they moved on to the Army-level contest. There, they faced long days of grueling tasks at Fort A.P. Hill, Virginia, that mentally and physically challenged them.

Held annually since 2002, Best Warrior tests Soldiers on their aptitude through physical fitness assessments, written exams, urban warfare simulations and other warrior tasks and battle drills. Selection boards in front of some of the Army's most senior enlisted leaders, including Sgt. Maj. of the Army Daniel A. Dailey, are also part of it.

Organizers purposely left Soldiers in the dark throughout the competition to better identify the eventual winners.

"The competition is designed to be very, very diverse," Dailey said. "From the time they get off the bus, they're being evaluated and some things they have no idea they are being evaluated on. What we're trying to do is actually find the best Soldier."

The uncertainty of not knowing what would occur during the events gave McCarthy — an instructor at the Sapper Leader Course on Fort Leonard Wood, Missouri — a taste of what he trains his students on.

"Like what I tell Sapper students all the time," said McCarthy, 27, of Belgrade Lakes, Maine, "if you treat it like it's real, you will be successful."

His leadership skills were also tested under pressure. "They really evaluated you on your ability to adapt as a leader and your ability to thrive in chaos," he said.

The most challenging part for Ham, of Hillsborough, North Carolina, was the cumulative physical and mental stress he and others endured over the week.

"Every day you were just more



PHOTO BY SEAN KIMMONS

Spc. Hazen Ham, second from left, and Staff Sgt. Ryan McCarthy are congratulated by Sgt. Maj. of the Army Daniel A. Dailey and Gen. James C. McConville, the Army's vice chief of staff, during an award ceremony for Soldier and NCO of the Year at the Association of the U.S. Army's annual meeting and exposition in Washington, D.C., Oct. 9. Both Soldiers won the Best Warrior Competition, which was held Oct. 1-6 at Fort A.P. Hill, Va.



PHOTO BY PFC. ERIC CERAMI

Spc. Hazen Ham, who is assigned to U.S. Army Pacific, investigates the wreckage of a simulated improvised explosive device detonation as part of the Best Warrior Competition Oct. 4.

tired, more fatigued," he said. "But it was also very realistic. That's the way it is in the real fight."

All of the events, many of which were complex scenarios seen in combat, boiled down to one thing — readiness, one of the Army's top priorities.

"That's the whole purpose of this competition," Ham said. "It's some of the most functional, realistic training I've ever experienced in my Army career. I'll be able to take it back and re-enact parts of it and use that for Soldiers underneath me and beside me. It'll greatly benefit the force."

While all the competitors had already won at their respective commands, Dailey expected each of them to continue giving it their all for Best Warrior.

"This is a competition," Dailey said. "This isn't sixth grade soc-

cer where we're all going to get ice cream at the end of it. This is big boy, big girl rules."

Still, he believed those who competed are the Army's finest even if they didn't go home with a trophy.

"There are 1.18 million Soldiers in the Army and only 22 of them get to compete," he said. "It takes a lot of hard work and effort. They are all superhero kids. Any one of these kids on any given day probably could have done it, too."

TOP FINISHERS

Soldier of the Year:

1. Spc. Hazen Ham, U.S. Army Pacific;
2. Spc. Grant Reimers, Army National Guard; and
3. Pfc. Rowan Lovell, U.S. Army Special Operations

NCO of the Year:

1. Staff Sgt. Ryan McCarthy, Army Training and Doctrine Command;
2. Sgt. 1st Class Brenden

- Shannon, Army Forces Command; and
3. Sgt. 1st Class Benjamin Garcia, U.S. Army Pacific.



PHOTO BY STAFF SGT. NICHOLAUS WILLIAMS

Staff Sgt. Ryan McCarthy, assigned to TRADOC, conducts a physical fitness assessment during the Best Warrior Competition Oct. 2.

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Megapass & Advance Gate Tickets
on sale until 5:00 p.m., Thursday, November 2nd at the NPF Ticket Office, Online & Eagle Eye Outfitters.

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\$1 from each Megapass sold at McDonald's will be donated to Ronald McDonald House

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USAACE

Continued from Page A1

The flu vaccine also will be available to retirees at the Retiree Health Fair Friday, Oct. 27 from 8 a.m. until noon at Yano Hall.

Vaccinations for all other beneficiaries will be given in Lyster's immunization clinic beginning Mon., Oct. 30.

The Lyster immunization clinic also will extend their hours to be open 4:15 p.m. until 5:15 p.m. on Nov. 6, 8, 14, 28 and 30, which should help ensure vaccination of Department of Defense Education Activity school-aged children.

Civilians also have the option to get the flu shot at area pharmacies and doctor's offices.

Vaccination is required for all Soldiers, according to Sgt. 1st Class Jamie Phelps, non-commissioned officer in charge of Plans, Training, Mobilization and Security at Lyster.

"Readiness is the number one priority," said Phelps.

People should bring their ID card, and fill out the required screening form.

The flu has four strains, and each year the vaccine reflects the strain that is most



PHOTO BY KELLY MORRIS

Senior Executive William G. Kidd, Deputy to the Commanding General, U.S. Army Aviation Center of Excellence and Fort Rucker, receives a flu shot Oct. 6.

prevalent that year, according to Carolyn Peterson, a nurse and allergy and immunization technician at Lyster.

It takes two weeks for the vaccine to work, Peterson noted.

People should not worry if they feel

some mild symptoms after getting the shot. Mild symptoms may include soreness in the area where the shot was given, fever, cough, aches and fatigue. These should go away within a couple days.

"They may have a mild reaction to the vaccine. They might have a slight temperature, or not feel good, but that's not the flu, that's the vaccine working, to build up antibodies for it," Upshaw-Combs said.

The elderly and the young are especially susceptible to the disease, and should be vaccinated, Upshaw-Combs said.

If anyone is feeling ill, has had Guillain-Barre Syndrome, or had a serious reaction to the shot in the past, they should not get a flu shot.

To keep the disease from spreading, general preventative measures include washing hands frequently or using hand sanitizer if soap and water is unavailable, and staying home if you're sick to avoid the spread of illness. People should try to eat a healthy diet and get plenty of rest. Also, if a person has a cough, they are encouraged to use a face mask provided at the clinic while they're there, out of consideration for others.

1-212th

Continued from Page A1

"We're extremely happy to welcome Command Sergeant Major Coquat and his wife, Rawnie, to the battalion," he said. "Based on my interaction with [Coquat], I'm confident that the 1-212th is receiving a command sergeant major with the necessary Aviation experience and motivation to achieve a long list of future successes."

Coquat enlisted in the Army in 1998 as a medium helicopter repairer, and with his nearly 20 years of experience in the Army, comes to Fort Rucker with a wealth of experience having served in multiple leadership positions across the globe.

He's performed duties as an MH-47E Chinook crew chief in the Special Operations Aviation Training Company Flight Training section, as well as for B Co., 2-160th Special Operations Avn. Regt. at Fort Campbell, Kentucky. He was also a flight platoon sergeant in Korea, a detachment sergeant in Honduras and returned to the 160th SOAR as the NCO in charge for the Regiment Aviation Maintenance Office.

He is a combat veteran with numerous deployments in support of Operation Enduring Freedom, Operation Inherent Resolve and other contingency operations.

Coquat went on to thank his family

members and those who gave him the opportunity to serve as a senior NCO in the unit.

"I first want to thank (my wife), Rawnie, for all the love and support she's given me," said the incoming command sergeant major. "She married into this Army life as I made master sergeant six years ago and dove headfirst into everything the Army's ever asked of her. I would not be here today if it weren't for you."

"Thanks to the chain of command for this prestigious opportunity. I want to thank the Nix and the Awai families for welcoming us into the Wings family. You made us feel at home right from the start,"

he said. "Serving as a command sergeant major in this great Army is an honor and a privilege. It is truly humbling and it means the world to me."

Although Coquat said he's privileged to take the reins from Awai, he knows that his journey to success will require teamwork.

"Let's not forget those in harm's way, those who support us and those who have gone before us," he said. "Wings of Freedom Soldiers, thank you for all you do to serve this great nation. You look outstanding today, and I look forward to all we can do together and the many successes that I'm sure that we will have."

Retiree

Continued from Page A1

health fair can receive their vaccination at the clinic starting Oct. 30 from 7:30 a.m. to 3:30 p.m. in the Preventive Medicine Department at LAHC.

"The retiree health fair is a great event for retirees

and their family members because it gives them a chance to see what Lyster and on-post agencies have to offer," said Capt. Mildred Castillo, chief of Preventive Medicine at LAHC. "We will also welcome medical professionals from around the local area in celebrating our retirees."

Other agencies attending include Medical Center Enterprise, Corvias, Flowers Hospital, Covenant Care, Dothan Specialty Clinic, Hollowell Chiropractic, Center for Vein Restoration, Veterans Affairs clinic and Red Cross, among others.

For more information, call 255-7930.

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USAPHC <http://phc.amedd.army.mil/>

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Dothan Kia, located at 2985 Ross Clark Circle, is proud to serve Dothan and surrounding communities.

DOTHAN, AL — Mr. Matt Milanowski, General Manager of Dothan Kia, stunned area residents today by announcing that, due to popular demand, Dothan Kia will bring back the **\$3,500 CASH FOR KLUNKERS[†]** for the very last time. In 2009 many Americans took advantage of the **CASH FOR KLUNKERS[†]** event by trading in their old cars, trucks, and S.U.V.'s for a newer more fuel efficient means of transportation with a guaranteed \$3,500 trade allowance for their vehicle. Milanowski confirms **“IT’S BACK”** and that the event will be held for **FOUR** days only, **Thursday through Monday (Closed Sunday)**, regardless of weather conditions.



1999 AUDI A4
\$99 per month with Cash for Klunkers*

Milanowski offers a simple explanation for this spectacular sales event, “The program that stimulated the economy in the summer of 2009, giving consumers a once in a lifetime opportunity to trade up from their old, worn down vehicles and get into a newer, more dependable means of transportation is back.”



2011 KIA OPTIMA SX
\$139 per month with Cash for Klunkers**

DOTHAN KIA HAS BEEN SELECTED AS THE ONLY LOCATION IN THE REGION RENEWING THE GUARANTEE OF \$3,500 CASH FOR KLUNKERS TRADE IN. While many Americans took advantage of this program in 2009, some missed out on the incredible savings due to a rapid depletion of inven-

tories. We are proud to bring this program back to our customers in Dothan for a limited time only. The customers that missed out on the incredible savings eight years ago have been demanding for a return of the program and now **“IT’S BACK”**.

“Dothan Kia will give you \$3,500[†] for your trade-in, regardless of condition, toward the purchase of any pre-owned vehicle on the lot, during this 4 day sales event!”

— Matt Milanowski, GM

There will be many vehicles to choose from including trade-ins, lease turn-ins, specially purchased vehicles, company cars and more. Milanowski goes on to mention, “Dothan Kia is grateful for all the community support we’ve received over the years. We could ship these vehicles off to auction, but I’d rather give back to the community and pass the savings on to our customers. I can assure you, if you want to get a great deal on the vehicle of your dreams, you won’t want to miss this event.”



2010 TOYOTA CAMRY LE
\$155 per month with Cash for Klunkers***

During this exclusive event, extended terms and special financing will be available to help reduce monthly payments or obtain credit for those who may have had credit challenges in the past. With recent events due to a complex economy, good people have run into difficult circumstances which have made purchasing a new vehicle challenging. Dothan Kia believes in helping those individuals with credit challenges get back on their feet again. Everyone is welcome and special lenders will be on site to provide funding for those who feel there may be something negatively affecting their

credit situation. Representatives will be on hand for immediate approval and release of these ‘insider’ deals.

Many of the pre-owned vehicles offered are late model vehicles with low mileage and balance of factory warranty remaining. Auto shoppers can choose from many makes and models including Kia, Honda, Jeep, Chrysler, Ford, Chevrolet, Mercedes-Benz, Cadillac, GMC, Nissan, Hyundai, Saturn, Toyota and more. To ensure that everyone can take advantage of great deals, prices will be clearly marked on windshields. All you’ll need to do is pick a vehicle. **It’s that simple.**



2012 CHEVROLET 1500 Z71
\$209 per month with Cash for Klunkers****

During the 4-day event, all trades are welcome, paid for or not¹. You don’t want to miss the unique opportunity to obtain a newer pre-owned car, truck, van or sport utility with an unbelievably low down payment!” Milanowski also reminds customers that the event is first-come, first-served, so it’s critical to come early to have the best chance of getting the vehicle of your choice.

If you missed out on the “Cash For Klunkers” Event in 2009, you have just one last opportunity right now to take advantage of this special offer at **Dothan KIA** located at: **2985 Ross Clark Circle** in Dothan for 4 days only, this:

Thursday	8:00am - 7:00pm
Friday	8:00am - 7:00pm
Saturday	8:00am - 6:00pm
Sunday	(Closed)
Monday	8:00am - 7:00pm

For further information please call:

(334) 673-8195

or just go to

www.DothanKia.com

to preview these awesome vehicles at incredible prices.

*All vehicles are subject to prior sale. Price does not include applicable tax, title, license, processing fees, documentation fees, and destination charges and after \$3,500 Cash For Klunker Incentive, W.A.C. Dealer participation affects final negotiated price. Not all buyers will qualify.

*1999 Audi A4, stk# FT9740A Only \$99 per month after \$3,500 CFC. \$0 down, 3.49% @ 36 months. Selling price \$2,900 after \$3,500 CFK incentive, WAC + tax + title fees. **2011 KIA Optima SX, stk# SL9419A Only \$139 per month after \$3,500 CFC. \$0 down, 3.49% @ 60 months. Selling price \$6,900 after \$3,500 CFK incentive, WAC + tax + title fees. ***2010 Toyota Camry LE, stk# SL9516A Only \$155 per month after \$3,500 CFC. \$0 down, 3.49% @ 60 months. Selling price \$7,900 after \$3,500 CFK incentive, WAC + tax + title fees. ****2012 Chevrolet 1500, stk# PT20883 Only \$209 per month after \$3,500 CFC. \$0 down, 3.49% @ 60 months. Selling price \$10,990 after \$3,500 CFK incentive, WAC + tax + title fees.

†\$3,500 Cash For Klunkers guarantee towards the purchase of any pre-owned vehicle in stock, limit one trade-in per customer; individuals only, no retailers or brokers, this is not a government program, not affiliated with the federal CARS (Car Allowance Rebate System) program. All trade vehicles that are to be considered part of the Cash for Klunkers program need to be presented prior to negotiating any financial negotiation. All advertised prices assume \$3,500 trade-in. See dealer for details.

1 Trading in a vehicle will not eliminate your debt. Negative equity will be added to any purchase or lease.

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REAL ESTATE SHOWCASE

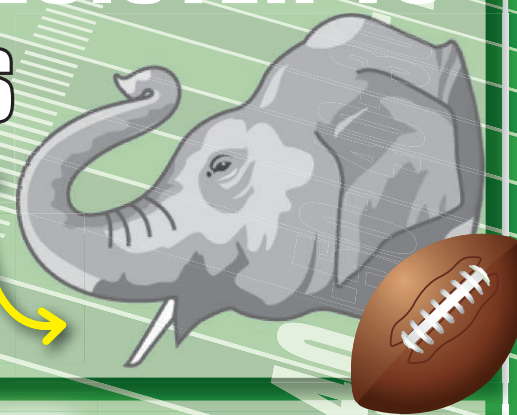
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**OPEN SAT, OCT. 14
10:00AM-12:00PM**



103 GRAYTON LN \$249,999

Beautifully updated 4 bedroom, 2 1/2 bath home in the desirable Cotton Creek subdivision! The spacious open living area has new hand scraped engineered hardwood flooring, & the gorgeous kitchen has new ceramic floor and stunning quartz counters. The split bedrooms offer great personal space. The master suite invites you in with its spa like atmosphere; the perfect place to relax! 2 car garage, extra storage space, oversized porch & a large fenced in yard. Holly Hill Elementary. Plenty of room for a pool.

Directions: Hwy 27N to right on Porter Lunsford Road, left into Cotton Creek. Right onto Grayton Lane. House is on left.

Theresa Hernandez 334-379-5937



**OPEN
HOUSE**

**OPEN SUN, OCT. 15
1:00PM-3:00PM**



101 LOYOLA CIR - PRICE REDUCED \$154,000

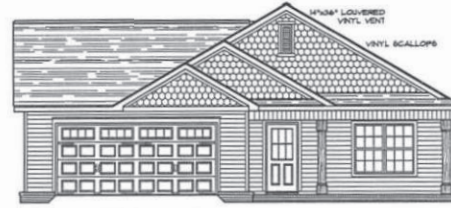
Nice size 3 BR, 2 Bath brick home (2074 Sq Ft +/-) on a large corner lot - Has new hardwood floors throughout, new granite counter tops, new stainless appliances, new light fixtures and freshly painted inside and outside. Features a large living room with cathedral ceilings and a fireplace. And also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

Directions: From BWC toward Lowe's - take Left on Dauphin Street (toward main street) - Take Left on Loyola - The house is straight ahead - Look for the C21 sign
Bob Kuykendall 334-369-8534
Nancy Cafiero 334-389-1758



**OPEN
HOUSE**

**OPEN SUN, OCT. 15
2:00PM-4:00PM**



200 JASMINE CIR \$169,500

New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 2 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. (Winterberry Plan)

Directions: Woodland Park Subdivision: From the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine Circle or left onto Winterberry Way and right on Jasmine Circle
Chris Rogers 334-406-0726



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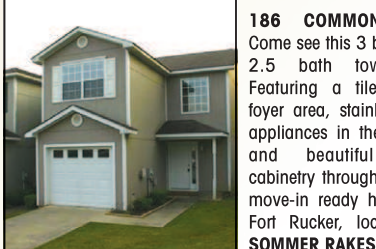
208 WINTERBERRY WAY: New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 2 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fenced back yard. (Winterberry Plan) Owner is licensed residential home builder and REALTOR in the State of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

\$115,000



104 WHITNEY AVE: Located in Cotton Creek Plantation Subdivision, this 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. Come take a look before it is gone! **EVELYN HITCH 406-3436**

\$80,000



186 COMMONS DR: Come see this 3 bedroom, 2.5 bath townhouse! Featuring a tiled entry/foyer area, stainless steel appliances in the kitchen and beautiful white cabinetry throughout. This move-in ready home is only minutes from Ft Rucker, local shopping and dining. **SOMMER RAKES 406-1286**

\$178,000



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

\$150,000



104 NAVAHO DR: Recently updated home with over 2200 sq. feet is convenient to shopping, fitness centers, restaurants, Fort Rucker & more. Freshly painted, new light fixtures in back bedrooms, both baths and hallway; new ceiling fans in master bedroom and master bath, new carpet in all three bedrooms, new vinyl flooring in mudroom and both baths; new faucets in both baths and kitchen. Stainless steel kitchen appliances; dressing room. Deck on back for relaxing, entertaining, or enjoying games in spacious back yard. **MARGE SIMMONS 477-1962**



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NEW LISTING • \$249,000



110 BROOKSTONE: New 4-3 in Stonechase Phase II. Fully grassed yards, whole yard sprinkler systems, privacy fences and stainless appliances to include the refrigerator are standard features with this new home. Brick, stone and hard-plank exterior make this a Craftsman style home. Inside are granite counter tops, a custom tiled master shower, tile, wood and carpet flooring. Some color selections may still be available. Seller is a licensed Realtor in the State of Alabama. **NORMAN RILEY 406-6746**

NEW LISTING • \$112,000



209 EAGLE LANDING DR: All brick and vinyl townhouse in Eagle Landing 2bedroom/2.5 bath with community pool and club house. Very close to shopping and restaurants. Wonderful double deck porch off the family room and off the master bedroom. Huge Master large enough for sitting area and King size bed! Stainless appliances and tile flooring make the family room great for entertaining! **MAGGIE HAAS 389-0011**

NEW LISTING • \$296,000



131 DEER RUN STRUT: Home is immaculate and move-in ready. Windows and roof are 5 years old, has termite bond, has alarm system. Beautiful molding and chair rail, 2 gas heaters, blueberry and satsuma bushes. Wired for 110 generator which is 6500 KW. Lots of built-ins. Has attic exhaust fan, double oven, and much more! Large wooded area in rear of property. **JACKIE THOMPSON, 406-1231 & TERRI AVERETT, 406-2072**

NEW LISTING • \$129,500



108 HARGETT ST: Great location, less than 10 minutes from FT. RUCKER work there, go home for Lunch! New Roof, Interior painting, New Flooring, Newer HVAC. **FRAN CLAYTON KALTENBAUGH, 790-5973 & DON KALTENBAUGH 464-1069**

NEW LISTING • \$159,000



762 LAKE FOX RD, CHANCELLOR: Great home in the country on 1.93 acres m/l with a circular driveway. Single car garage attached with a large storage room, as well as a detached one car garage/workshop with another large storage room. One owner home with split bedrooms, large grandroom with fireplace that you can either use gas logs (propane tank) or your old fashioned wood burning. Master bath shower has been redone (REBATH) to allow for walk-in. Both well and city water. Sun porch has window a/c, and goes out French doors to deck. **EVELYN HITCH, 406-3436**



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ARMY PHOTO

Two AH-64E Apaches sit parked at a forward arming and refueling point in southwest Asia in July. FARPs operated by the 449th ASB expand the reach and capabilities of Aviation assets supporting Combined Joint Task Force Operation Inherent Resolve.

CRITICAL SUPPORT

29th CAB Soldiers sustain fight in Operation Inherent Resolve

By 1st Lt. Leyda Ocasio-Kanzler
For Army News Service

SOUTHWEST ASIA — Soldiers from the 29th Combat Aviation Brigade are providing critical support in the fight against ISIS by manning remote Forward Arming and Refueling Points for U.S. aircraft in the region.

The 449th Aviation Support Battalion supports rotary-wing assets by standing up multiple FARPs, which service over 380 aircraft and issue over 257,000 gallons of fuel.

Sgt. 1st Class Robert Aldrete is the support operations-petroleum noncommissioned officer in charge for the 449th ASB and relies on 20 years of experience as a fueler.

In order to develop each FARP and manage it safely, 449th Soldiers needed to conduct site survey analysis, study the wind directions of each location, complete routine fuel testing and calculate expected resupply, said Aldrete, who is on his second deployment with the 449th ASB.

Aldrete's experience in the field helps him lead the Soldiers who are executing these mission critical tasks and complete the planning required to stand up new FARPs.

The 449th ASB Soldiers constantly assessed their operations and made changes as appropriate, which led to safer and more combat effective FARPs throughout the region, said Capt. Jonathan Ireland, who assisted with planning and resourcing these vital locations.

Soldiers are relied on to fill multiple roles, which include anything from helicopter repairs to fueling.

Spc. Omar Reyes and Sgt. Sidney Lopez, from B Company B, 449th ASB, operated one of the FARPs.

This type of work allowed both Soldiers the opportunity to see the aircraft they work on in a different capacity. "We see our birds in action," said Lopez.

As AH-64E Apache maintainers, they were able to assess and provide repairs when needed while providing additional services to ensure safe operations for the pilots.

Reyes saw this opportunity to develop and use his skills, which he considers "the bread and butter of our MOS."

Working on a FARP has given the Sol-

diers a sense of pride in how they are able to see the helicopters that they work on continue their missions due to the services that they provide at the FARP, said Lopez.

These Soldiers were the first ones on site and also guaranteed that it was safe to refuel the aircraft and even guided pilots to land in brown out conditions.

No matter the location or the challenge, the Soldiers of the 449th ASB stand ready to accomplish and sustain coalition forces throughout the fight against ISIS in Operation Inherent Resolve.

The 29th Combat Aviation Brigade, an Army National Guard brigade, provides Aviation assets, operational and logistical support to Operation Inherent Resolve, the campaign to defeat ISIS in Iraq and Syria.

A CHANCE TO LEARN

Army Aviators bring expertise to Romania in MedEvac exercises

By David Vergun
Army News Service

CAMP MIHAIL KOGALNICEANU, Romania — When Soldiers from 2nd Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade arrived in March, they hit the ground running, or in this case, they hit the air flying.

Within just 24 hours of landing in Romania in their UH-60 Black Hawks, the battalion conducted an air-assault mission with Romanian counterparts, said Capt. Jeff Timmick, B Company commander.

Operations over the summer occurred at a rapid pace during exercise Saber Guardian 17, he said. Saber Guardian involved some 25,000 U.S. and NATO forces, who participated in joint and combined training in Romania, Bulgaria and Hungary. It was the largest exercise in the region in recent memory.

Timmick described a typical day of training during the exercise, in this case with a Romanian unit on a MedEvac mission.

Three U.S. Black Hawks carried Romanian troops. Leading the formation was a Romanian IAR 330 Puma aircraft, which is similar to a Black Hawk. The mission took them to multiple locations, including the Carpathian Mountains, where a simulated MedEvac and perimeter security mission was conducted.

Sgt. Cory Edwards, a platoon sergeant, crew chief and standardization instructor of B Co., recalled that this particular mission was an incredible opportunity to meet and learn alongside the Romanians.

With over 1,000 flight hours logged since joining the Army six years ago, Edwards said safety is still his No. 1 priority during missions. For example, besides a pilot and co-pilot, each Black Hawk has two crew chiefs who serve as the eyes for the pilots as they land in rugged terrain or fly in difficult conditions.

A senior crew chief is always paired with a junior one, he said, so that there's someone who knows the

SEE ROMANIA, PAGE B4



PHOTO BY DAVID VERGUN

1st Lt. Alexis Lenavitt, a Black Hawk helicopter pilot with 2nd Battalion, 10th Combat Aviation Brigade, operating out of Camp Mihail Kogalniceanu, Romania, discusses current operations.



PHOTO BY MARKUS RAUCHENBERGER

Sgt. Keith Jesmain, 12th Combat Aviation Brigade, attaches his harness to the railing inside a UH-60 Black Hawk prior to lift off during the European Best Sniper Squad Competition at the 7th Army Training Command's Grafenwoehr training area, Germany, Sept. 25. The European Best Sniper Squad Competition is a U.S. Army Europe competition challenging militaries from across Europe to compete and enhance teamwork with allies and partner nations. The competition is multinational by design and involves units from 14 countries.

FRIENDSHIP FEST

Community-building event finds renewed life with Task Force Falcon

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

USAG ANSBACH, Germany — Classic American rock echoed through a crowd. Smoke billowed from a barbeque — burgers flipping and hotdogs turning methodically as they cooked.

Without a care, children chased each other through the maze of picnic tables and adults' legs. The sun shined down on the final day of summer as partygoers shared laughs and reminisced of days past.

It's a familiar sight and feeling to many Americans — the only exception being that this event was taking place on a U.S. Army air base in Germany.

The 10th Combat Aviation Brigade's Task Force Falcon welcomed the German public onto post for Friendship Fest 2017 at Storck Barracks in Illesheim Sept. 22.

"Today is an opportunity to rekindle what was once a yearly event on post — Friendship Fest," said Col. Clair A. Gill, 10th CAB commander.



PHOTO BY SPC. THOMAS SCAGGS

Col. Clair A. Gill, 10th CAB commander, presents a German child with a brigade challenge coin for having the best camouflage face paint during Friendship Fest 2017.

"Our good friend, Bugermeister Heinrich Forster, mayor of the Illesheim community, suggested we begin this tradition again. It's something that represents the German-American partnership and, unfortunately, it hasn't happened here in Illesheim in about 20 years."

Since the terrorist attacks of Sept.

11, 2001, measures to protect U.S. Army bases and their Soldiers dramatically increased, limiting access to the German public. For this year's event, added precautions had to be taken to ensure the event's safety and adherence to U.S. Army policies.

SEE FRIENDSHIP, PAGE B4

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Romania

Continued from Page B1

ropes and serves as a mentor for the junior members.

Besides guiding the pilot, each crew chief is also familiar with all of the mechanical, electrical and hydraulic systems of the aircraft, Edwards said. Should there be a funny noise or leaky seal, the crew chief will be there to diagnose the problem and advise the pilot on the best course of action to take.

“It’s a huge responsibility,” Edwards said. After a while, “you get to know each helicopter’s personality and you can even anticipate what might go wrong.”

Edwards added that he even gives nicknames to the helicopters because they seem to have their own unique moods.

CW2 Michael Falk, a maintenance test pilot, also emphasized the importance of training with the Romanians. “This is a necessary mission to enable a stronger and more self-sufficient Europe,” he said.

The former Marine Corps infantryman, who served multiple tours in Iraq from 2004 to 2008, said he knew he would eventually want to transfer to some sort of Aviation job, since his father flew A-10 Warthogs and F-4 Phantom jets in the Air



PHOTO BY DAVID VERGUN

Sgt. Cory Edwards, a platoon sergeant, crew chief and standardization instructor of B Company, 2nd Battalion, 10th Combat Aviation Brigade, operating out of Camp Mihail Kogalniceanu, Romania, discusses operations with NATO partners Sept. 18.

Force, and he wanted to follow in his footsteps.

Falk’s current duties involve conducting auto-rotation testing on aircraft, which involves climbing up to 5,000 feet and then dropping over 1,000 feet without power. Additionally, he said, any time there is a new part or repair, or if the pilot or crew chief senses something is wrong with an aircraft, it is his job to test the part and certify its airworthiness. No one flies until the

test is successful.

A bank of sensors and cameras helps Falk diagnose every blade movement and vibration, he said. The test indicates if the trim tabs need to be bent at a new angle, or if small steel weights need to be added inside a compartment at the end of a rotor to balance it.

The hardest job, he said, is coordinating logistics in this remote area of the world where it can take weeks for a part to arrive.

But anticipating what is or will be needed in spare parts is also part of his job.

There is also a system in place to ensure enough aircraft are available to fly at any given time. No more than 30 to 40 percent of the helicopters fly at one time, in order to ensure a reserve in case some helicopters need to be pulled for maintenance, he added.

At any given time, five to 10 percent of the aircraft are being worked on by the mechanics, Falk said. About 10 percent of the helicopters are spending one to two months in phase maintenance, which means being fully disassembled, checked and then reassembled with new or refurbished parts at a distant depot.

Although Falk knows his job inside and out, he said there is always a chance to learn.

For instance, he said he picked up pointers from the Romanians on corrosion control, since they operate in a dusty and salty air environment year-round. In turn, he has provided his Romanian counterparts with advice on using checklists and standardizing procedures.

This exchange of information has been just one benefit of the battalion’s rewarding stay in Romania, he said.

Friendship



PHOTO BY SPC. THOMAS SCAGGS

A German child tests out a 10th CAB CH-47 Chinook during Friendship Fest 2017 at Storck Barracks in Illesheim, Germany, Sept. 22.

Continued from Page B1

Gill said despite the added hurdles that security measures can sometimes present, he felt it was important, especially with the addition of rotational aviation brigades to Germany, to show the host nation people that their friendship and generosity doesn’t go unnoticed.

“As Soldiers supporting U.S. Army Europe’s Atlantic Resolve mission, we’re naturally very busy training,” said Gill. “This event lets our neighbors see that we’re human, that we’re people who have the same concerns they do, and we’re here and mean well. Despite the fact that all they may see us doing is work and military exercises, this event gives us a

chance to get to know each other and further our relationships.”

Since the event hadn’t occurred in such a long time, planning efforts started from the ground up. A team was formed to discuss what events and sights should be offered to the public.

Static displays of AH-64 Apaches, UH-60 Black Hawks, and CH-47 Chinooks were open for touring and staffed with crews to answer questions.

Similarly, several of the brigade’s vehicles and weapons systems were also available for people to learn about. For children, a bounce house, face painting and a water balloon course were provided.

One of the key event planners said 150 German people attended

the event. “I was really humbled by the great showing of support we had from our German neighbors,” said WO1 Christopher A. Morris-Schmidt, a C2 Systems Integrator with 10th CAB and Friendship Fest’s officer in charge. “The people here in Germany have been such welcoming hosts to us and it was nice to give back to them. I hope this is only the beginning and incoming rotational Aviation forces continue this tradition for years to come.”

The 10th CAB is nearing the end of its rotational deployment to Europe. Soon, the 1st Air Cavalry Brigade, 1st Cavalry Division, from Fort Hood, Texas, will seamlessly transition into theater as the 10th CAB redeploys to Fort Drum, New York.

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OCTOBER 12, 2017



PHOTOS BY NATHAN PFau

Soldiers take part in the Mogadishu Mile along Ruf Avenue during a day of remembrance Oct. 3 for the Battle of Mogadishu.

Fort Rucker Soldiers honor fallen of 1993 operation

By Nathan Pfau
Army Flier Staff Writer

Soldiers involved in the battle made famous by the movie “Black Hawk Down” were memorialized with an inaugural remembrance ceremony on Fort Rucker that saw hundreds of today’s Soldiers honor those who fought and fell.

Units from across the installation gathered on Howze Field Oct. 3 for the installation’s first commemoration of the Battle of Mogadishu, which consisted of a remembrance ceremony, a combat-focused training event and a speaking engagement with veterans of the battle, said Lt. Col. Chris Robishaw, U.S. Army Aviation Center of Excellence Special Operations Element.

“On Oct. 3, 1993, U.S. Special Operations Forces from Task Force Ranger operating in Mogadishu, Somalia launched a daytime mission into the Bakaara Market to capture high-priority targets loyal to war criminal Mohammed Farrah Aidid,” he said during the ceremony. “The raid, meant to last no longer than one hour, quickly shifted when Somali militia, armed with assault rifles, machine guns and rocket-



Soldiers of the NCO Academy take part in an Iron Squad competition Oct. 3 during the day of remembrance for the Battle of Mogadishu.

propelled grenades] managed to shoot down multiple UH-60 Black Hawk helicopters.”

During the operation, the numbers of armed Somalis increased into the tens of thousands, causing U.S. Rangers and special operators to become pinned down in a 19-hour standoff that lasted through the night, said Robishaw. In all, 18 U.S. Soldiers were lost in the battle before armored vehicles were able to extract the remaining American forces from the city.

To commemorate the battle, Soldiers participated in the Mogadishu Mile event, which began on Ruf Avenue and consisted of a three-mile physical training

route. The route was marked with 18 stations on the shoulder of the road in remembrance of each of the 18 Soldiers lost.

“The Mogadishu Mile refers to a route that was run by Rangers and (special forces members) from a helicopter crash site to an appointed rally point held by the 10th Mountain Division on National Street, during the Battle of Mogadishu,” said Robishaw. “Originally, they were supposed to take cover by running alongside a convoy of Humvees and armored personnel carriers. However, when the convoy failed to understand the vehicles were needed for cover, they left them, and the Soldiers were forced to



Luca Robishaw, Cub Scout and son of Lt. Col. Chris Robishaw, USAACE Special Operations Element, rings the bell on Howze Field.

run without support and with very little ammunition.”

For one veteran of the battle, George Siegler, who was a 19-year-old private first class during the battle, the day of remembrance is one that he feels great appreciation for.

“It’s a strange feeling,” he said, “but I think it’s absolutely amazing that somebody is taking the time to recognize the fallen. It’s a good feeling, so I had to come and be a part of it.”

Siegler was a part of 1st Platoon, B Company, 3rd Ranger Battalion, and was one of the Soldiers who roped in on the blocking position to pull security at the objective building, but quickly

realized during the mission that it was going to be anything but a typical day.

“I do remember seeing the first aircraft do what I thought was a fishtail, and, being a non-Aviator, I didn’t know what [the pilot] had done because I’d lost sight of him, but it was shortly after that my team leader came over and said that we were going to move to an aircraft that went down, and that’s when it kind of hit me,” he said.

For Siegler, that 19-hour fire-fight became the longest night of his life, but it also taught him that Soldiers, no matter their position in the Army, must be ready for a fight at all times.

“First, you’re fighting for the guys and gals to your left and right, and regardless of whatever your position in the military, you’ve always got to be ready to fight,” he said. “[When the ground convoys] finally got back to the airfield, they grabbed everybody they could – cooks, shop folks – and threw them in vehicles. Some people might just get that [mentality] that they just work in the [one area] or I just do this or do that [for their job], but you can’t forget about those basic skills.”

DOMESTIC VIOLENCE

Army celebrates 30 years of awareness, prevention efforts

By Jeremy Henderson
Army Flier Staff Writer

October is Domestic Violence Awareness Month and 2017 marks 30 years of prevention and awareness across the country.

This year’s theme is, “See the signs, avoid the hazard. Address the problems early.”

“Domestic Violence Awareness Month was launched nationwide in October 1987 as a way to connect and unite individuals and organizations working on domestic violence issues and raise awareness for those issues,” Luticia Trimble-Smith, Army Community Service family advocacy program manager, said. “Supporting and observing brings attention to this issue. All victims and survivors should be heard, and when we support and observe we are giving a voice to those individuals.”

“Over the last three decades, much progress has been made to support domestic violence victims and survivors, to hold abusers accountable, and to create and update legislation to further those goals,” she added.

According to Vivian Leonard, ACS family advocacy victim advocate, Domestic Violence Awareness Month table displays will be set up at Lyster Army Health Clinic and the Soldier Service Center, Bldg. 5700, throughout the month.

“These displays will provide educational information on healthy relationships, domestic violence facts and various items to keep the attention on awareness and domestic violence prevention,” she said. “Domestic violence awareness and prevention information is available at the ACS FAP offices throughout the year.

“[Domestic Violence Awareness Month] is important because it is an opportunity to celebrate survivors and remember those who have died as a result of domestic violence,” she added. “No one deserves to be abused, ever, for any reason. That’s why it’s important for all of us to get involved, raise awareness and speak out in support of victims and survivors during Domestic Violence Awareness Month.”

These displays will provide educational

information on healthy relationships, domestic violence facts and various items to keep the attention on domestic violence prevention. Domestic violence awareness and prevention information is available at the ACS FAP throughout the year.

Everyone is also urged to wear Purple on Fridays in October to show their support for victims and to end domestic violence, she added.

Awareness, according to Trimble-Smith, is a key component to detecting and preventing domestic violence.

“Awareness and prevention begins by learning how to identify the risk factors associated with domestic violence before it begins, and by learning how to promote respectful and healthy behaviors in relationships,” she said. “Learn healthy communication skills. Learn safe and appropriate ways to raise the issue of domestic violence with family, friends and co-workers.”

A new addition to 2017’s Domestic Violence Awareness Month campaign will be an instructor-led dance and exercise activity.

“Let’s Dance, Not Fight” will be held Oct. 20 from 6-7:30 p.m. at The Landing. Several on post agencies will have tables set up to provide helpful information on resources to help individuals stay healthy, happy and resilient.

“We wanted to provide a fun family event to help people come together and also to foster an environment of awareness and education,” Trimble-Smith said. “The event will be similar to a Zumba-style class, and everyone is invited to come and enjoy themselves.”

What should an individual do if they become aware of domestic violence?

“Domestic violence can be lethal,” Leonard said. “If you or someone you know is being abused, call local law enforcement or 911 immediately.

“For someone who has never experienced domestic violence, it may be difficult to understand why victims don’t report abuse,” she added. “Deciding to leave an abusive relationship (poses) serious risks to the victim and children in the household. Support the victim by being patient and non-judgmental. The safety of victims and children is essential. Confidential information and support are available through the Fort Rucker Family Advocacy Program victim advocate 24/7 hotline at 379-7947, where they can make a restricted or unrestricted report.”

Individuals can also increase their awareness and knowledge of domestic violence through FAP services and programs on post.

“FAP offers a variety of educational programs that promote protective factors and reduce risk factors,” Trimble-Smith said. “The key is early referral to prevention resources. Advocacy services are 24/7, providing crisis intervention that is non-clinical; safety planning; accompanying the victims throughout the legal and medical processes; and largely empowering the victim to make decisions that are independent and courageous. Two programs within AFAP are the victim advocacy program and new parent support program.”

For more information, call 255-3246 or 255-3898.



COURTESY GRAPHIC

ON POST

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

Jeoparteen 2000s edition

The Fort Rucker Youth Center will host its teen version of Jeopardy Friday at 4 p.m. The free game will feature pop culture and educational trivia questions centered on the 2000s. Prizes will be awarded. Participants must be a child and youth services member to participate – ages 11-18, grades six-12). For membership information or to sign-up for membership, call 255-9638.

Fall outdoor yard sale

The Fort Rucker Fall Outdoor Yard Sale is scheduled for Saturday 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. For more information, call 255-1749 or 255-9810.

Teen AFAP

The Fort Rucker Teen Army Family Action Plan is scheduled for Tuesday from 5-7 p.m. at the Center Library. The Teen AFAP gives Army teens a voice to address issues that impact their lives. Issues may range from entertainment and program options, to volunteer and job opportunities, to leisure time activities. To submit an issue contact the AFAP program manager at 255-1429, visit<https://rucker.armymwr.com/programs/army-family-action-plan>, or submit via Facebook event: Fort Rucker TEEN AFAP. Organizers are looking for looking for teens, ages 13 - 18 – must be in junior high or high school – to take part in the event. To sign up, call 255-9637 by Monday. Refreshments will be served. Also, for those who cannot attend in person but who still want to be a part of the Teen AFAP, they can join via Facebook.

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.

‘Let’s Dance, Not Fight’

The Army Community Service Family Advocacy Program its instructor-led dance and exercise activity, “Let’s Dance, Not Fight,” Oct. 20 from 6-7:30 p.m. at The Landing. ACS officials said the event will feature an evening of fun for the whole family. Several on post agencies will also have tables set up to provide helpful information on resources for people to stay healthy, happy, and resilient. For more information, call 255-3898.

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 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.

Youth skate night

The Fort Rucker School Age Center will host a football-themed skate night Oct. 20. Youth are welcome to show their support for their favorite teams by wearing their favorite jersey, T-shirt, hat, etc. Prizes will awarded throughout the event. Safety skate will cost \$2 and run from 5-6 p.m. Regular skate will cost \$5 and run from 6-8 p.m. Only cash payments will be accepted. All participants need to have a current pass with child and youth services. For more information, call 255-9108.

Zombie Ball

The Landing will host its Zombie Ball Oct. 21 from 8 p.m. to midnight. The event will feature dancing, music, a costume contest and Halloween fun, according to organizers. Tickets are \$10 in advance and \$12 at the door. The event will be open to the public for ages 18 and over. For more information, call 255-0769.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present its Blended Retirement System Seminar Oct. 24 from



PHOTO BY NATHAN PFAU

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night Oct. 26 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.

6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Oct. 23. Free childcare is available with registration. For more information and to register, call 255-3765 or 255-9631.

Library fall carnival

The Center Library will host its fall carnival Oct. 24 from 4-6 p.m. The event will feature costumes, crafts, fun and prizes, according to library officials. The costume contest will be broken into age groups: 0-6, 7-12 and 13-17. Judging is scheduled to begin at 5 p.m. No registration is required. The event will be open to authorized patrons and be Exceptional Family Member Program friendly. For more information, visit the Center Library or call 255-3885.

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 Oct. 26. 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.

Federal jobs workshop

Army Community Service will host its federal job workshop Nov. 2 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Job-seeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only. For more information or to register, call 255-2594.

Resilience workshop

Army Community Service will host a resilience workshop Nov. 2 from 8:15 a.m. to 12:45 p.m. in Bldg. 5700, Rm. 350. To attend, people need to register by Oct. 31. Resilience training is designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as help them perform better in stressful situations, according to ACS officials. The goal is for students to thrive when facing life challenges, not just bounce back. This month’s workshop will emphasize goal setting, activating events

DFMWR SPOTLIGHT

Come get spooky with us at The Landing on Fort Rucker Saturday, October 21 8pm till midnight.

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For additional information, please contact The Landing at (334) 255-0769. rucker.armymwr.com

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thoughts consequences, and hunt the good stuff. For more information, call 255-3161 or 255-3735.

Camping Under the Stars

Fort Rucker will host its seventh annual Camping Under the Stars Nov. 3 at West Beach, Lake Tholocco. The free event will feature a night of camping out, s’mores, hot chocolate, games, a story reading and two movies on the big screen. The event begins at 5 p.m., with story reading under the gazebo at 6 p.m. The two movies will run from 6:30-10 p.m. Some tents will be available through outdoor recreation – all for availability. The event is open to military families and authorized patrons. For more information, call 255-4305 or

255-1749. **Comedy show** The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will host a comedy show Nov. 4 from 7-9 p.m. at The Landing. The Army Entertainment Comedy Tour will feature Felipe Esparza, Finesse Mitchell, and Seaton Smith. People can buy \$10 advanced tickets at MWR Central, Coffee Zones, Mother Rucker’s and The Landing. Tickets will cost \$12 at the door. VIP tickets will cost \$100 per table – 10 seats per table on a first-come, first served basis --and be sold at The Landing. Doors will open at 6 p.m. The event will be open to the public for ages 18 and up. For more information, call 255-9810 or 255-1749.

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FACE OF DEFENSE

From infantry to optometry, Soldier helps thousands

By Air Force Tech. Sgt. Kamaile Casillas
Pacific Air Forces

TAM KY, Vietnam — After spending three years in a combat role as an infantryman stationed at Fort Polk, Louisiana, Sgt. Joshua Moffett decided to turn in his rifle to care for patients with eye problems, leading him to Pacific Angel Exercise 17-2.

Moffett, 24, hails from Deptford, New Jersey, and he served as an infantryman from 2012 to 2015.

“My brother, who was also an infantryman, had a lot of influence on my choice to join the Army,” he said.

But when his re-enlistment popped up two years ago, Moffett chose to step outside of his previous combat role and follow another career path. “I wanted to try something different, and the medical field is very different from what I was used to as an infantryman,” he explained. “It’s a different world in the medical field. What I do now is treat patients with any type of eye disease and help them to be able to see better.”

As part of a five-member optometry team during Pacific Angel 17-2, a joint and combined humanitarian assistance engagement, Moffett assisted in screen-

ing patients and providing them with glasses to help them in their day-to-day lives. “It was a really satisfying experience being able to see the difference we made from before they got here to after they left,” Moffett said. “And it’s nice to know that we were able to help as many people as we did.”

WORKING WITH OTHER SERVICES

Moffett also mentioned that it was nice to work with the sister services. “It’s just good to see how they operate, see if they do anything different,” he said. “Collaboration is better, because working together we’re able to see what methods work best and provide the best quality of care that we can.”

Although he is still contemplating whether or not to make the Army a career, Moffett said he continues to make the best of the opportunities presented to him as a Soldier.

“I wanted to explore the world when I came into the service,” he added. “I’m stationed in Hawaii, and the Army brought me to Vietnam, where I was able to help thousands of people. Needless to say, the Army has been good to me.”

Pacific Angel exercises have built positive relations through interactions such as these for



PHOTO BY AIR FORCE TECH. SGT. KAMAILE CASILLAS

Sgt. Joshua Moffett, an optometry technician assigned to Tripler Army Medical Center in Honolulu, Hawaii, works with patients at a health services outreach site during Pacific Angel Exercise 17-2 in Tam Ky, Vietnam, Sept. 13.

the last decade in Bangladesh, nesia, Vietnam, the Philippines, Laos, Tonga, Nepal and Papua Cambodia, Timor-Leste, Indo-Sri Lanka, Thailand, Mongolia, New Guinea.

Colorado Soldier takes service before self to utmost

By Capt. Ronald Bailey
Colorado National Guard

CENTENNIAL, Colo. — “The only gift is a portion of thyself,” wrote the famous American poet Ralph Waldo Emerson. For Colorado Army National Guard Staff Sgt. Atosha McGregor, her gift was truly a portion of herself, in the form of a bone marrow donation.

McGregor, a training NCO for Headquarters and Headquarters Detachment, Joint Force Headquarters, began her donation journey six years ago when a senior NCO in her section, who suffered from a form of leukemia, hosted a Salute to Life bone marrow donation event.

The NCO was just one of the about 10,000 people in the U.S. who are diagnosed each year with blood cancers such as leukemia, lymphoma and sickle cell anemia. About 70 percent of these people need to find a matching marrow donor outside of their own family for this life-saving procedure.

To help facilitate this critical donor matching, the Salute to Life program was established by public law in 1990 as the C.W. Bill Young Department of Defense Marrow Donor Recruitment and Research Program. The program works exclusively with the U.S. military, their families, and DOD civilian employees to facilitate marrow and stem cell donations. All Salute to Life recruits are listed within the National Marrow Donor Registry through a separate DOD donor management system.

At the Salute to Life event, McGregor and other Soldiers took a simple and painless swab test to determine if they might be a match for someone, and added their information into the registry. McGregor said that at the time, she knew little about the entire process and her chances of becoming a match.

Six years later, McGregor received a call from Salute to Life telling her that a potential match was found. For privacy reasons,



COURTESY PHOTO

Staff Sgt. Atosha McGregor, a training NCO for Joint Force Headquarters, Colorado Army National Guard, underwent a Peripheral Blood Stem Cell process, donating her bone marrow for a cancer patient as a part of the C.W. Bill Young Department of Defense Marrow Donor Recruitment and Research Program.

the program told McGregor that she might never know the full identity of the recipient. She only received basic demographic information such as age, sex, and the type of disease the person faced. McGregor immediately started to learn more about the specific disease and made a quick trip to Buckley Air Force Base in Aurora for a blood draw to ensure her match was close enough for a donation.

About a month later, she received the call. She was a match. She gave an unequivocal yes to proceed with the procedure.

“My fiancé was very supportive of my decision,” said McGregor. “Support from spouses, family and friends is key to the process.”

Marrow donations are done in one of two ways. Due to recent advances in medical procedures, three quarters of donations are done through the Peripheral Blood

Stem Cell process. A PBSC process is a non-surgical procedure that collects stem cells via the bloodstream. True bone marrow donation is required in about a quarter of all cases. This surgery, under general anesthesia, collects marrow cells from the donor’s pelvic bone using a syringe.

McGregor qualified for the less invasive PBSC process. Three weeks before the procedure, she and a companion of her choice flew to La Jolla, California, where she underwent further testing at Scripps Hospital. Unlike previous testing, this more exhaustive testing and medical history review was performed to ensure she was healthy enough to undergo the procedure. Still committed and medically cleared, her donation was scheduled for July 2017, and a coordinator was assigned to guide her through the process.

Three weeks later she again traveled to Scripps Hospital. The seven-day donation process started with two shots per day over the course of four days. These shots are designed to help move stem cells from the bone marrow and into the blood stream.

“After the four-day series of shots, I felt a little flu-like and ached a bit prior to the procedure,” McGregor said. “I think this was likely due to the excess of white blood cells in my system.”

On the fifth day she began the five-hour PBSC process, also known as leukapheresis. This process, similar to dialysis, involved removing some of her blood through an intravenous line and running it through

a machine that removed white blood cells containing her stem cells, and then returned her red blood cells.

Returning home a couple days after the procedure, McGregor returned to a regimen of healthy eating and exercise to minimize or prevent any potential after effects. This plan worked well for her, as she said most donors require a week of recovery, but she felt completely normal after only three days.

Now back to work, McGregor said she is a big advocate for the marrow donation program. She said donating is as easy as registering on the salutetolife.org website and swabbing your mouth with the kit that’s mailed to the potential donor.

“It was not hard —, uncomfortable at times —, but it wasn’t as awful as I would expect,” she said. “Considering that marrow donation could potentially save someone’s life, it was one of the easiest things I have ever done. I am surprised that more people don’t do it and encourage others to take the initiative. There are no out-of-pocket expenses and you could save someone’s life.”

Due to the anonymity of the process, McGregor may never know the effects of her life-saving gift. She indicated that she gave consent for the recipient to know who she was, but will have to wait another nine months to see if the recipient wants to reach out to her. She said she hopes that they do; not for her own benefit, but to know that her gift made a difference in that person’s life.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

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1 Corinthians 11:1

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GAME ON

Soldiers begin battlefield testing using computer gaming

By David Vergun
Army News Service

WASHINGTON — About 500 Soldiers began beta-testing a number of computer-generated vehicle platforms and weapons systems in a variety of simulated environments Tuesday, said Maj. Gen. Robert M. Dyess.

About 500 more Soldiers will soon be added to the testing, which is basically a computer-generated war game, he said, noting that slots are still open for anyone interested.

The gaming simulation, known as Early Synthetic Prototyping is a way for the Army to user-test existing, experimental and conceptual weapons, vehicles and various technologies in a number of environmental settings, he said.

Dyess, acting director of the Army Capabilities Integration Center, spoke Monday at the Association of the U.S. Army's Annual Meeting and Exposition.

The idea for ESP came about with the realization that Army laboratories across the nation were developing experimental weapons and vehicles without any suitable way to test these in an interactive manner, he said.

"Each lab has ways to simulate and model weapons systems, but not a place to put them all together," he explained. "So ESP is sort of like a sandbox where we can put a weapon system developed by, say Picatinny [Arsenal] on a vehicle system developed by TARDEC [Tank Automotive Research, Development and Engineering Center] with some communications gear developed by CERDEC [Communications-Electronics Research, Development and Engineering Center] with some night vision capabilities."

The second realization was that a lot of Soldiers spend a lot of their free time playing computer war games like Call to Duty and Warcraft, he said. Their feedback on a game developed by the Army could prove invaluable.

Those two realizations led to the launch of Operation Overmatch, an interactive, intense, realistic game that Soldiers could play, Dyess said, noting that work started in 2013 under the auspices of the Army Game Studio.

In 2016, ARCIC partnered with Research Development and Engineering Command to further develop the realism of the game, also assisted by the various Army centers of excellence, industry and academia, he said.

HOW THE GAME WORKS

Dyess provided an example of how the game works and he also showed a video of the game in action.

First, Soldiers with a .mil address visit operationovermatch.com, where they are provided a key to download software for the game, he said. Then, Soldiers are led to the user community where they can organize a game.

"We have multi-player games in which, say, four Soldiers are fighting four other Soldiers," he said. "Each side sees the [opposing force] and they get to choose what vehicles and weapons they want, what type of environment they

want to fight in – urban, mountain, forest. Then they fight and provide feedback after of what they like and don't like."

Currently, the game involves manned and unmanned teaming at the platoon level, Dyess said. These include a variety of unmanned aerial vehicles and large, unmanned ground vehicles that can be used as "robotic wingmen."

Feedback garnered after the game will help the Army "understand precision munitions, robotics, swarms of robots, jammers, advanced optics and other technologies not even thought of yet," he said.

Furthermore, game feedback will allow the Army to make rapid prototype changes in its research models, as well as concept of employment for how weapons systems can be deployed.

GAME HAS POTENTIAL

Because the game is just beginning the beta stage of testing, Dyess said it's still too early to claim success, but he said "we're excited about the potential."

Alpha testing is conducted within an organization by a representative group of users at the developer's side. Beta testing is conducted by the end users or others who are not programmers.

Alpha testing indicated Soldiers were eager to do the gaming and initial feedback from them proved useful, Dyess said.

The two questions "we first asked ourselves is, how interested Soldiers



PHOTOS BY DAVID VERGUN

About 500 Soldiers are beginning beta-testing a number of computer-generated vehicle platforms and weapons systems in a variety of simulated environments Tuesday – pictured is a screen shot of the Early Synthetic Prototyping, a way for the Army to user-test existing, experimental and conceptual weapons, vehicles and various technologies in a number of environmental settings.

would be in this and, secondly, how valuable would their feedback be," he said.

"The alpha testing resulted in some interesting employment ideas as well as recommendations for improvements of UAV controls such as using wave-points and countermeasures and jammers and counter-jammers and radar drone systems," he said. "A lot of time, Soldiers may not even know that they're being jammed. So

that's something they're asking for. Tell me when I'm being jammed."

That testing feedback will be passed along to acquisition professionals as well as those doing requirements generation, he noted.

The game's projected timeline is for initial operational capability by fiscal year 2019 and full operational capability in FY 2020.



A screen shot of ESP.



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Ancient Greek play allows Americans to examine cost of war

By Jim Garamone
Defense Media Activity

WASHINGTON — A combat veteran loses his best friend. He feels betrayed and deserted by family and friends.

He then takes his own life.

A tragic story ripped from today's headlines? No. It's the story of the Greek hero Ajax written by Sophocles more than 2,500 years ago.

‘TIMELESS THEMES’

"The play deals with timeless themes," said Bryan Doerries, the artistic director of the Theater of War.

Three actors – Glenn Davis, Marjolaine Goldsmith and Zach Grenier – gave a dramatic reading of the play before senior military leaders at Fort Lesley J. McNair's National War College Oct. 4. It was the first event of the Senior Leadership Conference and included the members of the Joint Chiefs of Staff, the combatant commanders and the senior enlisted leaders.

Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, invited Theater of War to give the performance. "[My wife] Ellyn, saw the play and recommended it to me," Dunford said.

When the chairman saw it last year, he said was struck by the power of the play and the relevance to service members today.

In the play, Ajax is in his ninth year of war. He is a hero who just lost his best friend – Achilles. He believes he should be given the honor of carrying his friend's armor, but the generals give it to a lesser man. Ajax feels betrayed. In a fury, he vows to kill the generals and when he acts on this he is whisked away by Athena, the goddess of war, and he blindly slays livestock.

When he comes out of his rage, he is ashamed of his actions, and the entreaties of family and friends are for naught.

When Dunford saw the play last year, the United States was entering its 15th year of combat. The Department of Veterans Affairs says more than 20 U.S. military veterans die by suicide each day.

CATALYST TO TALK

The Theater of War began in 2008 as a catalyst to get service members and vet-



PHOTO BY SGT. JAMES K. MCCANN

Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, hosts a presentation of the Theatre of War play for senior officers, senior enlisted leaders and their spouses at the National War College, Fort Lesley J. McNair, Washington, D.C., Oct. 4.

erans to talk about their experiences in war and the demons that came home with them. The first performance was in San Diego before Marines newly returned from the combat zone.

It is an effort to open lines of communications among service members, between service members and family members and between those who serve – or have served – in the military with the greater U.S. population, officials said.

Theater of War is Doerries' way of looking for a better way to deal with the invisible and visible wounds. He also looks for ways to get people to deal with the stigma around service members seeking mental health help and around suicide.

This was the 408th performance of the play, Doerries said. The group has put it on for infantry battalions just back from war,

for family members, for first responders, for wounded warriors, for homeless veterans and for general audiences.

"It is one of the few ways that we in the arts can help," he said.

The format of a presentation is an introduction of the play, the dramatic reading, a panel discussion which then opens up to a discussion among the audience. "The first time we put it on, the discussion lasted three hours," Doerries said.

SPIRITED DISCUSSION

The discussion didn't last three hours last night, but it was spirited. The defense leaders talked about post-traumatic stress and the transition from the battlefield to the home. They discussed the role of spouses, and the unique position and pressures repeated deployments place on them.

They discussed survivor's guilt, the stigma of suicide and the role of friends. They discussed betrayal and they discussed why Sophocles wrote the play in the first place.

"What we hear time after time from veterans is that no one understands what we've been through. They weren't there," Doerries said.

But the play proves that people have been there before, he said. It is ancient, yet modern. The emotions run true from warfare in the Trojan War to combat in Helmond province in Afghanistan.

The pain of loss, betrayal and alienation are the same no matter the war and no matter the rank.

“When I saw this play last year, I went home wondering if I was doing all I could,” Dunford said wrapping the evening up. “I want us all to be thinking that.”

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Saturday 9 a.m. to Noon

Explore the Outdoors Festival set for Saturday

Army Flier
Staff Reports

FREEPORT, Fla. — Walton Outdoors will host the eighth Explore The Outdoors Festival Saturday from 10 a.m. to 2 p.m. at the waterfront location of Live Oak Landing Outdoor Destination. This fun-filled day will introduce children to the wonders of exploring nature and the outdoor experience, according to organizers.

Hands-on activities will include fishing, kayaking, hydrobiking, boating, wildlife, archery, interactive educational exhibits, giveaways and more. The event is free. The water activities are geared for children age 6 and older. Food will be available for purchase. Activities and exhibits include:

- Learn to fish on Black Creek
- FISH FLORIDA fishing rod/reel giveaways

- Freshwater fishing education with Florida Fish and Wildlife
- Emerald Coast Hydrobike cruises
- Archery with Freeport Parks and Recreation
- Boating with Wounded Warrior Fishing
- Boating with Backwater Tours
- Birding with the Choctawhatchee Audubon Society
- Wildlife exhibit with Florida

- Fish and Wildlife
- Florida State Park exhibits
- Northwest Florida Astronomy Club
- Choctawhatchee Basin Alliance touch tank
- Smokey the Bear and his friends from Forestry
- Florida Sea Grant exhibit
- Freeport Town Planters Society crafts
- Emerald Coast Wildlife Refuge exhibit
- Butterfly exhibit

- Beekeeping exhibit
 - Walton County Master Gardeners activity
 - Glendale Memorial Nature Preserve
 - Navarre Beach Marine Science exhibit
 - Nonie’s Ark Animal Encounters
 - Archaeology
- For more information, visit www.waltonoutdoors.com/explorefest or call 850-267-2064.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

OCT. 19 — The Wiregrass Museum of Art’s Art After Hours, from 5:30-8 p.m., will celebrate the opening of its fall exhibitions, including “Folktopia” – an exhibition of folk art that explores the personal expressions of 20 self-taught artists, including Mose Tolliver, Howard Finster and Woodie Long. “Folktopia” is guest-curated by Marcia Webber, owner of Marcia Webber Art Objects in Montgomery. Also opening, “Gravitation” by Jacob Phillips. The event is free for members and costs \$5 for non-members. For more information, call 334-794-3871 or visit <http://www.wiregrassmuseum.org/>.

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 davchapter87@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

OCT. 16, 23 AND 30 — Swing dance lessons will be offered at the Hildreth Building, 202 N. Main St. from 6:30-

7:30 p.m. The cost is \$3 per person per evening. For more information, call 334-393-4811.

NOV. 4 — The Experimental Aircraft Association Chapter 351 will host free airplane rides for children ages 8-17 at the Enterprise Airport from 9 a.m. to 3 p.m. The event is designed to help children gain an understanding of aviation and introduce young people to the joy of flying. For more information, call 601-329-1334.

ONGOING — The Coffee County Toastmasters Club, an organization dedicated to the development of leadership and public speaking skills, meets the second and fourth Tuesdays of each month from 6:15-8 p.m. at the Enterprise State Community College Student Center Community Room. For more information, call 334-347-0259.

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

OCT. 14 — The Friends of the Ozark/Dale County Public Library will host a buy one-get one free book sale from 9 a.m. until noon at the library. At the same time, the Claybank Master Gardeners will have a plant sale. Books include a variety of science fiction, cookbooks and craft instructions, hardback and paperback fiction and non-fiction, children’s books, military history and affairs, and reference books.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

OCT. 15 — The Springhill Missionary Baptist Church, Highway 95 North, Abbeville, will host its Gospel Singing Explosion at 3 p.m., to include the True Faith Gospel Singers, Charles Beasley and the Chosen Vessels, and more. Church officials invite all soloists, choirs and singers to join in. Everyone is invited to attend.

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

ONGOING — AMVETS Post 23 monthly meeting is held the second Thursday of each the month at 7 p.m. at the AMVETS Service Center, 203 MLK Dr., in Opp. For more information, call 334-493-0785 or visit www.amvetspost23.com.

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

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

Beyond Briefs

ZooBoo

The Montgomery Zoo will host its Zoo-Boo event Oct. 13-15, Oct. 20-22 and Oct. 27-31. The event will feature a haunted hay ride, a Pumpkin Pull (non-scary hay ride), bouncy castles, concessions, and many Halloween-themed games and attractions. Gates will open nightly at 6 p.m. Cost is \$15 for ages 3 years old and older. Ticket includes entry, one ride on either the Haunted Hay Ride (scary ride) or the Pumpkin Pull Hay Ride (non-scary) and one sheet of game tickets (10 tickets per sheet). Montgomery Zoo members will receive a 50-percent discount on ZooBoo admission. For more information, call 334-240-4900 or montgomeryzoo.com/announcements/zoo-boo-week-1.

Ukulele festival

Panama City, Florida, will host the inaugural Strummin’ Man Ukulele Festival Oct. 13-15 at St. Andrews Marina. Times for the festival are 5-10 p.m. Oct. 13, 10 a.m. to 10 p.m. Oct. 14 and 10 a.m. to 4 p.m. Oct. 15. Organizers describe the event as a multi-day festival featuring nationally renowned ukulele artists’ concerts, workshops, vendors, local and visitor ukulele groups. For more information, visit <http://www.bayartsevents.com/event/1st-ever-st-andrews-ukulele-festival-official-name-tba/>

[draws-ukulele-festival-official-name-tba/](http://www.bayartsevents.com/event/1st-ever-st-andrews-ukulele-festival-official-name-tba/)

Alabama National Fair

The Alabama National Fair is scheduled for Oct. 27 through Nov. 5 at Montgomery’s Garrett Coliseum and Fairgrounds. The event will feature more than 60 rides, food, information and commercial booths, livestock competitions and more, according to organizers. The award-winning group Brothers Osborne will sing that first Saturday. The group’s performance will begin at 7 p.m. on the Coliseum stage. R&B singer, songwriter and actress Fantasia will perform the following night at 7 p.m. on the same stage. World of Wonders and Scott’s Magic Show, Ham Bone Express 3 Racing Pigs, Timberworks Lumberjacks and Zerbini Family Circus will provide outdoor entertainment. All performances are free with the purchase of a general admission ticket. For more information, including ticket prices, visit <https://www.facebook.com/alnationalfair/> or www.alnationalfair.org.

Monarch Butterfly Tagging Festival

Panama City Beach, Florida, will host its free Monarch Butterfly Tagging Festival Oct. 28 from noon to 2 p.m. at Conservation Park. The festival is a citizen science project to tag the butterflies as the head south to Mexico, according to organizers. For more information, call 850-233-5045.

Motorcycle rally

Panama City Beach, Florida, will host the Thunder Beach Autumn Motorcycle Rally Oct. 25-29 at seven official venues across the city. Organizers describe the event as the most biker-friendly free rally in the U.S. The event will feature live entertainment, custome motorcycle, motorcycle accessory vendors and a scenic ride on the beach. For more information, visit www.ThunderBeachProductions.com.

Ironman Florida

Panama City Beach, Florida, will host the Ironman Florida competition Nov. 4 at the Boardwalk Beach Resort. One of the most storied North American races, Ironman Florida began in November 1999 and takes place in Panama City Beach, according to organizers. The swim takes place in the Gulf of Mexico, where athletes will have a short beach run in between laps. The two-loop swim course gives spectators a bird’s eye view of the entire course. After exiting the water, athletes are challenged by a fast, flat, one-loop bicycle course. The terrain pushes the body in way that most athletes are not accustomed to: the absence of rolling hills or steep inclines forces consistent pacing. The two-loop run course, while flat, has many turns throughout the local neighborhoods. In the spectator-friendly area, thousands of residents and visitors

emerge for fall get-togethers while supporting the competitors. The course also winds through St. Andrew’s State Park, a favorite among participants for its shaded areas and wildlife. After the second loop, athletes round the last corner for the final quarter mile to the finish.

For more information, visit <http://www.ironman.com/triathlon/events/americas/ironman/florida.aspx#/axzz4RVt7GEBp>.

Mobile Delta: Glass & Light

The Mobile Museum of Art is hosting the exhibit, “The Mobile Delta: Glass & Light” through March 11. Rene Culler’s site-specific work is a mural in glass that celebrates the species-rich delta and its atmospheric qualities. The delta is a changing environment that is constantly shaped and molded by the weather and waterways, according to museum officials. As the grasses, almost transparent, catch the light, Culler’s drawings and painting in glass suggest the landscape that southern Alabama holds so dear. The composition is a wall of natural light utilized as a glass canvas for drawing, painting and printing with vitreous enamels. The museum is located at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children under 6 are admitted for free. For more information, visit <http://www.mobilemuseumofart.com/>.

Making better dummies to save lives

By C. Todd Lopez
Army News Service

ORLANDO, Fla. — “It’s one of the least dramatic tests you’ll ever see. You hit start, you go get coffee, maybe lunch, come back and download the file,” said Jack Norfleet at the Army Research Laboratory.

What Norfleet and a summer intern in his lab were actually doing was using a piece of precision equipment to slowly stretch to the point of breakage a small piece of artificial material that might one day stand in for human tissue on medical training devices.

Norfleet said that Soldiers in the Army’s medical community regularly train on simulators – mannequins and dummies that look like real people – to practice critical lifesaving skills such as hemorrhage control, needle chest decompression and airway management.

Those dummies, he said, are meant to simulate the human body as closely as possible. But they are not real humans, just simulators. They use rubber and plastic as analogues for skin and bone and other tissues found in the human body. But they are not always spot-on in mimicking how the human body actually behaves, Norfleet said. And that can be a problem for Soldiers who need the most accurate training possible.

One type of tissue that needs a better stand-in on medical dummies is the human pleura, Norfleet said. To explain what the pleura is, he referenced a rack of barbeque ribs.

“You know that real clear tough membrane on the inside? That’s the pleura,” he said.

Humans have a pleura lining their own ribs. And Soldier medics will encounter the pleura when treating a collapsed lung, or “tension pneumothorax,” Norfleet said.

“It means there’s air around the lung, it builds up pressure, and the lung cannot expand,” Norfleet said. “It’s the second-most common preventable killer on the battlefield. It doesn’t have to be a sucking chest wound, but a sucking chest wound will create a tension pneumothorax. It could be a close blast injury, or even an impact in a car accident.”

When medics need to treat a collapsed lung, they might have to drive a needle between the patient’s ribs, pushing through the pleura, to create a path for air and fluid that’s trapped between the lung and chest wall to escape.

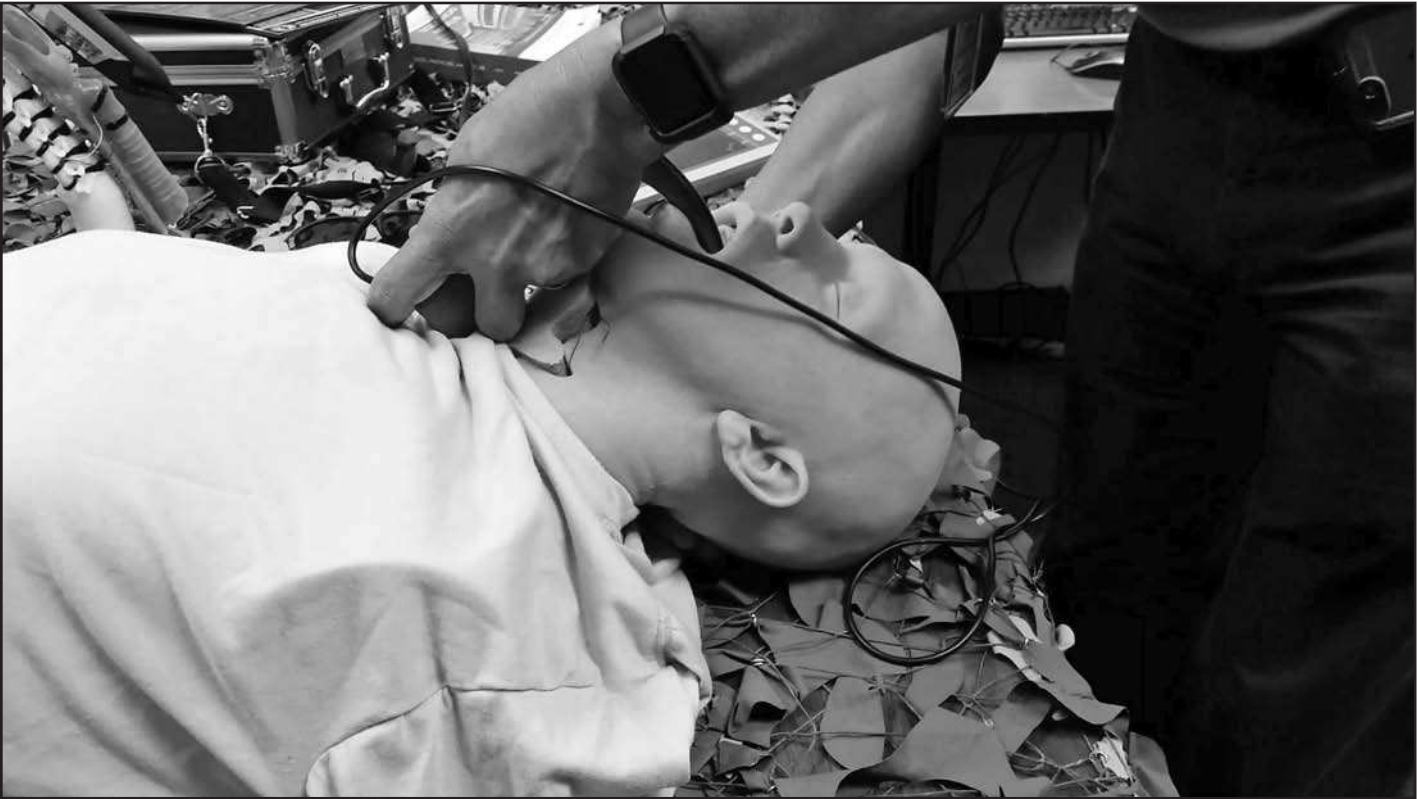
In training and in real life, Soldiers will know they’ve made it through the pleura when they feel the needle “pop” through that tissue. They have to be skilled at knowing where to place the needle, how far to push the needle in and how hard to press the needle into the patient.

On a training dummy, having all those factors correct is not so important, because the dummy can’t be injured. But on a real Soldier, incorrect placement of the needle or pushing it in too far can be life-threatening.

“If you are in the wrong place, you can hit a nerve bundle, or you can hit a major vessel,” Norfleet said.

So training for Soldiers on dummies is important. And ensuring those dummies simulate human tissue as closely as possible is also important, he said.

A real human pleura, Norfleet said, breaks at about 2 megapascals, and can stretch to about 1.7 times its original length. The material that simulates the pleura, on modern-day training dummies,



PHOTOS BY C. TODD LOPEZ

Medical training dummies such as this one at the Army Research Laboratory-Orlando, Fla., help train Soldier medics across the Army on how to save lives while on the battlefield.

however, doesn’t accurately simulate that.

“It breaks at 14 megapascals, and stretches at three times as long,” he said.

Those dummies, he said, have been used to train “over a million medics.”

“We’re training them to drive a nail with a sledge hammer, when what they need is a detail hammer,” Norfleet said.

Norfleet said that Soldiers who aren’t aware of the difference between how much pressure they apply in training, versus how much pressure they should actually apply on a real human, might do more harm than good – pushing their needle all the way into the lung, he said, which will “make the problem worse.”

He said the Army, and the researchers at ARL, would like to find better materials to use in training dummies so that when medics actually perform procedures on real Soldiers in the field, their experience there is as close as possible to what they saw while training on the dummies.

At ARL-Orlando, Norfleet is testing various types of rubbers and other artificial materials to see how far they can stretch before breaking, and what it takes to puncture them. It’s part of an effort to document the properties of various materials that might be used in training dummies and other medical simulators.

While in Orlando they test only artificial tissues, similar testing on actual human tissue is being done elsewhere.

“We have an exact duplicate of this test up at the University of Minnesota, and another at the University of Washington,” he said. “They are taking the human tissues from donors and running the exact same tests.”

What Norfleet can do then is use test data from an actual human pleura, and then using his own tests, try to find suitable artificial materials that will mimic it for use in training simulators.

In addition to finding suitable stand-ins for human pleura, they are also looking at substitutes for airway tissues, the fascia and lower-leg tissues, among other things, he said.

The testing that Norfleet is doing in Orlando, coupled with the testing done on actual human tissue, will eventually yield better physical training simulators for Soldiers.

But the work benefits more than the dummies. It will also benefit robotic-aid-



Emily Stern, a college student who interned at Army Research Laboratory-Orlando over the summer, loads a sample into a testing apparatus.

ed surgery and virtual simulators as well. Both require accurate information on how human tissues behave, so that they can, for instance, provide accurate haptic feedback to a surgeon who might be doing surgery with a robotic arm rather than his own hand.

“We think the application [of our work] is much greater in virtual simulations, because more and more procedures are being done with laparoscopic or robotic tools,” Norfleet said. “So the human hands on

the body during surgery is going to start to become rarer. And the tools in the body surgical procedures are becoming more prevalent. So the virtual trainers, where you never actually touch the tissue, are going to be the higher demand area. If you are programming grasping a polyp in a colon and pulling it with a certain amount of force, this data will tell you how much it stretches and how much force it’s putting back against you and also when it will tear.”

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Bldg. 109

8 a.m. Traditional Protestant Service

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions

9 a.m. Catholic Mass

11 a.m. Collective Protestant

12:05 p.m. Catholic Mass

(Tuesday-Friday)

4 p.m. Catholic Confessions (Saturday)

5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036

9:30 a.m. Protestant

Sunday School

10:45 a.m. Latter-Day Saints

10:45 a.m. Wings Crossroads

(Contemporary Worship

Protestant Service)

11 p.m. Eckankar Study

(4th Sunday)

Spiritual Life Center, Bldg. 8939

10:15 a.m. CCD

(except during summer months)

BIBLE STUDIES

TUESDAY

Crossroads

Discipleship Study

(Meal/Bible Study)

Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel

Wings Chapel, 9 a.m. & 6 p.m.

Adult Bible Study

Spiritual Life Center, 6:30 p.m.

Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.



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'16 Kia Soul

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OCTOBER 12, 2017

STILL FAMILY

Fort Rucker supports wounded warriors with fall hunt

By Nathan Pfau
Army Flier Staff Writer

More than a dozen wounded warriors from across the South participated in a three-day event meant to honor their service and sacrifice to the nation.

This year's Wounded Warrior Fall Hunt came to a close during a ceremony at West Beach on Lake Tholocco Saturday where wounded warriors, veterans, friends and family members came together after the hunt, said John Clancy, Fort Rucker Outdoor Recreation manager.

"This is about camaraderie, and giving wounded warriors an opportunity to open up around other people and meet new faces," he said.

During this year's hunt, participants brought in 21 hogs over the three-day period, and prizes were given for heaviest hog and most hogs harvested, both of which went to retired Col. Greg Estes, who served in the Alabama National Guard, with a 225-pound hog and a total of three hogs.

Although prizes were given out for heaviest and most hogs, the ceremony was less about the winner and more about honoring those who served and sacrificed.

Jacquelyn McKinstry, Quilts of Valor foundation Alabama state coordinator, attends the ceremony each year to honor veterans by providing them a Quilt of Valor, and this year was no different as 10 veterans were recognized during the ceremony.

"This is a wonderful event that I like to come to every year," she said. "We have a motto, and our mission statement is to cover all



PHOTO BY NATHAN PFU

Lt. Col. Scott Wile, Directorate of Public Safety director and provost marshal, presents wounded warriors with a coin during the Wounded Warrior Fall Hunt closing ceremony on West Beach at Lake Tholocco Saturday.

service members and veterans touched by war with a comforting and healing Quilt of Valor.

"Harry S. Truman said, 'Our debt to the heroic men and women in the service of our country can never be repaid. They have earned our undying gratitude and America will never forget their sacrifices,'" she quoted. "He said that in April of 1945 and it's

still just as true [today]."

To date, the organization has given out 169,315 quilts nationwide, those honored with a quilt during the ceremony were: John W. Cook, Michael McCarrell, Felipe Chuab, Frederick Snodgrass, John Wise, Charles Reilly, Charles Palmer and Todd Tacia. Robert Sepulveda and Aaron Lefeate were also pre-

sented quilts but were not able to attend.

"We just want to thank all of our veterans – we really, really appreciate them," said McKinstry.

McCarrell said the recognition is about providing veterans and wounded warriors a reminder that they are still part of the Army family.

"It's really great and it makes you feel like you have a family outside of your family," he said. "There are a lot of places, unfortunately, where you don't feel that way, but this isn't one of them."

McCarrell served in Iraq in 2005-2006 and received a Purple Heart on Aug. 14, 2006, after he took shrapnel from a bullet off of a truck during a firefight. It's events like the hunt that helps him and others move on from the atrocities they faced during combat.

"This is amazing and it gives us hope – it gives us reason to press on," said the veteran. "There are a lot of veteran suicides – they say 22 a day – but you've got to live for the ones that died. You're able to do that around folks like this – people who understand you more and understand what it is you're going through."

It's because of veterans like McCarrell that Clancy said it's imperative to support wounded warriors. That's why proceeds from each Wounded Warrior hunt is used to provide some sort of handicap accessible equipment or facility for wounded warriors, with this year's proceeds going toward funding a three-bedroom, handicap-accessible cabin that will be available for use by wounded warriors at no cost to them.

Over the years, funds raised through the hunt have provided numerous amenities for wounded warriors, including two hydraulic hunting stands; track chairs; a specially designed, handicap-accessible boat; and a 42-foot, wheelchair-accessible travel trailer.



PHOTO BY GARY SHEFTICK

Spc. Shadrack Kipchirchir (3) leads the pack of front runners during the first mile of the Army Ten-Miler Sunday with Spc. Haron Lagat (2) and Spc. Leonard Korir (5) close behind.

Soldiers sweep Army Ten-Miler

By Joseph Lacdan
Army News Service

WASHINGTON – Spc. Haron Lagat raised his fist in triumph as he entered the final stretch of the 33rd Army Ten-Miler Sunday, finishing with a winning time of 49:23.

A light rain had begun to fall on the unseasonably warm fall day, creating potentially dangerous conditions for runners, but it didn't deter the team from the Army World Class Athlete Program. It was the second consecutive year that five Soldiers from WCAP finished in the top five places, and this year the top woman runner was also from WCAP.

Sgt. Samuel Kosgei crossed the line second, followed by WCAP teammates Capt. Robert Cheseret (third), Spc. Leonard Korir and Spc. Shadrack Kipchirchir.

"After 5 miles, I took off," said Lagat, a native of Kenya, who enlisted in the U.S. Army two years ago as a 12R electrician.

Perhaps the victory was sweet redemption for Lagat, who narrowly missed earning a place on the U.S. track team at the Olympic trials in 2016.

Along with a heavy training regimen, each member of the WCAP program runs up to 100 miles per week. The runners have the advantage of training at high altitude at Fort Carson, Colorado, and they prepare themselves for different types of terrain including an uphill run each week.

SEE TEN-MILER, PAGE D3

ARMY VIRTUAL HEALTH: Meeting needs of Soldiers today, tomorrow

By Ronald W. Wolf
Army Medicine

WASHINGTON — The future of military health care is likely to see significant changes in the next decade.

The use of virtual health will help Army Medicine respond to the future operating environment, in which there may be a lack of air superiority, a wide range of health threats, and greater operational dispersion and transitions among small unit teams. Virtual health will improve access to care for Soldiers, and also provide physicians with easier access to specialists and patient health data.

Brig. Gen. Jeffrey Johnson discussed what Army Medicine is doing to expand virtual health during a Warrior's Corner at the Association of the United States Army annual convention, which ran from Monday-Wednesday.

In addition to supporting the evolving operating environment, The National Defense Authorization Act mandates expansion of virtual health services across the military health system to improve access, facilitate care, improve outcomes, and reduce costs. In response to NDAA requirements, Army Medicine is already implementing comprehensive virtual health expansion in garrisons, and developing virtual health in operational and deployed environments to enhance readiness.

One of the most innovative lessons learned over the past 14 years of conflict is the use of virtual health. Building on over 20 years of experience, Army Virtual Health currently offers clinical services across 18 time zones, in more than 30 countries and territories, and in over 30 clinical specialties across all regions and in deployed environments.

Certain specialties, such as radiology and dermatology, have been using asynchronous technologies to send and receive digital images to



PHOTO BY DAVID E. GILLESPIE

In a demonstration of the telehealth process at Fort Campbell, Ky., Lt. Maxx P. Mamula, clinical staff nurse, examines patient Master Sgt. Jason H. Alexander using a digital external ocular camera. The image is immediately available to Lt. Col. Kevin A. Horde, a provider at Fort Gordon, Ga., offering remote consultation.

specialists with great success for two decades. Virtual health extends clinical expertise across all time zones to provide vital medical capability where it is needed at the right time and right place.

In operational settings, virtual health provides a lifeline to advanced medical capabilities for first responders, offering prolonged field care when immediate medical evacuation is not possible. Virtual health can be used to support Soldiers across all roles of care, within medical battlefield operating systems, across unified land operations, and within all phases of military operations. Virtual health enhances access to care, quality, readiness, and safety.

Army Medicine has already partnered across time-zones and provided on-demand subspecialty consultation (for example, general surgery, orthopedic surgery, and critical care) in support of deployed Special Operations Forces. This capability demonstrates Army Medicine's potential to leverage its resources in support of deployed forces in the most austere locations.

Army Medicine is establishing the

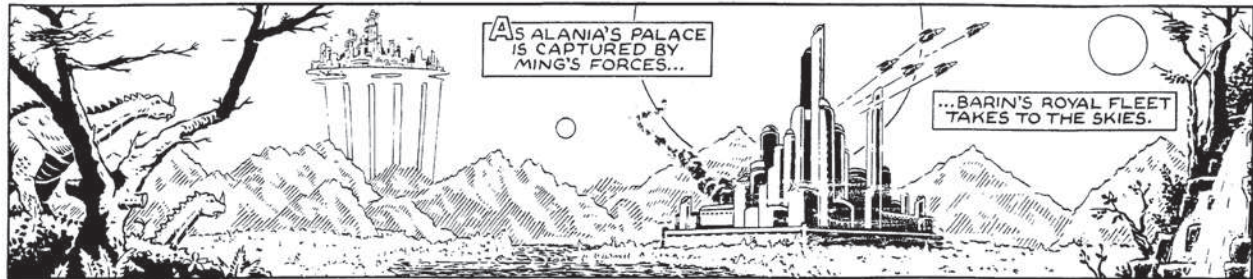
DOD's first virtual medical center with clinicians and staff that specialize in delivering health care remotely to patients wherever they are in the world, in both garrison and deployed settings, across all roles of care.

Lt. Gen. Nadja West, surgeon general of the Army, has already directed that the virtual MEDCEN be established at Brooke Army Medical Center, Texas, with initial operating capability anticipated in January. The virtual MEDCEN will serve as the "air traffic control" to schedule and coordinate virtual visits across the virtual health enterprise, connecting providers with patients in remote locations. The virtual MEDCEN will use providers within BAMC and provider capacity from other locations to provide virtual care.

In garrison environments, Army Medicine has been conducting pilot studies to provide lessons learned that can be used in expansion efforts across the enterprise. For example, in July, the chief of staff of the U.S. Army Medical Command approved a

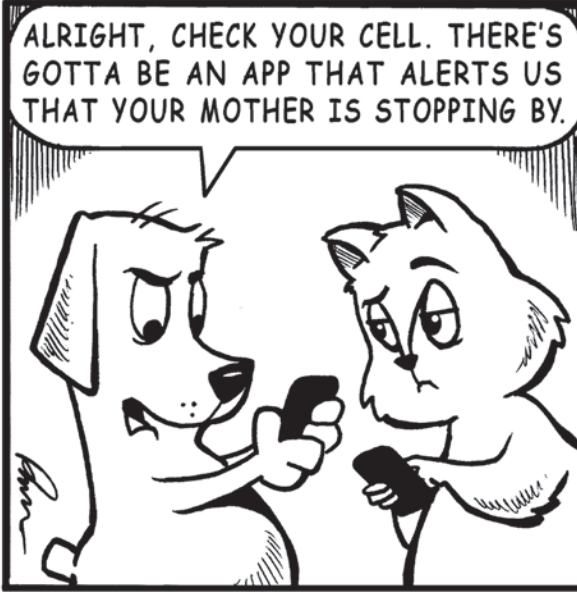
SEE VIRTUAL, PAGE D3

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



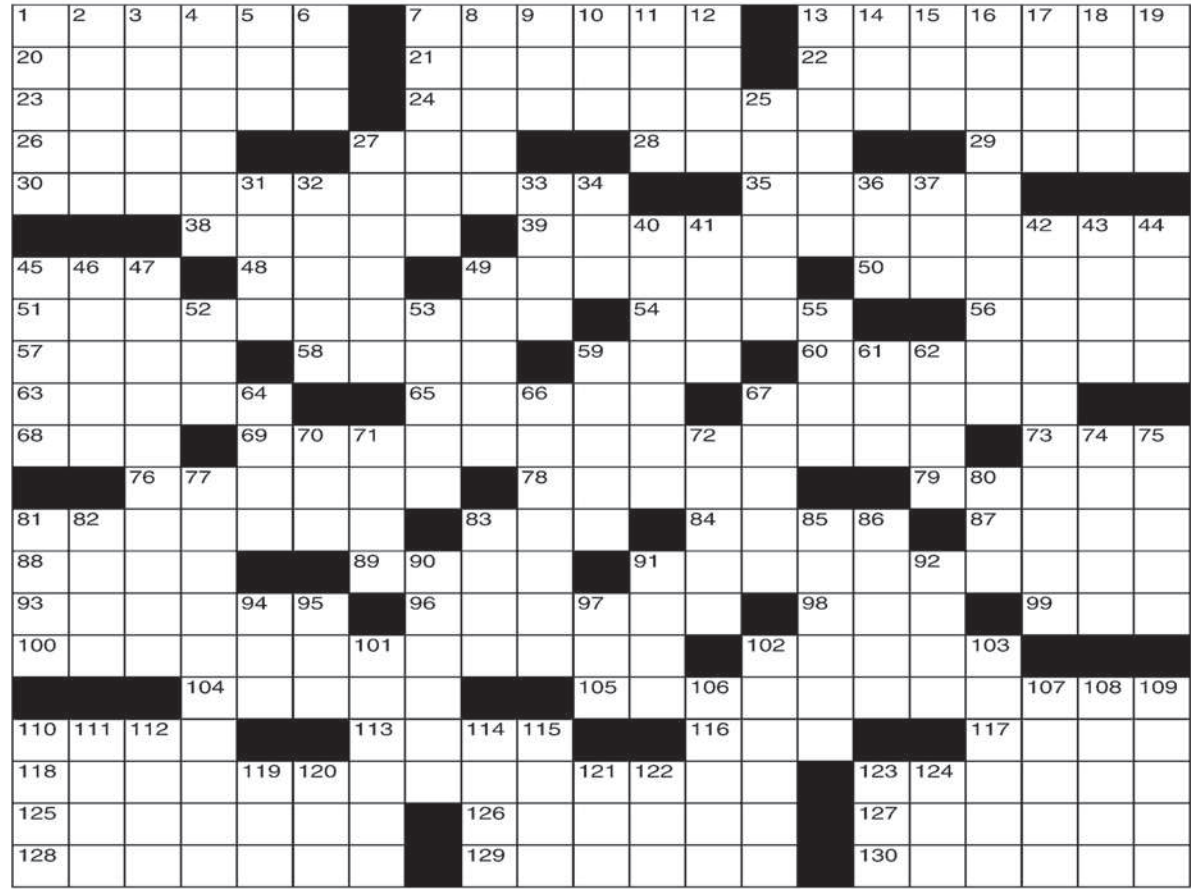
TRIVIA

1. MYTHOLOGY: The Roman god Cupid was known by what name in Greek mythology?
2. GEOGRAPHY: Mount Fuji is found on which island in Japan?
3. BIBLE: The proverb "the writing is on the wall" can be found in what book of the Bible?
4. LITERATURE: Who wrote the novel "Fifteen"?
5. ASTRONOMY: What is a parsec?
6. BIRTHSTONES: What is the official birthstone for those born in June?
7. U.S. EXPLORERS: What U.S. flying pioneer was nicknamed "The Lone Eagle"?
8. MONEY: Prior to the euro, what was the common currency of Greece?
9. FOOD & DRINK: What kind of tree produces bay leaves, which are used in cooking?
10. MUSIC: How many strings do most violins have?

See Page D3 for this week's answers.

Super Crossword

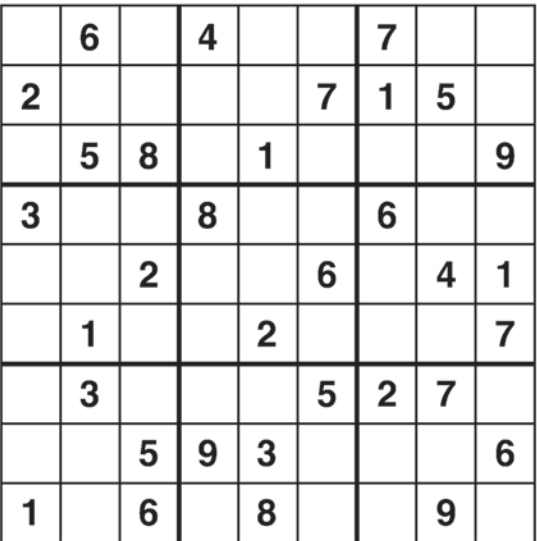
- ACROSS**
- 1 Entertainer
7 Analogize
13 Attacking like a cat
20 Eugene locale
21 Canceled out
22 Civil War song about a maiden
23 Sidewalk material
24 Place with lots of slots
26 Presently
27 Sturdy tree
28 Ponce de —
29 Golf bag items
30 A pilot lowers it during approach
35 Greasy of the gridiron
38 Love, in Livorno
39 Aid in raising heavy weights
45 Grayish color
48 Chi follower
49 Escaped
50 Capital of Kazakhstan
- 51 Brie and feta seller
54 About
56 — -Z (old Camaro)
57 Freezing
58 Bygone New York stadium
59 Suffix with Siam
60 Biohazard face wear
63 Many seized autos
65 iPod maker
67 See 83-Across
68 Weaponize
69 Place to make earthen-ware
73 — Aviv-Yafo
76 Reverses
78 Bar legally
79 Chopin composition
81 Custodian
83 With
67-Across, protein source for a hive
84 Conked out
87 Et — (and more)
88 Big outback birds
89 In — (stymied)
- 91 Simple forklift
93 Motive
96 Put to work
98 "Evolve" singer
99 Porkers' pad
100 Bladers' wear
102 Barrel along
104 Brit's buddy
105 Helm locale
110 Morales of "La Bamba"
113 "Der —" (Konrad Adenauer's nickname)
116 Never, in Berlin
117 Actress — Flynn
118 Easy-to-travel-with suitcases
123 Two-dimensional
125 Arquette of "Crash"
126 1 followed by 100 zeros
127 Dines at home
128 Swim at a shoal, maybe
129 Stuffed shirts
- 130 Things that nine answers in this puzzle have
- DOWN**
- 1 Central
2 Vying venue
3 Bright yellow
4 To-do list
5 Prefix with stick
6 Tiny colonist
7 Occupy
8 Tremble
9 German city
10 Tirana's nation: Abbr.
11 Tattle
12 Emmy winner Falco
13 "— & Lacey"
14 Follower of "Jean," often
15 Coach
16 Parseghian
17 "Nasty" Nastase
18 Maui goose
19 Old GM cars
25 Some jazz combos
27 Like a cruel beast: Var.
31 Wee devils
32 Snouts
33 Per item
34 Deep groove
36 Dry — bone
37 Fleur-de-
40 Least strict
41 Decoy
42 Big spiders
43 Actress
44 Big name in big trucks
45 Capital of Ghana
46 Smithy, e.g.
47 Relative of a user's guide
49 Have a cow
52 Tokyo, to the shoguns
53 Warms (up)
55 Psalm starter
59 Mother on "Family Ties"
61 Late boxing great
62 — gin fizz
64 Primer
66 Forestall
67 Iris center
70 Tijuana gold
71 Part of TB
72 In the present era
74 Official order
75 Like a sieve
77 Not alike
80 — Mahal
81 Actress
82 Call in church
83 Crimson Tide, to fans
85 Tick away
86 Bright star in Cygnus
90 — and Hyde
91 Ritz
92 Level
94 Out — limb
95 Take home
97 Arles article
101 Martial arts actor
102 Sales pitches
103 Distend
106 Metallic bar
107 Ballet, e.g., in Brest
108 Object of a knightly quest
109 Takes home
110 Is off base
111 Momentarily
112 Additionally
114 Yanks (on)
115 Von Furstenberg of fashion
119 Ballpoint fluid
120 LA-to-IL dir.
121 Oozy gunk
122 Past
123 Chapel bench
124 "— -di-dah!"



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

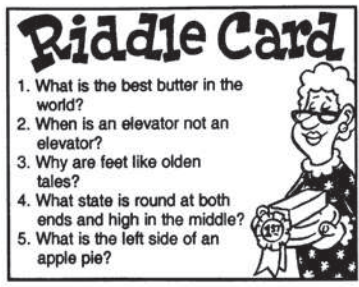
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

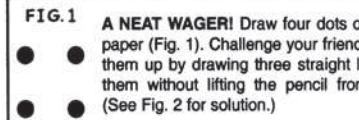
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See Page D3 for this week's answers.

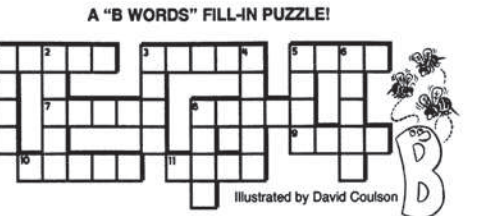
KID's CORNER



Answers: 1. The goat. 2. When it is going down. 3. Because they are leg-ends (legends). 4. Ohio. 5. The part that is not eaten.



LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.



Below are the 15 "B" words you'll need to complete the puzzle grid above. Use the trial-and-error method, and keep a good eraser handy!

BABEL BALM BLOB
BABY BEAST BLOT
BACON BEBOP BLURB
BADE BEET BOOM
BADGE BLAZE BRAVO

Answers: (Across) 1. Babop. 2. Blurb. 3. Blurb. 4. Blurb. 5. Blurb. 6. Blurb. 7. Blurb. 8. Blurb. 9. Blurb. 10. Blurb. 11. Blurb. 12. Blurb. 13. Blurb. 14. Blurb. 15. Blurb.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



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Doctor to young athletes: A variety of sports is the spice of life

Military Health Systems
Communications Office

SILVER SPRING, Md. — Basketball standout Machaela Simmons planned to spend the summer before her senior year of high school playing Amateur Athletic Union basketball hoping to attract attention from college recruiters.

But after injuring her knee in March while trying out for an AAU team, she had surgery at Fort Belvoir Community Hospital, Virginia. Instead of playing basketball, the 17 year old rehabilitated and underwent physical therapy. She also volunteered with the American Red Cross in the hospital’s physical therapy department.

“She met other injured athletes her age,” said Machaela’s mother, retired Col. Sara Simmons. “It seemed a lot of them played only one sport.”

Young athletes who focus on

one sport instead of sampling a variety are more likely to suffer overuse injuries, according to a study published in the American Journal of Sports Medicine. It supports previous findings from the American Academy of Pediatrics and American Orthopaedic Society. An overuse injury is damage to a bone, muscle, ligament, or tendon because of repetitive use without adequate rest.

“Specializing leads to mastery of the skills needed for that particular sport, but playing a variety of sports improves overall fitness and athletic ability,” said Dr. Terry Adirim, deputy assistant secretary of Defense for health services policy and oversight.

“You develop other skills, and you’re not stressing the same parts of the body in the same way,” said Adirim, a pediatric emergency physician who also is board-certified in sports medicine.

Machaela and her older brother



PHOTO BY AIR FORCE STAFF SGT. WES WRIGHT

Children participate in a sports clinic at Schriever Air Force Base, Colo. The installation partnered with the YMCA of Pikes Peak Region to teach young athletes the fundamentals of baseball, gymnastics, soccer and basketball.

participated in several sports when they were growing up, including softball, swimming, and track.

“I’ve always appreciated the different opportunities the military communities offer to children,” Simmons said.

When Machaela started high school, she decided to focus on

her favorite: basketball. She didn’t experience any health issues until her junior year, Simmons said, when hip pain preceded the knee injury. PE class was no longer a requirement, and Simmons believes the lack of this diversified physical activity may have been a factor in her daughter’s injuries.

Burnout is also an issue for children who focus on one sport, Adirim said. Signs your child is experiencing burnout include declining performance in the sport and in the classroom, complaints about aches and pains, and difficulty sleeping.

“Kids may all of a sudden say, ‘I don’t want to do this anymore,’” Adirim said. “Parents can ask them why, because there could be other things going on that have nothing to do with burnout.”

And for those who think specializing will help a young athlete’s odds of playing beyond high school, consider the young California boy who didn’t focus only on baseball, despite exhibiting tremendous skills in that particular sport. He also played basketball and soccer and at 14, added football to the mix. It wasn’t until college that Tom Brady finally focused on football, and started down the path of a hall of fame career.

Virtual

Continued from Page D1

Regional Health Command-Europe virtual visits pilot study that will incorporate six specialties to administer virtual health encounters to the patient’s home.

Overall, regional health commands are engaged in more than 50 pilots and programs to expand the use of virtual health for their beneficiaries. Additionally, Army Medicine is rolling out virtual health cart technologies across the enterprise, enabling providers to diagnose and treat patients across distance using electronic peripherals transmitting

real-time vital signs and images. Dedicated virtual health nurses will be hired as part of the program.

The potential for virtual health is extremely high. Army Medicine is implementing state-of-the-art innovations and sharing lessons learned with civilian leaders, the other services, and the Department of Veterans’ Affairs. With its partners across the Military Health System, Army Virtual Health is supporting the establishment of enterprise solutions to support all services.

Military Health System initiatives planned for FY18 include expansion of

an enterprise virtual video visits capability (interactive audio and video involving a primary or specialty care provider and a patient in their home or other secure location); a global tele-consultations portal that enables specialists to support other providers anywhere in the world; and remote health monitoring pilots for patients with chronic conditions.

Overall, Army Medicine is ensuring access to care for Soldiers, matching the right provider with an ill or injured Soldier anytime and anywhere in the world. By implementing virtual health innovations for deployed

Soldiers in all environments and across the range of military operations, Army Medicine can save lives and support combat wounded at all key medical treatment and evacuation nodes on the modern battlefield.

Army Medicine can also then bring those virtual health modalities back home to support beneficiaries in garrison – and eventually feed innovation for programs in the civilian sector.

With its current expansion, Army Medicine can continue its long tradition of being a source of cutting edge innovations in virtual health for the world.

Ten-Miler

Continued from Page D1

The high-altitude training also helped prepare Carson’s other Soldiers who placed first in the active-duty men’s category. The Carson team placed first for the sixth time in seven years.

“We come to win,” said Fort Carson coach Ali Asgary. “We don’t have a plan B.”

A total of 35,000 runners took part in the race, which begins at the Pentagon, then winds over the Potomac and past the National Mall, before returning to the Defense Department headquarters. Due to the weather conditions this year, race organizers with the Military District of Washington downgraded the event to a recreational run for those who finished after 9 a.m. But WCAP and other runners overcame the elements.

“I think we all did great,” said Cheseret, who finished third. “Before the race we talked about running as a team, and I think we accomplished that. We all finished one through five as a team. ... Everybody did what we want-

ed to do. So that’s why I’m proud of everyone.”

In the 2016 Ten-Miler, Fort Carson had its bid for a sixth straight first-place team finish snapped by Fort Bragg despite several Carson members setting personal records.

“When you start winning and then you win five times in a row you set the bar so high,” Asgary said.

The top female finisher was also from Fort Carson as a member of the WCAP team. Spc. Susan Tanui clocked a time of 56:53. Despite the heat and rainy conditions, Tanui still managed to eclipse her time of 58:27 in the 2014 Ten-Miler and over 59 minutes in 2016.

Tanui, also a native of Kenya and former All-American runner at the University of Alaska-Anchorage, credits the WCAP program and coaches with helping her train.

“It’s a great feeling,” Tanui said. “I did what I was hoping for, so it’s great that I maintained (her pace) all the way to the end.”

Kosgei finished second after placing 12th in 2016. A week earlier at the USA Track and Field championship

10-mile run, Kosgei said he succumbed to fatigue and finished 18th. For Kosgei and Cheseret, their top finishes are a stepping stone to another challenge: the U.S. Marathon Championships in December.

“I feel good. We won as a team,” said Kosgei, who finished first at the 2016 Marine Corps Marathon. “The goal was to win as a team; push together and that’s what we did.”

Rachel Booth, wife of Marine Corps Maj. Jonathan Booth, was the third female runner to cross the finish line. She decided to compete after joining a women’s running group from Charlottesville, Virginia.

“I’m excited with it. I didn’t have a lot of training buildup, mileage wise,” Booth said. “But I’m happy.”

Before the event, Army Chief of Staff Gen. Mark Milley shared words of encouragement with the competitors, and Black Hawk helicopters provided a flyover. About 57 percent of the competitors were active-duty, Reserve and National Guard members or retired military, veterans, DOD civilians or military dependents.

OPEN HOUSE



PHOTO BY JENNY STRIFLING

Tonya Dodson, Lyster Army Health Clinic physical therapy technician, conducts an assessment on Ava Cordy’s squat form during LAHC’s physical therapy and open house event Oct. 4. Each year the PT and chiropractic service holds an open house offering free foot and squat assessments, informative information on physical therapy and chiropractic services, as well as interactive activities and games.

SPORTS BRIEFS

Hunting, fishing licenses

Fort Rucker Outdoor Recreation will continue to sell Alabama state fishing and hunting licenses for calendar year 2017-2018. Expiring 2017 post fishing and hunting permits will be temporarily extended until iSportsman comes online. Hunters will not be required to go to ODR for an extension stamp. People’s 2017 post fishing and hunting permits will continue to be valid. Once iSportsman is operational, people will need to acquire a new permit. A notification will be posted once iSportsman is operational. New arrivals to Fort Rucker can contact ODR for a temporary permit. Alabama state licenses must continue to be current.

For additional details, call 255-4305.

Silver Wings Club Championship

Silver Wings Golf Course will host its club championship Satur-

day and Sunday. For more information, call 255-0089.

Two-Man Buddy Bass Tournament

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

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

Fort Rucker Big Buck Contest

Fort Rucker Outdoor Recreation is hosting its Big Buck Contest from Saturday to Feb. 10 dur-

ing daylight hours. The entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and the buck must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a hunter education card.

For more information and to register, call 255-4305.

Thursday Evenings on the Range

Silver Wings Golf Course hosts its Thursday Evenings on the Range with PGA professional Ty Andersen Thursdays from 5-6 p.m. at the driving range. Cost is \$10 and can be paid at the pro shop before the session starts. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Eros
2. Honshu
3. Book of Daniel, Chapter 5
4. Beverly Cleary
5. A parsec is a unit of length, approximately equal to 3.26 light years
6. Pearl
7. Charles Lindbergh
8. Drachma
9. The bay laurel tree
10. Four



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Joe Flint

**Chief Warrant Officer 2
U.S. Army - Retired
Formerly Stationed At Fort Rucker**

In 2006, after nearly 10 years in the car business, Joe answered the call to serve his country in the U.S. Army. Joe's time in the Army was spent as an OH58D Kiowa Warrior pilot. In addition to normal pilot duties he held numerous additional duties, which include: Training and Simulations Officer, Communications and Information Management Officer, and most recently the Operations Officer for the Aviation Captains' Career Course and Warrant Officer Advanced Course. Joe had the pleasure to serve in OEF 12-13 with 3rd Squadron 17th Cavalry Regiment, 3rd Combat Aviation Brigade. Joe retired April 2017.

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