

'A GREAT TIME'

Oktoberfest delivers fun, food, music, fireworks

Story on Page C1



HISPANIC HERITAGE

Runners honor Hispanic Heritage Month with 'universal' pastime

Story on Page D1





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

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FORT RUCKER ★ ALABAMA

OCTOBER 5, 2017

LASS E



Officials from the Department of Defense Education Activity, the U.S. Army Corp of Engineers and U.S. Army Aviation Center of Excellence and Fort Rucker break ground on the new Edmund W. Rucker Elementary School during a groundbreaking ceremony Tuesday.

Post breaks ground on state-of-the-art educational facility

By Nathan Pfau Army Flier Staff Writer

A project years in the making took another step closer to fruition as Fort Rucker officials broke ground Tuesday on a facil-

ity meant to invest in the minds of future generations. Officials from the Department of Defense Education Activity, the U.S. Army Corp of Engineers, and U.S. Army Aviation Center of Excellence and Fort Rucker came together during the groundbreaking

ceremony for the Edmund W. Rucker El-

ementary School, which is set to open in

"This new, 21st-century facility is a demonstration of the commitment of the Department of Defense Education Activ-

ity to achieve academic excellence while serving the unique needs of our militaryconnected children," said Dr. Lisa Coleman, DODEA Georgia/Alabama community superintendent. "DODEA's core values state that we believe that students are at the heart of what we do. Our learning environments are student centered, stimulating and relevant.

"As we prepare our students to utilize the 21st-century skills of critical thinking, collaboration, communication and creative problem solving, it is only fitting that our physical plant parent our needs," she continued. "This is not just the breaking of ground on a new school, but the objective of this project is to modernize our facilities, and continuously aim to transform the education environment through innovative and state-of-the-art technology."

The new school, which will be a 175,000 sq. ft., state-of-the-art facility, is being built on the site of the old school, which was built in 1963, and will house grades pre-k through sixth grade, bringing both the primary and elementary schools together under one roof. Having the students under one roof is something the schools have been working toward for some time and will better serve the mission of Fort Rucker schools, said Dr. Vicki Gilmer, principal of Fort Rucker Schools.

"One of the things I'm most excited about is that all of our families will be able to have their children in one location," she said. "To have the opportunity to be able to serve both of our families – our younger children and older children – in one loca-



William G. Kidd, USAACE and Fort Rucker deputy to the commanding general, speaks to attendees during Tuesday's groundbreaking ceremony.

tion is going to be fantastic.

"This makes us one team and one community," said the principal. "Fort Rucker is truly above the best and our schools

SEE EDUCATION, PAGE A7

Army Aviation to revamp training

By David Vergun Army News Service

WASHINGTON — The Army Aviation Branch is in the process of overhauling its entire training program, said Command Sgt. Maj. Greg M. Chambers.

Chambers, who is the command sergeant major of the U.S. Army Aviation Center of Excellence and Fort Rucker, said the center is now working on development of a new maintenance training program for both rated and non-rated crew members.

SEE TRAINING, PAGE A7



PHOTO BY DAVID VERGUN

Soldiers of the 10th Combat Aviation Brigade work on a Black Hawk helicopter at Camp Mihail Kogalniceanu, Romania, Sept. 23.

Exceptional Families Exceptional

special needs family members

By Nathan Pfau

Army Flier Staff Writer

Taking care of an Army family requires a lot of work, and when it comes to taking care of family members with special needs, the Army doesn't let its families go

Program supports

Fort Rucker's Exceptional Family Member Program is designed to help active-duty Soldiers and family members who have any type of special need to ensure that services specific to their families needs are available to them as they move throughout their military career, according to Vicki Harmon, EFMP coordinator.

The program is designed for both children and adults, and although the majority of family members enrolled in the program are children who might have developmental delays, those enrolled also include spouses who require special medical attention, such as for cancer or multiple sclerosis.

When it comes to special needs, the program covers a broad spectrum that include family members who need early intervention services, special educations services, counseling services, speech therapy, physical therapy, occupational therapy, specialized care services, as well as a myriad of other services, said Harmon.

Once enrolled in the program, which is mandatory for families with exceptional family members, it allows Army personnel agencies to take into consideration the special needs of the family member, and

SEE PROGRAM, PAGE A7

1-223rd welcome new CSM to Spartan team

ARMYWIDE ■ B1-4

By Nathan Pfau

Army Flier Staff Writer

Soldiers of the 1st Battalion, 223rd Aviation Regiment welcomed a new command sergeant major during a ceremony on Howze Field Tuesday.

Command Sgt. Maj. Frederick D. Jordan assumed responsibility from Command Sgt. Maj. Scott W. McGee as the unit colors passed from McGee to Lt. Col. Christian M. Mariani, 1st Bn., 223rd Avn. Regt. commander,

Mariani expressed his full confidence in the new command sergeant major and welcome him and his family to the Spartan team.

"(Jordan) comes to us with a wealth of experience ... as he takes the reins of this complicated, geographically separated battalion," said the 1-223rd commander during the ceremony. "I've enjoyed our interactions and discussions up to this point and look forward to working with you over the next couple years. I know the Army has selected the right person for the Spartans and you're ready for the challenge."

"Under your guidance, the Spartans will add another extraordinary legacy to their battalion's history," added McGee. "I truly wish you good luck – prepare for the roller coaster ride."

Jordan returns to Fort Rucker with 23 years of experience having served in multiple assignments and leadership positions, including squad leader, section sergeant, maintenance supervisor, technical inspector, platoon sergeant, drill sergeant, first sergeant and battalion command sergeant major.

He has served all over the world, from Illeshiem,

PERSPECTIVE • A2



Command Sgt. Maj. Frederick D. Jordan, 1-223rd Avn. Regt. command sergeant major, assumes responsibility from Command Sgt. Maj. Scott W. McGee as he receives the unit colors from Lt. Col. Christian M. Mariani, 1-223rd Avn. Regt. commander, during a change of responsibility ceremony on Howze Field Tuesday.

Germany, to Camp Eagle, South Korea, and has served in multiple deployments, including a tour in Iraq, two tours in Afghanistan, one tour in Kuwait, two tours in

Korea and one tour in Germany. "I look forward to serving alongside you, the Soldiers

SEE 1-223RD, PAGE A7

ON POST • C2 **COMMUNITY** ■ C1-8

HEALTH ■ D1-4

PERSPECTIVE

HISPANIC HERITAGE MONTH

Hispanic American Soldiers continue legacy, inspire future generations

By Staff Sgt. Scott Pangelinan

U.S. Army Operational Test Command Public Affairs

FORT HOOD, Texas - National Hispanic Heritage Month has an odd date framework – from Sept. 15 to Oct. 15 – with good reason.

This observance opens and closes midmonth because Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate their independence Sept. 15, and Spain and Latin American countries celebrate the discovery of the Americas Oct.

The commemoration also takes into account the Independence Day of Mexico on Sept. 16 and the Independence Day of Chile on Sept. 18.

During Hispanic Heritage Month, the U.S. Army celebrates the long-standing and remarkable contributions that Hispanics have made in building and defending the nation.

The Army and our nation draws strength from the diversity that makes up America's melting pot.

The valuable roles of American Soldiers with ancestry from Spain, Mexico, the Caribbean, Central and South America are treasured and respected. Hispanic Americans have decisively defended and shown allegiance to our nation through exceptional military service.

With more than 40 Medal of Honor recipients dating back to the Civil War, Hispanic-Americans represent the military with deep, abiding patriotism and heroism.

Continuing this tradition, more than 133,000 Hispanics currently serve in the Total Force, and more than 66,000 of them are in the Army. During this observance, the Army shows its appreciation of all Hispanic-Americans who have served and those who continue to serve today.

One Hispanic American Soldier that always comes to mind during this observance is Master Sgt. Roy P. Benavidez, who served in Vietnam.

While serving near Loc Ninh, Vietnam, May 2, 1968, with the 5th Special Forces Group, then-Staff Sgt. Roy P. Benavidez received a distress call from another team. Upon reaching the scene, Benavidez, who had already been seriously wounded on a previous tour, leaped off the helicopter and ran through 75 meters of unrelenting fire, getting shot in his right leg, face and head.

He carried wounded men aboard the helicopter, then attempted to recover a fallen Soldier and classified documents, sustaining even more severe wounds in the pro-

After the helicopter pilot was killed, Benavidez organized a perimeter, returned fire, called in air strikes and distributed ammunition, medicine and water. When another aircraft was finally able to land, Benavidez ferried his comrades to the helicopter through devastating fire.

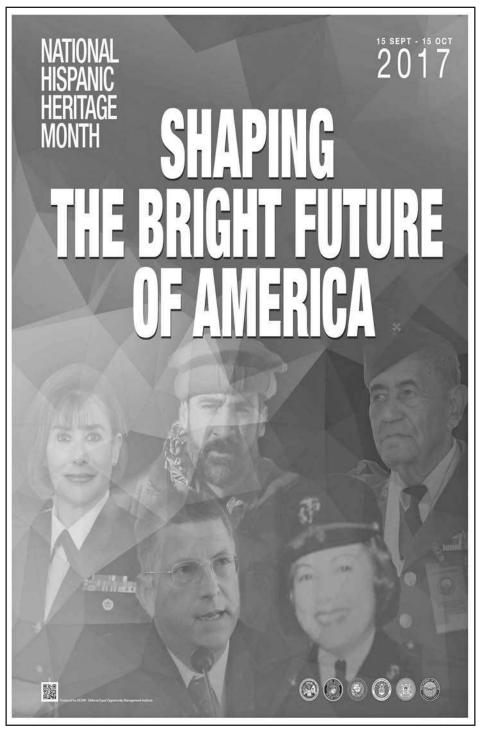
By the time he reached safety, Benavidez was unable to move or speak and was riddled with more than 30 wounds.

Just as he was about to be placed into a body bag, he spit into a doctor's face. He remained in the Army, retiring as a master sergeant in 1976. Benavidez's Distinguished Service Cross was upgraded to the Medal of Honor in 1981 after investigators located a witness to his actions.

In 1985, Hispanics represented 3 percent of the Army's population. That percentage has grown to 14 percent in 2016.

Just as America's diversity has always been one of the nation's greatest strengths, the Army's diverse force makes it stronger and more capable.

The legacy of Hispanic Soldier courage and selfless service is certainly an inspiration for future generations of Americans.





f Fort Rucker broke ground on the new Edmund W. Rucker Elementary School set to open in 2019. Why is it important for an educational facility to reflect the education children are getting?



CW3 Paul Kalagian, 22nd Recruiting and **Retention Battalion**

"As much as people (in the military) are moving around. they need to be comfortable that their kids have a good



Hortie Russaw, military spouse

"It helps with their health and safety. To have a classroom that's in a nice (facility), then they'll love to come.'



Dorothy McBride, veteran

"It's great because ... if it was something that needed improving, then I'm all for it."



Burgundy French, military spouse

"Education is super important. You need that to get further in anything in life. I just think it's very important to have.'



Alison Pettengill, civilian

"If they have a great learning environment, then the children will want to go to school.'

COMMAND

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Modular Handgun to begin fielding before Christmas

By C. Todd Lopez Army News Service

WASHINGTON — Come November, the XM17 handgun, also called the Modular Handgun System, will drop the X, which designates it as experimental, and will instead be called the M17.

At that time, the Army is expected to reach a conditional material release for the MHS, and will issue some 2,000 of the pistols to the 101st Airborne Division at Fort Campbell, Kentucky.

The "Screaming Eagles" will be the first in a long line of units to receive the new 9mm pistol, which is meant as a replacement for the existing M9, which is quickly approaching the end of its useful service life.

Also among the first to receive the new pistol will be the 3rd Cavalry Regiment at Fort Hood, Texas, as well as one of the Army's new security force assistance brigades.

All three units will have the new M17 handgun issued to them by the end of the year, said Brig. Gen. Brian Cummings, who serves as Program Executive Officer Soldier at Fort Belvoir, Virginia.

While the XM17 pistol is manufactured by Sig Sauer and is based on Sig Sauer's existing P320 pistol, Cummings brushed off comparisons between the two weapons.

"It's a different weapons system," Cummings said.

As the Program Executive Officer Soldier, Cummings is responsible for managing those Army programs that provide most of the things Soldiers carry or wear. That includes, among other things, individual and crew-served weapons, protective gear, weapons sights



By November, the Army is expected to reach a conditional material release for the Modular Handgun System, and will issue some 2,000 of the pistols to the 101st Airborne Division at Fort Campbell, Kentucky.

and sensors, and uniform items.

The general said that both the M17, which is a full-sized version of the pistol, and the M18, which is a compact version, include different safety features than the P320 pistol, as well as different requirements for accuracy and reliability.

Cummings also said that the new pistol may see more action than its predecessor, the M9, which was primarily issued as a personal protection weapon.

"We're looking at more than the traditional basis of issue, where we are doing a one-for-one replacement," he said. The M17 and M18, he said, have also proven good for close-quarters combat, and so might be issued to some units and Soldiers to fill that role, as well.

STILL ON TARGET FOR **NEW RIFLE**

Despite some reports to the contrary, the Army is still looking for a new rifle that uses a 7.62mm

"The chief [U.S. Army Chief of Staff Gen. Mark A. Milley] wanted an interim combat rifle, or he was only going to fulfill a requirement to have a squad-designated marksman in each squad, called a squad-designated marksman rifle," Cummings said. "So, there are two efforts going on to get a 7.62 inside the squad."

What are those two efforts? Cummings said that course of action No. 1 is to have one Soldier in a squad carrying the Squad-Designated Marksman Rifle. Course of action No. 2, he said, is to have multiple Soldiers in a squad with the Interim Combat Service Rifle. Both are 7.62mm weapons.

The SDMR is already a program of record for the Army, Cummings said, and there is a weapon already identified to fill that role: the M110A1 Compact Semi-Automatic Sniper System, or CSASS. That weapon is undergoing testing now, Cumming

But the ICSR and the SDMR do not represent the future for what weapons will be issued to most Soldiers.

"Right now, many are focused on the ICSR or SDMR," Cummings said. "But that's not the long-term way ahead. The longterm way ahead is a brand new rifle for all of the Department of Defense called the Next Generation Squad Weapon."

The Next Generation Squad Weapon, or NGSW, is actually two weapons, he said. It'll include one rifle to replace the M249 Squad Automatic Weapon, and then a carbine that replaces the M4. Both the M249 and the M4 use the 5.56mm cartridge. The NGSW will likely use a different caliber cartridge than 5.56mm.

"For the next-generation, we wanted to make one end-all solution," Cummings said. "With the M4, when you look at it, it's got all these things hanging on top of it. We keep evolving by putting on things. The next-generation is going to be kind of like what we did with the pistol, with the modular handgun system. It'll be one complete system, with weapon, magazine, ammo and fire control on it and we will cut down on the load and integration issues associated with it."

The general said the U.S. Marine Corps is "on board" with development of the NGSW, and the British are interested, as well.

Cummings said the Army can expect to start seeing the Next Generation Squad Weapon by 2022, in about five years. That'll include the weapon, magazine and bullet. Later, by 2025, he said, Soldiers can expect to see a fully-developed fire-control sys-

Until then, Cummings said, the Army is working on an interim solution to get a larger-caliber rifle into the hands of at least some Soldiers. It'll either be the SDMR in the hands of one Soldier, or the ICSR in the hands of some Soldiers. But, he said, "the final decision has not been made."

Army Cyber Command helps defend nation's network

By Devon L. Suits Army News Service

FORT GEORGE G. MEADE, Md. — "We live in a wired world. Companies and countries rely on cyberspace for everything from financial transactions to the movement of military forces," reads the 2015 Department of Defense cyber strategy. "Computer code blurs the line between the cyber and physical world and connects millions of objects to the Internet or private networks."

Living in that connected world might bring great benefit, but it also makes society vulnerable to state and non-state actors, criminal enterprises, terrorist threat organizations and hacktivists. Each of these threats has access to cyber capabilities and is able to use that access to strike down important networks, destroying data and shutting down critical systems from thousands of miles away, according to the study.

"Cyber threats have changed the way Army looks at the network, data and networked systems," said Lt. Gen. Paul Nakasone, who commands U.S. Army Cyber Command. "[The network] is not only an enabler for mission command and day-to-day business operations but also a weapons platform for cyberspace operations."



Pfc. Nathaniel Ortiz of the 780th Military Intelligence Brigade sets up deployable cyber tools overlooking the mock city of Razish at the National Training Center at Fort Irwin, Calif., May 5.

During the 2017 Association of the U.S. Army Annual Meeting and Exposition Monday-Wednesday in Washington, D.C., Maj. Gen. Garrett Yee, the military deputy for cybersecurity within the Army's CIO G-6, and Brig. Gen. Joseph McGee, the deputy commander of operations for ARCYBER, will further discuss the borderless nature of cyber-attacks. Their "Warrior's Corner" presentation will be live-streamed Wednesday at 12:35 p.m. Eastern time on www.dvid-

THE BIGGEST RISK

To stay relevant in the cyber

domain, ARCYBER operates and aggressively defends the Defense Department's information network. The command employs both offensive and defensive cyberspace techniques to keep the United States safe from threats posed by global adversaries, for instance. Additionally, they rapidly develop and deploy new capabilities to defend against a resilient, adaptive enemy.

Defending the network can be difficult, Nakasone said. In the cyber environment, attackers have a considerable advantage as they "only have to be right once."

"To defend against these threats

requires unfailing defense of our networks, systems and weapons platforms," Nakasone said. "To put this complex challenge in perspective, remember that our baseline Army network alone entails over 1 million endpoints."

The biggest risk to the DOD network is the uniformed user, as adversaries continue to exploit phishing techniques, he added.

"It's no longer the Nigerian prince that's offering you a million dollars," he said. "It's someone that has perhaps done some social research with regards to social media."

User-generated vulnerabilities create a larger concern, as it provides adversaries an opportunity to establish a presence and extract information from the DOD network – putting personally identifiable information and mission-critical data for military weapons and transport systems at risk, he said.

As part of its mission, ARCY-BER constantly conducts passive and active cyberspace operations to preserve the ability to use friendly cyberspace capabilities and protect data, networks, netcentric capabilities and other designated systems. ARCYBER also aggressively defends DOD networks, data, and weapons systems through network hardening, modernization, and an active defense.

Additionally, ARCYBER is now engaged in designing, building and delivering integrated capabilities for the future fight, focusing on defensive and offensive cyberspace operations. The command supports Army readiness as it continues to build 62 total-force cyber mission teams.

GROWING THE CYBER FORCE

"If you think about what makes us successful, I would offer that there are probably four areas: our people, our teams, our experiences and our future," Nakasone said.

Maj. Gen. John Morrison, the commanding general of the Army Cyber Center of Excellence, and Maj. Gen. James Mingus, the director of the Army Mission Command Center of Excellence, will elaborate on future plans for all four of those success areas during another Warrior's Corner presentation Tuesday titled "The Network Way Ahead." That AUSA presentation will be livestreamed at 2:30 p.m. Eastern time.

The cyber workforce will be further discussed at an Institute of Land Warfare Contemporary Military Forum Wednesday at 2 p.m., "A New Kind of Force for a New Fighting Domain: Cyber Talent Management."

News Briefs

Emergency broadcast channel change

The post's emergency broadcast channel, Channel 6, is now reflected onto Channel 900 for on-post cable outlets. This is due to the new hardware installed by Spectrum for high-definition TV. All channels have been rearranged, including changing Channel 6 to its new location on Channel 900.

Fall clean up

The Fort Rucker Fall Post-wide Clean has been rescheduled to Nov. 14-17. All garrison, mission and tenant units are required to partici-

For more information, call 255-0739.

Change of command

The 1st Warrant Officer Company will host a

change of command ceremony Oct. 13 at 1 p.m. at the U.S. Army Aviation Museum. CW4 Olga Elliott will assume command from CW4 Jerry D. White.

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 drawings. 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

Military pay briefing

The Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (nonretirement) is offered as a weekly group briefing. The ETS briefing is held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies

of separation orders and amendments, DA 31 -Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

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

Rapid prototyping to help Army deter aggression in Europe

By Nancy Jones-Bonbrest For Army News Service

WASHINGTON — If the unthinkable were to unfold in Europe, the Army's 2nd Cavalry Regiment would be among the first in line to respond.

Recognizing the potential consequences of Russian aggression, tactics and capabilities, the Army has targeted the 2nd Cavalry Regiment to receive several advanced technologies designed to bridge gaps against the near-peer threat. This quick response is not Army acquisition business as usual, but instead uses rapid prototyping to accelerate interim solutions to Soldiers until the long-term programs of record arrive.

And it's working. These critical capabilities, including integrated electronic warfare systems and upgunned Stryker vehicles, will soon be in the hands of 2nd Cavalry Regiment Soldiers in Europe, about a year after they were first envisioned.

The efforts behind the deployment of these prototypes, and future prototyping priorities to address strategic threats, will be the focus of the "Rapid Acquisition for Land Power Dominance" Warrior's Corner Monday from 12:50-1:30 p.m., as part of the United States Army Annual Meeting in Washington, D.C.

"As we continue our commitment to our allies around the world, there are events unfolding right now that are demonstrating how critical it is for the Army to modernize and modernize rapidly," said Doug Wiltsie, director of the Army's Rapid Capabilities Office. "We are using prototypes to answer operational needs by repurposing existing equipment and combining them with emerging technologies to provide something new, then incrementally improving them based on user feedback."

The presenters at the Warrior's Corner – the RCO, the Program Executive Office Ground Combat Systems and the 2nd Cavalry Regiment – are on the front lines of creating new avenues to move faster than traditional acquisition methods have allowed in the past.

"This is a great example of where we tailored the acquisition process to meet a timeline being driven by an immediate operational need," said Maj. Gen. David Bassett, the program executive officer for GCS. "We are delivering significant capabilities to Soldiers at an accelerated pace, because of our ability to seek out mature technologies and accept and manage concurrency of detailed design, manufacturing, and testing in order to increase delivery speed."

In August, Soldiers from the 2nd Cavalry Regiment traveled to Aberdeen Proving Ground, Maryland, to take part in a six-week test and training event for the new variants of the Stryker Infantry Carrier Vehicle-Dragoon. One variant incorporates a new, powerful 30 mm cannon, while the other



PHOTO BY SEAN KIMMONS

A Stryker Infantry Carrier Vehicle-Dragoon fires 30 mm rounds during a live-fire demonstration at Aberdeen Proving Ground, Md., in August.

is fitted with the CROWS-J system, enabling troops to fire Javelin anti-tank guided missiles remotely from inside their Stryker.

"This capability that is coming to the 2nd Cavalry Regiment is directly attributable to Russian aggression," said Lt. Col. Troy Meissel, the regiment's deputy commander. "Back in the Cold War, there were 300,000 Soldiers in Europe and today there are 30,000. So, how do we, as an Army, make 30,000 Soldiers feel like 300,000? This new [capability] is one of the ways that can help us do that."

The Army expects to send both Stryker variants to Europe by January, then field the combat vehicle to a forward location next summer when the regiment's 1st Squadron is expected to go to Poland. PEO GCS will continue to work directly with 2nd Cavalry Regiment Soldiers to refine the prototype based on their feedback.

Just as the ICV-D Stryker came about as a direct request from the 2nd Cavalry Regiment for more firepower, the RCO is also answering operational needs in Europe based on the demand for an electronic detection, support and attack capability in contested and congested environments.

Already on the ground with the 2nd Cavalry Regiment in Europe is electronic warfare equipment for use at the tactical level, including a system for dismounted Soldiers. Expected to field in January is an improved, integrated version of the prototype that adds mounted and mission command capabilities. The equipment, recently evaluated at the Network Integration Evaluation 17.2 in July, can be used to detect and understand enemy activity in the electromagnetic spectrum, as well as provide electronic attack effects.

"We understand that none of



Troopers assigned to Iron Troop, 3rd Squadron, 2nd Cavalry Regiment conduct land operations during Saber Junction 17.

these capabilities are perfect," said tor of operations for the RCO. "We are looking for small-scale projects where we can take some technology risks. But it's not about fielding gadgets. It's also figuring out how Soldiers are going to use them, how they are going to fight them, what the doctrine is going to be, what are the tactics, techniques and procedures, what is the training required, and how do we do the manning?"

These initial prototypes are setting a precedent in moving faster to meet immediate demand and close strategic gaps based on combatant commanders' needs. Feedback from the 2nd Cavalry Regiment will continue to help drive system design, performance, functionality and training methods, enabling the Army to move faster while simultaneously adjusting to meet operational needs.



Staff Sgt. Randall Engler, a squad leader with 2nd Cavalry Regiment, shows off one of the 30 mm rounds that are fired from a cannon on top of the new Stryker Infantry Carrier Vehicle-Dragoon vehicle.

"[Our goal is] an honest assessment of the technologies available – if we can have hands on them first, it's a great opportunity," said Capt. Sean Lynch, electronic war-

fare officer for the 2nd Cavalry Regiment, who used the prototypes during exercises held this summer, including Saber Guardian and the NIE.

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AT THE READY

Uncertain tasks aim to rattle well-trained Soldiers at Best Warrior

By Sean Kimmons Army News Service

FORT MEADE, Md. — Perhaps the most certain thing competitors will face in this year's Army Best Warrior Competition is uncertainty.

Held annually since 2002, Best Warrior deals out a mix of grueling tasks that mentally and physically challenge competitors, who represent various commands across the Army. This year's Best Warrior, which crowns the top Soldier and NCO in the Army, is no different. Organizers intentionally leave out specific details on events in the six-day competition, forcing Soldiers to figure them out on the spot.

The 2017 competition started Saturday at Fort A.P. Hill, Virginia, with 22 competitors who have already excelled at competitions held by the Army's major commands. Those who finish above the rest at A.P. Hill will then be honored next month at the Association of the U.S. Army's annual conference in Washington, D.C.

"I'm hoping to put them in very uncomfortable situations multiple times," said Sgt. 1st Class Jerod Burghardt, lead organizer for the competition. "What I don't want them to do is to worry about what we're grading, rather than do what they think is right."

In the contest, Soldiers are tested for their aptitude through physical fitness assessments, written exams, urban warfare simulations and other warrior tasks and battle drills. Soldiers also face tough questions from selection boards in front of some of the Army's most senior enlisted leaders, including Sgt. Maj. of the Army Daniel A. Dailey.

"Best Warrior Competition is about readiness," Dailey said. "These Soldiers are faced with dynamic tasks, which they must work through as leaders. It isn't about book answers or board questions, because anyone can memorize those. It's about leadership, knowledge, skills and abilities."

A more holistic approach is being applied to many of the events, unlike competitions for expert badges, where Soldiers typically go from station to station to complete tasks that are known in advance.

"If you look at what we did last year, we added some ambiguity to each event," Burghardt said. "We didn't tell them what they were going to do. We didn't tell them the tasks they were being graded on."

There are plans to ramp up that ambiguity this year, he said, and provide fluid combat scenarios to the competitors.

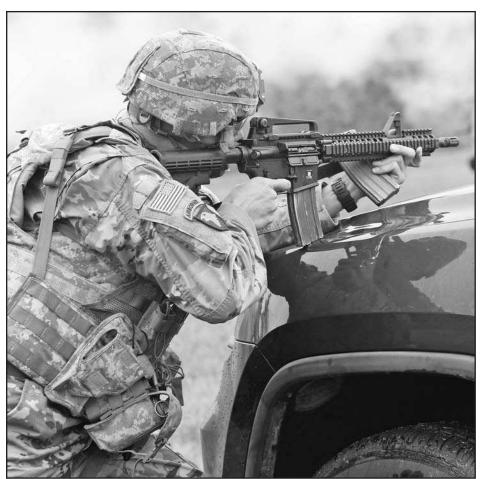
The goal is to have the best all-around Soldiers stand out from the others.

"You can get a 10,000 on your PT test and hit the extended scale three times over," Burghardt said. "But is that what the Army identifies as the best Soldier and NCO? The guy or gal who can just do a task, or is it a guy or gal who can think through the process, know when to do the task, how to do the task and what to do after the task?"

Last year, Sgt. 1st Class Joshua Moeller captured the NCO award in Best Warrior. He described a long, demanding process to get there. Like other competitors, Moeller had to first compete and win at his company before moving on all the way up to a



A Soldier is seen competing in the 2016 Best Warrior Competition at Fort A.P. Hill, Va., Sept. 28, 2016. The 2017 competition, which started Saturday, is a weeklong contest that will test 22 Soldiers from the Army's major commands on their physical and mental capabilities.



Sgt. 1st Class Joshua Moeller, who was assigned to the Army Reserve Command, competes in the 2016 **Best Warrior Competition.**

command-level contest.

"I really enjoy getting out there, getting mud on my face and just testing myself to see where I'm at in terms of my skills and my abilities," he said.

He went on to represent the Army Reserve at Best Warrior, where he tried to not let the extra attention the competition receives become a distraction.

"As the level gets higher, the pressure

mounts," he said. "There are more eyeballs on you, but I tried to shut that out as much as possible and just focus on the next

One of the most challenging tasks for him was the land navigation course at Fort A.P. Hill. He called the course over hilly terrain "a monster" that started in the daylight, but later had Soldiers navigate over long distances in the dark.

"All of the movements were super long through swamps and up steep hills," he recalled. "Coincidentally, it's called A.P. Hill because it's named after somebody. But 'hill' is definitely the operative word when it comes to the Department of the Army competition."

Since Soldiers get little sleep during the long days, mental games with one's self can also play a huge part. While Moeller trudged through the competition, he said he used humor to combat any negativity.

"It takes somebody who has a great sense of humor, has an honest assessment of themselves and has put in the work," he said. "You have to be able to laugh at the things that seem really daunting [and] find humor in the chaos while being able to stay focused."

After he won, Moeller found himself humbly representing the entire Army at various events. He also accepted an activeduty position to work as a travel coordinator for Dailey, which gives him rare access to the Army's top senior-enlisted leader.

"Working directly for the sergeant major of the Army after winning the competition has been an eve opener," he said. "I can tell you from daily interactions with him that he is a huge believer in the chief of staff of the Army's No. 1 priority - readiness, and the Best Warrior Competition is one of the pure distillations of that concept."

As in the past, whoever wins this year must exemplify readiness and be a role model other Soldiers can emulate. During the in-processing brief at last year's competition, Moeller recalled Dailey summing this up perfectly for him.

"When we put you up there on a stage and we tell everybody that this is the noncommissioned officer of the year for the United States Army," he said, quoting Dailey, "Soldiers need to be able to believe

Dailey also acknowledged readiness is the intent of the competition and offered his advice to this year's competitors and those who will compete in the future.

"In order to succeed," he said, "these Soldiers have to demonstrate a high level of fitness, discipline, and ability to perform under stress and the leadership abilities necessary to lead Soldiers in combat.

"Ultimately," he added, "we are here to fight and win our nation's wars."



Moeller competes in the 2016 Best Warrior Competition.



Education

Continued from Page A1

have been above the best, but our schools have been separate. We've had different goals and different strategies ... and this give us the opportunity to combine our efforts and our talents into one mission for our kids."

The modernization of the school gives the opportunity to provide a new, fresh teaching environment for the children, which will enhance the way the students are able to learn, said Gilmer.

"The new school has been designed for critical thinking and collaboration – all the skills that students are going to need in the future," she said. "It's really designed with an atmosphere that has children together learning instead of classrooms where they are stuck with one facilitator."

The new facility will feature "neighborhoods" instead of traditional classrooms where classes will be arranged in a more open room design, which will allow collaboration between classes and allow for an innovative, interactive way of learning.

"In this new 21st-century designed school, there are open neighborhoods where you have one gigantic area of learning, so there is lots more flexibility and lots more opportunity for learning," said the principal. "Kids can ebb and flow in different environments in their own neighborhood."

William G. Kidd, USAACE and Fort Rucker deputy to the commanding general, said that the new school is a great step forward in being able to provide worldclass education for the children of Fort

He added that although the facility will provide an environment that fosters learning in the modern era, the real task lies with the educators within those walls.

"There are many things that have changed in our world since 1963, but one thing is for sure – our commitment to edu-

cation to the betterment of our children," he said. "This is going to be a wonderful environment for our children, our educators and our volunteers to participate in the education process.

"And despite the great craftsmanship that the construction crews are going to do, and the tremendous architecture and thought that went into this building, it's just brick and mortar," said the deputy to the commanding general. "The magic occurs with the educators and volunteers who come here and interact with those children, but this facility will be worthy of that task and enable them to do things that they can't do now."

Training

Continued from Page A1

The center is also examining the advanced individual training programs of instruction to determine if it is teaching relevant tasks, he said, providing a hypothetical: "If a hydraulic pump on a helicopter never breaks, why are we teaching that task?"

Besides that, the center is mining information from all the combat Aviation brigades to determine what are the most frequent and critical Aviation maintenance actions.

Once that analysis is complete, those tasks will be incorporated into programs of instruction at both AIT and follow-on professional military education courses, he said, speaking earlier this month at an Association of the United States Army-sponsored forum on Aviation.

Besides an institutional focus on improved aviation training,

commands must also do their part to improve Soldier proficiency in aviation maintenance, Chamber

"Operational units need to concentrate on protecting Aviation maintenance training time," he

In practical terms, he said, commands must ensure Soldiers are training daily on aircraft maintenance, rather than performing unrelated ancillary duties, such as installation security.

"Every time we do not allow our Soldiers to practice their craft, it pushes the issue down the road,"

A WAKE-UP CALL

Recently, about 1,500 enlisted Aviation Branch Soldiers were administered a test consisting of general Aviation questions, Chambers said. The "dismal" results of that test proved to be a wake-up call to USAACE, and indicated

a need to examine what is being taught to Soldiers.

"The Black Hawk helicopter has over 20,000 tasks that can be taught on it from an institutional perspective," Chambers said.

Yet, at AIT for Aviation Branch Soldiers, only 101 of those tasks are taught, he said. At the leader course for Aviation Soldiers, about 35 critical tasks are taught. And altogether, only 92 tasks are taught during the training required to be certified at Skill Level 1, 2

Altogether, the Army is teaching Aviation Soldiers just a little over 1 percent of the tasks that could be taught to maintain the Black Hawk helicopter.

In addition to a possible need to teach a wider array of individual tasks on maintaining a particular aircraft, Chambers said, the Army must also develop in Soldiers a better understanding of how individual systems aboard those

aircraft work together to get those systems in the air.

"We're decent at troubleshooting a helicopter, removing and installing parts and components on a helicopter, but we need to improve our ability to understand how [a] system operates and how [a] system interacts with the airframe, whether it's the electrical system with the hydraulics, [or] the hydraulics with the flight controls," he said.

Also, over the last 17 years, the Army has gotten into a "deployment mentality" where contractor support has been relied upon too heavily, Chambers said.

During that timeframe, he said, the maintenance skills of Soldiers eroded, even as those of contractors increased. He said it's difficult to estimate just how much that erosion of skill has cost the Army.

"It's hard to put a price on proficiency," he said. "We can put a price on a flying hour or what it costs to train a pilot in flight school or push a kid through AIT. But we cannot put a price on what it takes to maintain proficiency once they leave the institution. Cutting training budgets doesn't help, but I know one factual thing: it costs a lot more to re-train someone than to keep them proficient."

Brig. Gen. Dave Francis, commander of the U.S. Army Combat Readiness Center, agreed that training proficiency and the "human dimension" of warfare will take on an increasingly important role as Soldiers will be called upon to execute dispersed, semiindependent, cross-domain operations with multiple mission sets.

Junior Soldiers, who make up the bulk of the Army's Aviation Branch, will be key to making that a success and providing the maneuver commander more options, while generating simultaneous dilemmas to the enemy, he added.

Program

Continued from Page A1

when possible, Soldiers are assigned to an area where their family member's special needs can be met.

"If they have a child [with any specific disorderl that needs a specialist, then at their next duty assignment, they will be within an X number of miles that they will be able to take their child," said Harmon.

Once an exceptional family member is identified, the EFMP office begins work to make sure the family is taken care of to alleviate some of the work required to get that family member the help they need.

"We receive the paperwork over here and I'll create a roster over here for them, so if they contact me they can come in and get DVDs, books, phone numbers or any type of information for their family member that they need information on," said the EFMP coordinator. "Once that's been identified, then when they go to their briefings to PCS to a different location, that identifier makes officials aware that they have an exceptional family member, so they look to make sure that where they're going has the medical care that they need."

One important factor that Harmon said of, then that helps the Soldier to not be as

that Soldiers need to understand is that enrollment in the program in no way hinders their advancement in their Army career.

"It doesn't stop them from going places - it just helps to ensure they get the best care for their family member," she said. "This is just to help and they need to get into that mindset that it's to help them make sure they get the best care.

"This can alleviate a lot of burden for the family member because if it were me, I'd be more than happy to know that someone is there to help because it can be so hard to get your foot in the door to a lot of doctor's offices, hospitals or specialty clinics," she continued. "If you've got someone on your side that can pave the way and make that appointment for you, then that really makes a difference."

Harmon gave an example of one exceptional family member who was pregnant that discovered after multiple doctor visits that her unborn child had a cardiology issue. Since this issue was identified, she was sent to a specialist to keep an eye on the child throughout the pregnancy, which helped to relieve a lot of stress for the fam-

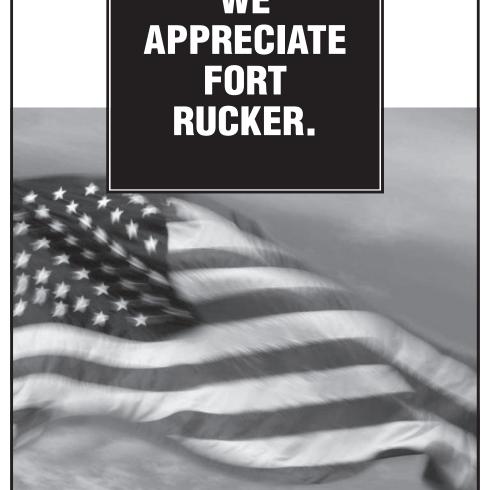
"I feel that if the family is taken care

stressed – to know that the family is being taken care of to the best of the Army's ability, and that helps keep up that Soldier's morale," she said.

Also, in order to better serve the community, EFMP will be hosting a focus group Oct. 16 from 9-10 a.m. at Bldg. 5700, Rm. 371F. The focus group is intended to get ideas and opinions from the community on opportunities and services that exceptional family members on Fort Rucker need, said

In order to participate in the focus group, people must register by Tuesday.

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



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1-223rd

Continued from Page A1

and the Department of the Army civilians who comprise the 1-223rd, and to continue to enhance the proficiency and skill of future combat Aviators," Jordan said to Mariani. "It's important to maintain continuity, but it's also important to welcome change. The Spartans have a rich history of great leadership, and I will continue to build on that history."

Part of that history is thanks to McGee, he said.

"I'd like to take a moment to pay tribute to (McGee), whose leadership and dedication has produced an exceptional team," he said. "You are a true Army professional and I wish you the best. Thank you for building the team, and allowing me to inherit such a skilled and motivated battalion."

"McGee's ability to connect with the Spartan Soldiers, NCOs, officers and DA civilians is inspiring.

He does not demand respect from his subordinates, he earns it," added Mariani. "Even before I took command in June, I observed (McGee) in action and was thoroughly impressed with his leadership style, knowledge of this battalion and care for those he leads. This is exactly what you want in a sergeant major and it was a huge relief for me coming in to command."

McGee said he's enjoyed his time serving as the battalion command sergeant major, but it was the Soldiers and civilians of the battalion who made his time serving worthwhile.

"The Spartan battalion is an awesome place to serve," said the outgoing command sergeant major. "It's been a whirlwind time serving with the Soldiers of this Army family, and I could not have asked for a more receptive group of Soldiers to work with and for.

"(Command) Sergeant Major Jordan, I'm giving you the varsity squad," he continued. "All you've got to do is take the ball and run it – I know it's going to be a great time and they're going to take you all the way."

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OCTOBER 5, 2017

Cavalry, Aviators team up

By Sgt. Shiloh Capers For Army News Service

TRZEBIAN, Poland Troopers from 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division engaged in a demonstration of readiness at Presidenski Range Sept. 25.

The unit is in Poland to support Atlantic Resolve, a U.S. endeavor to fulfill NATO commitments by rotating U.S.-based units throughout the European theater and training with NATO allies and partners.

The combined arms live-fire is a routine demonstration, said Lt. Col. Dave Maxwell, squadron commander, 5-4th Cav. Regt. It is a validation of movement and to ensure equipment is in full working order.

Equipment utilized in the live fire was a team comprised of Bradley Fighting Vehicles, Abrams tanks and AH-64 Apaches. The air support element was provided by 1st Attack Reconnaissance Battalion, 501st Aviation Regiment, Combat Aviation Brigade.

Abrams tanks provided rear screening with Bradley Fighting Vehicles progressing in bounding movements to engage targets at phase lines.

The demonstration also displays the ability to control the troop-size element as it moves onto the field and executes its live fire, Maxwell said. It also displays the ability to transport equipment, personnel and supplies to execute the mission.

"We're excited, as an organization, to be able to come over here with all of our military equipment, and train and operate as a fully capable armored cavalry squadron," Maxwell said.

The unit prepared for the rotation with months of planning and training. Weeks were dedicated to living in field environments and utilizing the Advanced Gunnery Training System. The tank simulator en-



PHOTO BY CAPT. JAYMON BELL

AH-64 Apaches from the 1st Attack Reconnaissance Battalion, 501st Aviation Regiment, Combat Aviation Brigade, regroup at a new battle position with Bradley Fighting Vehicles and Abrams tanks from the 5th Squadron, 4th Cavalry Regiment, 2nd Armored Brigade Combat Team, during a readiness demonstration, Presidenski Range, Trzebian, Poland, Sept. 25.

hances the foundation of gunnery skills like target recognition and fire control.

Although simulation is an excellent method for education and training, it is a controlled environment.

"Time and experience prepares the Soldier - the longer

they're in country, the more experienced they become," said Staff Sgt. Robert Garcia, 2nd Platoon, Tomahawk Troop, 5-4th Cav. Regt. "A lot of things we do at home station is a baseline to get you to where you need to be, but I don't truly think you can ever be 100 percent ready until you're actually there."

As it is only the first of many ranges for the unit, the opportunity for improvement and experience is plentiful.

Many of the troopers are ready and eager to get out onto the field with the Polish army, Garcia said.

Training with allies and partners is a way to see each other's equipment capabilities and how they might be combined on the battlefield, he said. It would be interesting to see what type of movement maneuvers the squadron and the Polish Army can do together.

Working closely with allies is a training priority for the squadron, Maxwell said.

"We want to increase our ability to operate with our NATO allies," Maxwell explained. "Increasing our interoperability and our ability to shoot, move and communicate is what, as a squadron, we're looking to achieve."



for an aerial gunnery exercise at Fort Stewart, Ga., Sept. 20. The training allowed the Soldiers to hone in on maintenance, refueling and armory skills, and also allowed pilots to qualify with their assigned helicopters.

'YEAR OF EXECUTION'

USAREUR rotational forces demonstrate deterrence capabilities

By Staff Sgt. Tamika Dillard For Army News Service

WIESBADEN, Germany — "This is all about deterrence," said Lt. Gen. Frederick "Ben" Hodges, commanding general of U.S. Army Europe. "To deter, you have to have real capability and demonstrate the will to use that capability."

Hodges declared 2017 as the "Year of Execution" in January during the annual U.S. Army Europe Commander's Conference in Wiesbaden.

He said the "Year of Execution" signified U.S. Army Europe's commitment to implementing the strategic decisions of the alliance.

Hodges will speak on this topic again during a Warriors' Corner presentation in October at the Army Exhibit during the annual Association of the U.S. Army Meeting and Exposition at the Washington Convention Center in Washington, D.C. He will present an overview on the critical mission along with brigade commanders, who led or are leading troops participating in Atlantic Resolve in Europe.

U.S. Army Europe demonstrated its deterrence capability earlier this year when more than 6,000 Regionally Allocated Forces rapidly deployed across 5,000 miles of ocean with about 3,800

pieces of their own equipment, ready to respond at a moment's notice in support of Atlantic Resolve, and other joint and multinational efforts.

"This rotational force, deploying with its full complement of equipment, put U.S. armor and Aviation back into Europe on a continuous basis for the first time since 2013," said Hodges. "Their forward presence is the bedrock of our country's ability to assure allies, deter adversaries and posture to act quickly if deterrence fails."

The 3rd Armored Brigade Combat Team, 4th Infantry Division, and 10th Combat Aviation Brigade, 10th Mountain Division's deployment in support of Atlantic Resolve marked the beginning of a continuous U.S. armored and Aviation brigade presence in Europe. The start of heel-to-toe rotations, made possible by the European Reassurance Initiative, is a strong signal of the United States' ironclad commitment to strengthening the defensive and deterrence capabilities of the alliance.

In 2016, during the NATO Summit in Warsaw, the alliance made the decision to shift its posture and focus from assurance to deterrence. The United States followed NATO's lead in this transition with a new security stance in Europe through enhancing the capabilities of the U.S. Army in Europe, its NATO allies and partners.

REGIONALLY ALLOCATED **FORCES**

The Regionally Allocated Forces concept demonstrates commitment to improving the unit's overall mission readiness by providing resources needed to train as they fight, as well





Soldiers with the 2-3rd Artillery Regt., Division Artillery, 1st Armored Division prepare to sling load an M777A2 howitzer onto a CH-47 Chinook Sept. 20 at Oro Grande Range Complex, N.M.

IN THE SKY

Soldiers demonstrate power, lethality in field artillery exercise

By Sgt. Thomas Calvert

For Army News Service

ORO GRANDE RANGE, N.M. — Power.

Power and lethality are what artillery crewmen assigned to M777 howitzers feel every time they pull the cord to send a round up to 15 miles downrange. Every outgoing shot feels like a shockwave, and the boom is deafening.

Nerve.

Nerve and precision are needed when standing beneath the spinning blades of a CH-47 Chinook while getting ready to attach, or sling load, an equipment asset to the underside of the twin-rotor aircraft as it kicks up an immense dust cloud.

Soldiers from 2nd Battalion, 3rd Artillery Regiment, Division Artillery, 1st Armored Division, loaded their artillery onto Chinooks from the 1st Armored Division's Combat Aviation Brigade and conducted live-fire, twogun raid exercises and gunline qualifications Sept. 19-22 at Oro Grande Range Complex.

"When you're in combat, you're taking these howitzers and you might not be able to move them with vehicles, so most likely air is going to be your best bet," said 1st Lt. Jillian Jones, the pickup zone controller of the exercise and executive officer of F Forward Support Company, 2-3rd Artillery Regt.

When Aviation and artillery come together, it makes for a combination that amplifies the capabilities of modern artillery.

"You're going to shoot however many rounds you need to, and then you're going to sling load and put them somewhere else," Jones said. "It's fast, it's quick, it's efficient. It's the way to go in combat."

The Soldiers prepared for the exercise hand-in-hand with personnel from the air assault school on Fort Bliss, Texas, to ensure the training's safety and efficiency, said Spc. Cory Reeser, a gunner with B Battery.

The training exercise was extensive to simulate the challenge the Soldiers might face in a forward environment. The gun crews would sling load their howitzer, fly to a firing point several miles away, unhook the gun and be ready to fire as soon as possible.

"We did a rapid emplacement," said Reeser. "Then we shot, rigged up the howitzer again to the Chinook, came back and did another rapid emplacement. Then we did our special munitions shoot."

As the pickup zone controller, Jones was up close and personal with the helicopters and those who fly them throughout the exercise. Through marking the grid and controlling the action on the ground, she acted as the liaison between the artillerymen on the ground and the pilots in the sky to keep every pickup running at a smooth pace.



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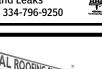
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Thunder

Continued from Page B1

"We're doing it for time. We're seeing how we are tactically, seeing how well our training is, and seeing how we can improve in the future with our training," Jones said.

That training proved invaluable to some of the Soldiers and crews from the 2-3rd Artillery Regt. As a gunner, Reeser is responsible for bringing the sights of the howitzer on to a target using all analog equipment with the help of his senior NCO and lieutenant. He took the time to teach some newer Soldiers the basics of his posi-

tion.

"Our section is pretty brand new: a bunch of E-2s and below," Reeser said. "This is their first field problem and their first chance to shoot actual field artillery. They're busting their humps and getting it done."

Jones was air assault qualified in March, and recognizes the exercise as an opportunity to put her skills to the test and give Soldiers a unique training experience.

"This is actually a really cool opportunity for these Soldiers who have never seen it before and never trained on it to get

trained on it and bring it to other units," Jones said.

For Jones, the exercise was an experience she won't soon forget.
"I think that's the coolest thing in the

"I think that's the coolest thing in the world," Jones said. "A Chinook picking up a several-thousand -pound howitzer – that's amazing!"

For Reeser, it was just another week dug in on the gunline.

"I love artillery," Reeser said," and [being] given the chance to come out here and do all this cool stuff is pretty awesome. And there's the big explosions, obviously."



BHOTO BY SCT THOMAS CALVED

A CH-47 Chinook flown by a crew from the 1st AD Combat Aviation Brigade kicks up dust as artillery Soldiers clear the pickup zone.

Execution

Continued from Page B1

as develop future leaders, Hodges said. The rotational forces conducted more than 90 exercises in 2017 across the theater with allies and partners during the course of their nine-month rotation, routinely demonstrating speed of assembly and freedom of movement.

"We were very fortunate to be put in the middle of this type of environment," said Col. Christopher Norrie, commander of 3rd ABCT. "Within 10 days of the first piece of equipment being offloaded from the ships in Germany, Iron Brigade tanks and Bradley Fighting Vehicles units were firing live ammunition rounds down range in Poland, demonstrating the ability to move and assemble Soldiers and equipment to be ready to fight, if necessary."

In the first half of their ninemonth rotation, the brigade completed eight large-scale movements (battalion-sized or larger). This included assembling the entire brigade in Poland upon arrival; moving three combinedarms battalions to Germany, the Baltics and Black Sea region from Poland; moving the brigade headquarters and three battalions to Germany for exercise Combined Resolve VIII in April; and relocating the brigade headquarters and five of seven battalions to Romania, Bulgaria and Hungary for exercise Saber Guardian in July.

The unit also conducted 19

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UH-60 Black Hawks from the 2-10th Avn. Regt., 10th CAB arrive at a pickup zone.

Emergency Deployment Readiness Exercises, which further built their collective ability to fight tonight, if the need ever arose. The brigade command post changed locations six times, demonstrating its ability to move to a new location in less than an hour.

An armored brigade wasn't the only capability that was part of the heel-to-toe rotations. In the spring, the first rotational CAB deployed, as well.

"The rotational OPTEMPO is appreciably fairly high," said Col. Clair Gill, commander of 10th CAB. "This environment spreads your unit over hundreds and even thousands of miles ... providing the RAF formations great opportunities to execute mission com-

mand – empowering leaders at every echelon to accomplish the mission within the commander's intent."

Because of its high level of training and readiness, the brigade logged more than 10,000 flight hours to meet training requirements and unforeseen events such as the President of the United States' visit, shock exercises and expeditionary operations, Gill said.

"It really was both an awesome responsibility as well as a rewarding deployment," Gill said. "Because we were the RAF and here in a deployed status, U.S. Army Europe had a ready-now armored and Aviation brigade available to them 24 hours a day, seven days

a week."

Both commanders agreed that their missions would not have been successful without the support of their NATO allies and partners.

"The shared interest of expressing the will of the alliance is a very powerful motivator," Norrie said. "Having liaison teams and putting troops in the headquarters of allied forces and having that reciprocated, created a solution for problems as they arose."

Gill added that unity among nations is a strong message to those that would threaten the alliance.

HEEL-TO-TOE ROTATION

As the 3rd ABCT and 10th CAB prepared to close out their

nine-month long deployments, the incoming heel-to-toe unit, 2nd ABCT, 1st ID, began its arrival in Poland.

"We enthusiastically accept the challenges and opportunities of Atlantic Resolve, the way we have dutifully accepted our missions of the past," Col. David Gardner, commander of 2nd ABCT, said. "We are always ready now to be what America needs most, because no mission is too difficult and no sacrifice is too great."

"This is what the deterrence looks like," said Hodges. "This is not just a training event – this is existentially about our survival if we're ever called upon to fight a conventional force."



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NEXEN



OCTOBER 5, 2017





Addie McClelland, military family member, paints her hand-picked pumpkin during Oktoberfest.



Lauren Schutt, military family member, takes a ride on a pony during

Families enjoy a traditional German dance during Oktoberfest at the Festival Fields Friday.

'A GREAT TIME'

Oktoberfest delivers fun, food, music, fireworks

By Nathan Pfau Army Flier Staff Writer

Thousands on Fort Rucker were treated to a taste of Deutschland during one of the year's biggest events, but this year's celebration ended with a bang.

Fort Rucker hosted its 15th annual Oktoberfest at the festival fields Friday where people were treated to German folk music by the Sonnenschein Express, which has become a staple for the installation's celebration, as well as food and fun for people from all over the Wiregrass community.

The festivities kicked off as Fort Rucker because they really

Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, along with Col. Brian E. Walsh, Fort Rucker garrison commander, tapped the ceremonial keg to signal the official start of the Fort Rucker Oktoberfest.

"I've really been enjoying myself with everything they've got going on here today," said Melissa Hadley, military spouse. "We brought the kids out and got to take them on some of the rides, and it's just been a great time.

"I'm always surprised by the size of the events they have on

seem to go all out when they throw these things," she said. "I really do appreciate that they're able to do

this for the community here." Hadley, who made it out to the celebration with her husband, W01 David Hadley, B Company, 1st Battalion, 145th Aviation Regiment, and their two children, Donna and Chauncey, said her children loved that they were able to take part in a myriad of activities, including pony rides and pumpkin painting, which Donna said was her favorite part of the

"I liked that I was able to pick out my own pumpkin and paint it whatever colors I wanted to," she said. "That was really fun."

For David, being able to spend time with his family on the installation was the best part of the entire celebration.

"I'm just glad that we don't have to travel far to be able to spend some good family time together," he said. "I think this is something the kids will really remember and I know they're enjoying it, so if they're happy then it makes the whole family happy."

In addition to the pumpkin picking and pony rides, people were also able to take part in a whole host of activities, including carnival rides, bounce houses, bungee trampolines, keg toss, dunking booths and even a car show, which for many was the highlight of the celebration.

Justin Roberts, civilian from Ozark, said his passion is cars, so his entire reason for visiting the installation was to be able to take a look at cars from all over.

"The car show was definitely the big draw for me," he said. "I absolutely love custom cars and I take pride on being able to customize my own car, so to be able to come out and see what others have done to their rides helps to give me inspiration."

Energy Action Month promotes installation energy resilience, mission readiness

By Jeremy Henderson Army Flier Staff Writer

Small adjustments uniformly implemented have the potential to drastically cut costs and, during October, Army officials urge everyone to remember "Energy Resilience Enables Army Readiness."

"The purpose of [Energy Action Month] is to get people to think about the world around them," Randy White, Fort Rucker Directorate of Public Works energy engineer, said. "The population grows every year. More houses are built and more cars are on the road and the demand for energy grows as a result. Energy consumption in the United States and throughout the world, as a result, grows. You get to a point where the energy companies can only produce so much power."

Energy Action Month, observed Armywide each October, calls upon all Army installations to contribute the goal of continually reducing annual power consumption, fostering energy resilience and boosting readiness.

That's where energy awareness and informed conservation efforts come into play, according to White.

"It's a win-win situation," White said. "When people actively conserve energy, it actually makes our electric rates cheaper in the long run.

"From the Army's perspective, as an example, we spend \$1 million a month on electricity," he added. "If we can shave 10 percent of that off, then we reduce the cost by \$100,000 in one month. That would end up totaling \$1 million in a year's time. That's \$1 million to spend on equipment or training."

According to White, Fort Rucker implements a variety of methods for conserving energy ranging from motion-controlled light sources to remotely-monitoring cooling systems for buildings with an Enterprise Systems Integrator and more innovations



Randy White, Fort Rucker Directorate of Public Works energy engineer, and Trevor Marshall, DPW utilities branch manager, highlight the numerous tools available for monitoring, controlling and troubleshooting the various heating and cooling systems across post.

are on the horizon.

"We are now looking at power strips with a motion detector," he said. "After a set period of time with no one at the desk, the computer monitor will automatically shut off. When you come back in, the motion detector will power the monitor back on.

"It will save a ton of money, but a little bit here and a little bit there all adds up," he added. "We're required to shave our energy consumption 2-2.5 percent a year. We continually strive to reduce our energy consumption."

Fort Rucker's Renewable Energy Project Solar Array, a 90-acre facility containing more than 115,000 solar panels capable of producing up to 10 megawatts of electricity during daylight hours, was completed in April and is capable of powering about 1,600 homes each year.

According to White, air conditioning systems account for a large slice of annual power consumption and homeowners can

make substantial cuts to their monthly bill with a few adjustments.

"The biggest thing is to have a programmable thermostat," he said. "You can program the unit to raise or lower the temperature, depending on the time of year, when you are in bed or away from home. Just a few degrees higher or lower can make a noticeable difference in average energy consumption and your monthly bill."

However, White added, consumers should take care not to make the temperature differences too drastic or else the air conditioning system will struggle to make the change and consume more energy in the process.

According to the U.S. Department of Energy, consumers can save as much as 10 percent annually on heating and cooling by simply turning their thermostat back 7-10 degrees for 8 hours a day from its normal setting.

During the winter, DOE recommends

setting thermostats to 68 degrees during waking hours and then lowering it while asleep or away from home.

In the summer, homeowners can follow the same strategy by keeping their house warmer than normal while away. DOE recommends setting the thermostat to 78 degrees only when consumers are at home. According to DOE, the smaller the difference between the indoor and outdoor temperatures, the lower the overall cooling bill

"The savings can be noticeable by simply bumping up the thermostat a few degrees and supplementing with a desk or rotating fan," White said.

Aside from making adjustments to the thermostat, White suggests consumers swap their incandescent or CFL light bulbs with more efficient LED bulbs.

"You actually gain two benefits from switching your bulbs to LED," he said. "LED lights do not use as much energy as incandescent bulbs and, therefore, they introduce less heat into the room. Less heat introduced into a room means less work for the air conditioning system, saving even more money."

According to the DOE, a 40-watt incandescent bulb capable of producing 450 lumens of illumination consumes approximately \$4.82 of energy annually. Comparatively, a 9-watt LED bulb produces the same illumination while only consuming approximately \$1.08 annually.

Another added factor in overall cost to the consumer, according to White, is the average lifespan of the bulb.

According to the DOE, a 40-watt incandescent bulb's lifespan averages one year whereas a 9-watt LED build can burn up to 20 years, depending on usage.

Consumers can save approximately \$75 annually by replacing their home's five most frequently used light fixtures or bulbs with models that have earned the ENERGY STAR rating, according to the DOE.

ON POST

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

Care Team Training

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

For more information, call 255-9578.

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. 12. 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.

Jeoparteen 2000s edition

The Fort Rucker Youth Center will host its teen version of Jeopardy Oct. 13 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 Oct. 14 from 7-11 a.m. on the festival fields. The event provides members of the Fort Rucker community the opportunity to buy and sell used household items in a consolidated fashion, according to organizers. The event is open to the public. Booth space fees apply to sellers. No commercial vendors allowed without a contract – call 255-1749 for details and fees. Booth cost for ID card holders (active-duty and family members, retired military, members of the Reserve, and Department of Defense civilians): 15x20 is \$25, 30x20 is \$35, and tables are \$10 each. Cost for members of the general public: 15x20 is \$35, 30x20 is \$45, and tables are \$10 each. Registration is due by Wednesday. People can register at MWR Central, 255-2997.

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

EFMP focus group

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

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

'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



PHOTO BY NATHAN PFAU

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. Pictured is a scene from last year's event.

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 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.

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.

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 "Jobseeker's Guide (7th Edition)." Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only. 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 thoughts consequences, and hunt the good stuff.

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

Open to the Public FORT RUCKER SATURDAY, OCT Fort Rucker Festival Fields 7 am = 11 am Want to sell your stuff? Sign up TODAY! Household Items, Clothes, Preferred Registration Electronics, Due By: October 11th Collectibles & more! GOV Rate (active-duty & dependants, retired, reserve, DoD civilians): \$25 (15' x 20' space) \$35 (30' x 20' space) Table checkout \$10/each General Public: \$35 (15' x 20' space) \$45 (30' x 20' space) Table checkout \$10/each Special Events, (334) 255-1749 Register at MWR Central, (334)255-2997 Fort Rucker MWR rucker.armymwr.com

FORT RUCKER MOVIE SCHEDULE FOR OCTOBER 5-8

Thursday, October 5

Friday, October 6

 Saturday, October 7

Sunday, October 8

IT (R) 1 p.m. The Glass Castle (PG-13) 4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

By Michael P. Kleiman U.S. Transportation Command

SCOTT AIR FORCE BASE, Ill. — U.S. Transportation Command is now the single manager of the Defense Personal Property Program, which oversees the Defense Department's household goods and privately owned vehicle shipment programs.

For the past eight years, the Army's Military Surface Deployment and Distribution Command, a Transcom component, directed the DP3. During the same timeframe, Transcom guided the Defense Personal Property System, the DP3's electronic application that offers 24hour access throughout the entire move process via the move. milwebsite. While administered by two separate units, the DP3 and its web interface, DPS, did not operate as effectively or efficiently as they could, prompting the consolidation of both under Transcom.



DOD GRAPHIC

ers' requirements, the program's consolidation provides the unity of effort and alignment to en-

"Although DP3 met custom- hance the relocation experience of military members, DOD civil servants and their families," said Col. Ralph Lounsbrough,

personal property division chief in Transcom's strategy, capabilities, policy and logistics directorate. "A consolidated DP3 management structure also offers one entry point for program inquiries, requests, and concerns from the military branches and the moving industry."

IMPROVEMENTS ON THE WAY

Program improvements will gradually occur, including an update to the move.mil website, with most in place for the peak moving season next summer, officials said. Planned website upgrades include making critical relocation procedural tips more user-friendly, understandable and accessible, as well as providing accurate key contact information for local assistance.

"In the vast majority of cases, the quickest resolution for moverelated issues is through the installation transportation or traffic management office," said Air Force Lt. Col. Todd Jensen, chief of operations in Transcom's personal property division. "This won't change under the DP3 consolidation. We don't want any customer to struggle with the move process. If their questions aren't being adequately addressed locally, they can elevate their concerns to [Transcom]."

Even with a consolidated DP3, customers should plan ahead for a successful relocation by either visiting their traffic management office or registering for a DPS account on move.mil prior to, or when they receive, their permanent-change-of-station orders, officials said, emphasizing that planning is the best way to ensure a successful move.

"We're more aware than ever that it's not about the stuff we move, but it's about the families we relocate and how you deliver exceptional customer service," said Air Force Gen. Darren McDew, the Transcom com-

Subject matter exchange continues between U.S., Mongolian medics

By Emily Yeh Regional Health Command-Pacific Public Affairs

ULAANBAATAR, Mongolia — The second iteration of Regional Health Command-Pacific's medical logistics and nursing subject matter expert exchange took place at the Military Medical Center of Mongolia in Ulaanbaatar in mid-September.

Nurses and bio-medical equipment technicians from RHC-P's Tripler Army Medical Center, the 18th MEDCOM (Deployment Support), as well as the U.S. Air Force worked alongside their hosts and colleagues from the Mongolian armed forces, directly supporting the region's objectives of providing medically ready forces while conducting health service support.

Thirty years ago, the United States and Mongolia established bilateral relations and this SMEE is now a part of that history. This bilateral exchange demonstrates the continuing U.S. commitment in the region, influencing the understanding and progress that build partner defense capac-

Air Force participation in exchanges such as the SMEE in Mongolia is one part of the overall U.S. Pacific Command Theater Security Cooperation plan. The twopart goal includes gaining a better understanding of each other's nursing practice and standards while assessing the opportunity for future cooperation and engagement," Lt. Col. Steven Lehr, commander of the 36th Medical Operations Squadron, Anderson AFB, Guam, said.

The nurses and bio-medical equipment technicians that participated were honored to meet new, and greet old, colleagues. The group built upon established relationships with the military and civilian nurses in Mongolia while continuing their work on establishing a framework as it relates to medical equipment procurement, employment and maintenance, as well as exchanging ideas about providing nursing care in deployed environments. The participants also discussed leadership development, overall patient care and emergency care.

Maj. Jason Marquart, nursing director and deputy commander of medical services at Tripler, explained that the first exchange that took place in June provided the needs assessment based on training requested. It also paved the way to under-



PHOTOS BY EMILY YEH

RHC-Pacific nurses and Mongolian nurses conduct litter training using standard and improvised litters during a subject matter expert exchange.

the team at the hospital.

"During the second visit, the highlight was seeing the senior head nurses come back in the room with the junior nurses, engage with them and teach them to standard using didactic and hands-on learning techniques," stated Marquart. "This team atmosphere allowed the senior nurses to become the educators while our team became facilitators."

But the understanding and appreciation of the similarities and differences go beyond the classroom. The relationships fostered through this exchange are also a key component to a successful exchange.

"Although we have been doing this SMEE since 2010, this is the first time we have done multiple iterations a few months apart. This continuity and familiarity help us work towards our common goals, with the primary focus being on the readiness of our forces," stated Leading Sgt. Major O. Bayasgalan, Military Medical Center of Mongolia. "Our nurses can jump right in because they are familiar with the group. This time the training during the SMEE also enhanced our capabilities for our upcoming U.N peacekeeping mission to South Sudan."

The entire team was honored to be a part of the SMEE and for the opportunity to interact with our military and civilian counterparts in Mongolia. In the end our goals in the medical field are the same. Saving lives or providing critical care, anywhere around the world, requires the dedication and skill set of medical provid-

"Our entire team would like to thank our nursing counterparts and the Mongolian Armed Forces for hosting us and participating in the subject matter expert exchange. I know the partnerships we developed during this exchange will endure because of our efforts," stated Col. Takata "Lei" Barrell, director, Critical Care Services at Tripler.

Regional Health Command-Pacific's involvement in global health engagements is not unique to what we are doing in Mongolia. The region not only conducts subject matter expert exchanges but also senior leader engagements, and humanitarian assistance and disaster relief missions throughout the U.S. Pacific Command's area of responsibility each year in support of the U.S. Army in the Pacific. This medical logistics and nursing subject matter expert exchange is one of many examples of the continuing U.S. commitment in the Pacific region.



Capt. Eric Atencio and a Mongolian nurse work together to triage a patient at a mock exercise during a subject matter expert exchange that took place at the Military Medical Center of Mongolia, Ulaanbaatar, Mongolia, Sept. 18-22.



Army Corps of Engineers provides critical support

By Lisa Hunter U.S. Army Corps of Engineers Mobile District, Public Affairs

MOBILE – It was a Saturday afternoon in September, a time when Joel Hendrix would usually be at his home settling in to watch Alabama college football.

Instead, he, his wife, Beth, two dogs and cat were driving 2,600 miles in five days from a 120-day assignment in the Army Corps' of Engineers South Pacific Division back to the South Atlantic Division, all the while sending emails and making phone calls as he closely monitored Hurricane Irma as it made landfall across Florida.

Hendrix, the chief of the South Atlantic Division Readiness and Contingency Operations, and Marc Dumas, the acting chief, watched anxiously as Irma's path shifted, tracking up the western side of Florida.

Even though Hurricane Irma caused catastrophic damage across the division's footprint, Dumas, Hendrix, and his team of emergency managers prepped the division and its five districts before the storm and quickly coordinated the division's response and recovery efforts. Dumas' energetic confidence is the result of years of experience from combined regular training and exercises for emergency responses, including catastrophic hurricanes.

Some of the emergency managers' most comprehensive training was provided by Readiness Support Center, known as the RSC, a U.S. Army Corps of Engineers' headquarters asset aligned under the South Atlantic Division's Mobile District. The RSC is responsible for maintaining readiness for contingency operations across nine USACE divisions and the 43 districts under those divisions. The training unit provides a unified approach to emergency management training and execution sup-

"We provide a full spectrum of training and emergency support to USACE," said RSC Director Kent Simon. "The RSC provides emergency management planning, training, project management and development and response support."

Simon will speak further on the RSC during a Warriors Corner presentation Wednesday at the upcoming Army Exhibit during the Annual Association of the Army Meeting and Exposition at the Washington Convention Center in Washington, D.C.

"The goal of RSC training is to help emergency managers and other USACE personnel to be better prepared to protect lives and property, respond quickly, and assist with recovery from the disaster," Simon said. "The first time you prepare for a hurricane or other disaster should not be during a real disaster. The RSC provides realistic training at which the team can ask questions, sort out courses of action and come up with a plan that will be in place when they have to deal with a real disas-

The RSC has provided extensive training to most if not all many of the USACE divisions and districts on plans, programs and equipment that every USACE emergency operations center uses, including on ENGLink, a command and control software, and HF, the national emergency management communications equipment. In addition, the RSC has trained several districts' emergency management teams



The U.S. Army Corps of Engineers' Readiness Support Center prepares mobile command vehicles for deployment to assist with Hurricane Maria relief efforts in Puerto Rico Sept. 27. These vehicles allow RSC response teams to provide support without the need for office space or even available electrical power.

to assist them in getting accredited by the Emergency Management Accreditation Program.

As Hurricane Irma bore down on the Virgin Islands, Puerto Rico and Florida, with Hurricanes Jose and Maria not far behind, the South Atlantic Division's emergency managers were deep into planning proactive actions. The managers ensured the evacuation of USACE personnel deployed to support FEMA in the Virgin Islands, Puerto Rico and Florida, which were in the path of the hurricane. They also leaned forward to plan response and recovery missions, like manning the Planning and Response Teams, and planning locations and manning for Recovery Field

"The RSC really helped us in preparing for these hurricanes," Hendrix said. "For our exercise planning and execution, the RSC took a broad outline of a hurricane that will make landfall and developed time-phased scenarios to drive our exercise play."

For exercises, the RSC develops evolving disaster scenarios that are time-lapsed to depict the stages of the disaster, employing a technology called SIM Suite. Using SIM Suite, the RSC develops a hurricane scenario that starts when the National Weather Service reports a hurricane is developing in the Atlantic that could impact the United States. The scenarios advance so that emergency managers can plan step-by-step what actions they will need to take to proactively protect assets before the storm hits and what assets they will need to have in position to work with the affected state, FEMA and other USACE elements to provide support.

The RSC developed scenarios on a 24hour cycle to show the storm's progress. They developed questions for managers that would stimulate interaction from all of the entities, the National Weather Service, the state, the Federal Emergency Management Agency, the U.S. Coast Guard and USACE, Hendrix explained. The scenarios included television newslike vignettes to inject new information into the scenario. These vignettes drove



The U.S. Army Corps of Engineers' Readiness Support Center prepares mobile command vehicles for deployment to assist with Hurricane Maria relief efforts.

to more quickly understand the emergency scenario and then immerse themselves in the response.

"The exercise was just like what we did to respond to Hurricane Irma," Hendrix said. "The broad outline was a hurricane striking the Virgin Islands, Puerto Rico and then continuing east-northeast where it would make landfall in Florida."

As USACE districts continue to respond to Hurricanes Harvey, Irma, and Maria, one of the RSC's current missions is deploying the Deployable Tactical Operations Systems, known as DTOS. The systems are self-contained emergency command and control vehicles with twoperson teams who are capable of deploying on very short notice. The DTOS teams can provide support without the need for

the exercise play, helping the participants sponding to the damage left by Hurricane Harvey and two others that are either already deployed or en route to various locations that are recovering from Hurricane Irma," Simon said.

> From his office in Mobile District, Simon and his team orchestrate the DTOS vehicles' and teams' deployment. At the same time, Simon is assessing his hurricane exercise program, thinking of new scenarios and injects.

> "Our intent is to keep training and providing exercise support," Simon said. "We know this won't be the last hurricane. It may not even be the last hurricane of the season. The training we provide helps emergency managers be better prepared. And, when you're dealing with life-anddeath situations, being prepared is half the

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DON'T TEXT OR TALK AND DRIVE No call is worth sacrificing the safety of yourself and others. Do not talk or text and drive. It can wait.



DTOS National Team Leader Terrell Bosarge, left, and Sacramento District's Moe Adams troubleshoot during a three-day simulation exercise held at Black Butte Lake near Orland, Calif., in mid-November.



'Walk 'N Wag' set for Saturday

Army Flier Staff Reports

The Montgomery Humane Society will host its 17th annual Walk 'N Wag 1-mile pledge walk in Blount Cultural Park Oct. 7. Hundreds of pets and pet lovers are expected to participate in this pledge walk to support the over 8,600 homeless animals in the Montgomery area.

People who register before Oct. 7 will pay \$20 per person, which includes an official 2017 Walk 'N Wag T-shirt. People can register on-line, by mail, in Person or on event day. Event day registration will be from 8-8:45 a.m. and will cost \$25. Children ages 6 and under are admitted for free.

People can also register as a dog pack -- form a group of friends or co-workers (up to 10 people) and raise a minimum of \$200 and walk as a group. Dog packs will have their name on the Walk 'N Wag T-shirts and will be eligible to win an award. Dog pack registration deadline to have names on the T-shirt is Friday.

The event will also feature various contests and activities. For more information and event guidelines, visit www. montgomeryhumane.com/16th-annual-walk-n-wag/.



COURTESY PHOTO ILLUSTRATION

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

ONGOING — The Wiregrass Museum of Art will host its The Art of Yoga series the first Friday of every month from 9-10 a.m. for a \$10 donation. The Art of Yoga combines the therapeutic nature of art with the healing properties of yoga under the instruction of certified yogi Melissa Vair. Participants will be guided through an all-levels appropriate class held in the museum galleries. Participants should bring their own water bottle, yoga mat and towel. For more information, call 334-794-3871 visit www.mesuva.org.

ONGOING — The Wiregrass Museum of Art will host its First Saturday Family Day the first Saturday of every month from 10:30 a.m. to 2:30 p.m. Museum officials said the event is a free come-and-go art activity for children of all ages. All supplies are provided and no pre-registration is required. Each Saturday will feature a different project. For more information, call 334-794-3871 or visit 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.

ENTERPRISE

TODAY — The World Famous Glenn Miller Orchestra

will perform Swing Era music of the 1930s and 40s at 7:30 p.m. at the Enterprise High School Performing Arts Center. Tickets purchased in advance cost \$25 and \$20 for students. The day of the event, tickets will cost \$30 and \$23 for students. For locations selling tickets, call 334-393-2797.

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.

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

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon Street.

The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

OZARK

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.

PINCKARD

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

SAMSON

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

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

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

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

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

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.

Beyond Briefs

Pirates of the High Seas Fest

Panama City Beach, Florida, will host it free Pirates of the High Seas Fest Oct. 6-8 at various locations in the city. The event will feature fun for the whole family, according to organizers, including a scavenger hunt, pirate invasions, a children's parade and main parade, live music, fireworks and more.

For more information, visit http://grand-lagoon.org/pirates-fest/.

Creative Con

Panama City Beach, Florida, will host its eighth Creative Con Oct. 7-8 from 10 a.m. to midnight at the Marina Civic Center. What started with six artists doing free sketches in the foyer of the Bay County Public Library has grown into a creative convention that brings artists and attendees from all over the tri-state area, according to organizers. Not only does Panama City Creative Con foster career development for

aspiring artists and creatives, it is purposed to encourage young people to pursue their passions and develop the valuable tools they already have in their love for the creative realms.

For more information and to buy tickets, visit http://www.bayartsevents.com/event/panama-city-creative-con-2/.

Orchestra opening night

The Montgomery Symphony Orchestra's opening night is scheduled for Oct. 9 from 7:30-9:30 p.m. at David Theatre. The MSO's two artists-in-residence will step into the spotlight with a pair of concertos for this festive opening night concert, including a performance of Dvorak's Cello Concerto in B Minor, according to organizers

For more information or to order tickets, call 334-240-4004 or visit www.montgomerysymphony.org/calendar/2017/10/9/opening-night-concert.

'Swan Lake'

The Russian Grand Ballet will present

its production of "Swan Lake" Oct. 10 at 7:30 p.m. at the Montgomery Performing Arts Centre. Tchaikovsky's "Swan Lake" is the story of Odette, a beautiful princess, who falls under the spell of an evil sorcerer, according to organizers. Only Prince Siegfried's devotion can save her. "Swan Lake" combines pure romanticism and tragedy, in a magical tale of love and deception. The glorious score and gravity-defying choreography have enchanted audiences for over a century, and continue to inspire new generations of dancers and music lovers of all ages.

Tickets range from \$24 to \$79 and may be purchased at Ticketmaster. For more information, call 334-481-5100 or visit www. mpaconline.org/events/

MPAC 201 Tallapoosa Street

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 multiday 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/

DOD continues to provide more response capacity to Puerto Rico

Defense Media Activity Staff Report

WASHINGTON — The Defense Department continues to deploy more response capacity to Puerto Rico to support the Federal Emergency Management Agency's need for a commodities distribution network able to reach isolated communities and sustained medical support for the island's residents, Lt. Col. Jamie Davis, a Pentagon spokesman, said in a statement Sunday

Lt. Gen. Jeffrey S. Buchanan, who is in command of DOD's Hurricane Maria response and relief efforts in Puerto Rico, is leading the department's efforts to establish aerial and seaport nodes of debarkation throughout Puerto Rico so that FEMA, with DOD support, can flow resources throughout the commonwealth, Davis said. Buchanan is being assisted by his deputy, Brig. Gen. Richard C. Kim.

DOD is also supporting the establishment of a medical support plan to best position medical support assets as they arrive in Puerto Rico, the spokesman

Lt. Gen. Todd T. Semonite, chief of engineers and commanding general of the U.S. Army Corps of Engineers, is in Puerto Rico overseeing temporary power installation, electrical distribution repairs, infrastructure improvements and Guajataca Dam reinforcement, Davis said.

Sixteen helicopters from Fort Bliss, Texas, were scheduled to deploy to Puerto Rico Monday and Tuesday on a C-5 Galaxy aircraft strategic lift mission, the spokesman said.

The Navy's amphibious assault ship USS Wasp and additional Marine Corps rotary wing aircraft are en route to support operations in Puerto Rico, Davis said.

The Navy hospital ship, USNS Comfort, was scheduled to



Sgt. 1st Class Jose W. Linares, a native of Luquillo, Puerto Rico, and the NCO supervisor of 432nd Transportation Company, 346th Transportation Battalion, 166th Regional Support Group, 1st Mission Support Command, in Ceiba, secures pallets of MREs and water on a logistics vehicle system before distributing it to Saturday to people affected by the hurricane in Puerto Rico.

arrive in San Juan Wednesday,

DETAILS OF DOD RESPONSE IN PUERTO

- U.S. Northern Command is deploying five Force Packages with enhanced logistics capacity, centered on commodity distribution and medical support, and designed around a sustainment brigade. Force Package 1 (Command and Control) is on the ground.
- Buchanan led a DOD assessment Sunday and has the 3rd Expeditionary Sustainment Command integrated with FEMA in development of an area-wide concept of operations focused on sustainment

and commodities distribution. Facilities are being established throughout Puerto Rico for aerial and seaport nodes of debarkation to flow resources throughout the island.

Force Packages 2 and 3 are sustainment/logistical units and associated command and control; elements of Force Package 2 deployed into Puerto Rico on Saturday. Additional sustainment units and aviation elements deployed Sunday. Force Package 4 was scheduled to follow and deliver helicopters Tuesday and Wednesday, Aviation command and control elements and medical units. Force Package 5 will provide more robust medical capacity.

• The USS Wasp, with three embarked MH-60 rotary wing aircraft was scheduled to arrive Tuesday and embark 10 additional aircraft - six MH-60s and four CH-53s. The Marine Corps has identified eight additional MV-22 Osprey tilt-rotor aircraft and two KC-130 fixed wing aircraft that will selfdeploy to support operations on Puerto Rico.

Three U.S. Department of Health and Human Services disaster medical assistance teams are providing hub-and-spoke delivery of medical care from Mayaguez, Arecibo and Ponce. The USNS Comfort was expected to dock in San Juan, Puerto Rico, Wednesday, providing 522 medical personnel and capable

of serving over 200 patients per

- -- The port of Ponce was opened with restrictions Saturday, with a draft restriction of
- -- The Guajataca Dam spillway continues to erode. U.S. Transportation Command delivered 900 super sandbags for spillway stabilization to Aguadilla Airport Saturday.

FOREIGN DISASTER **ASSISTANCE**

• U.S. Southern Command's Joint Task Force Leeward Islands continues evacuations on Dominica. Following the evacuation of priority U.S. citizen medical cases, the task force will transition to on-call status.

FORT RUCKER RELIGIOUS SERV

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Bldg. 109

8 a.m. Traditional Protestant Service.

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday) 4 p.m. Catholic Confessions

(Saturday) 5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 60g36

9:30 a.m. Protestant Sunday School

10:45 a.m. Latter-Day Saints 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service) 11 p.m. Eckankar Study

(4th Sunday)

Spiritual Life Center, Bldg. 8939 10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

TUESDAYS

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

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

WEDNESDAYS

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

Above the Best Bible Study

Yano Hall, 11 a.m. 1-14th Avn Regt Bible Study Hanchey AAF, Bldg. 50102N,

164th TAOG Bible Study

Bldg. 30501, 11:30 a.m.

Rm. 101 11:30 a.m.

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

Kingdom Kidz & Youth Group

Bible Study Spiritual Life Center, 5:30 p.m.

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

THURSDAYS

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

Praise and Worship Meal/ **Bible Study** Wings Chapel,

5:30 p.m.

SATURDAYS Protestant Men of the Chapel (1st Saturday)

Larry's Restaurant, Daleville, 8 a.m.

VISIT ARMYFLIER.COM.

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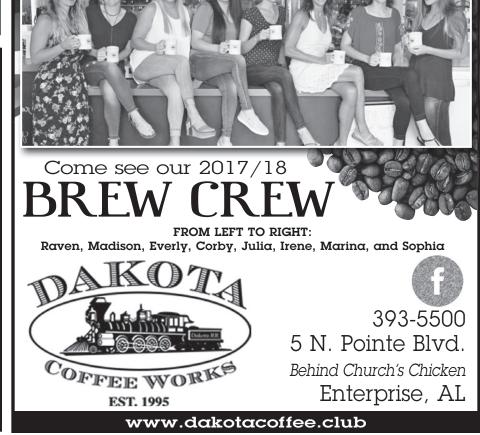
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- Foreign Preference
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www.SecurityClearanceDefenseLawyer.com

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 Criminal Conduct Misuse of Information Sexual Behavior Technology and Administrative Separation Board Defense.







SATURDAY SWING

Silver Wings Golf Course hosts its Saturday Afternoons on the Range

See Briefs on Page D3

OCTOBER 5, 2017

HISPANIC HERITAGE

Runners honor Hispanic Heritage Month with 'universal' pastime

By Nathan Pfau Army Flier Staff Writer

With Hispanic Heritage Month in full swing, Fort Rucker continued its observance with a run to keep people thinking about diversity while staying in shape.

The installation hosted the Hispanic Heritage 10K and 2-mile fun run behind the Fort Rucker Physical Fitness Center Saturday, and as people sprinted off the line, some runners were reminded why diversity is such an important part of American culture.

"Having an observance run like this is more than just about people coming together to simply run, but I feel it's a way that brings communities together to take part in something that everyone can enjoy," said Delia Branch, civilian participant. "It's nice to have people from all backgrounds come together because there really is so much you can learn from having a diverse point of view."

Branch, who is an Enterprise native and avid runner, said having common interests with others is what helps people connect, regardless of where they are from.

"I can't tell you how many people I've met from all over the world because of running," she said. "Running is just universal. People from all over the world do it. People from all over the world compete in it, so it makes sense to have something as simple as running to bring people together."

Bringing communities together is the goal of observance months like Hispanic Heritage Month, said Sgt. 1st Class Matthew Castillo, 110th Aviation Brigade equal opportunity adviser.

"We try to do our best as EOAs in the military to bring the community together and show that we're all one team," he said. "And even though we might have



PHOTOS BY NATHAN PFAU

Runners sprint off the line during the Hispanic Heritage 10K run behind the Fort Rucker Physical Fitness Center Saturday.

Running is just universal. People from all over the world do it."

> – DELIA BRANCH, CIVILIAN RACE **PARTICIPANT**

different goals, in the end we all just want to be happy and together we can make it better."

"It's important that we all celebrate each other and embrace our differences," added Sgt. 1st Class Ronald Davis, 1st Avn. Bde. EOA. "The more I know about, then the more I understand, and that works both ways. I think the world could use a little more of

In addition to the community aspect of the run, Branch said she was happy to be able to take part



Runners stretch before they take to the track for the Hispanic Heritage 10K run.

in a run that presents a bit more of a challenge since most runs in the area don't offer a 10K run.

"I typically have to travel a bit if I want to run in anything greater than a 5K run," she said. "I run all the time and I love taking part in any of the runs here on post,

but the 5Ks don't really give me much of a challenge.

"They're a good way for me to keep up with my times and pit myself against other runners, but if I want to improve, I need to go longer distances and challenge myself that way," she continued.

"I'm just glad that Fort Rucker hosts these runs, though, because I think that being able to provide fitness-oriented events is good for the public, and to be able to pair that with something that brings people together is just a win-win in my book."



Avoiding any sudden increases in activity level, duration, load, and intensity can help prevent overuse injuries. Injuries can also happen as a result of technique errors, such as poor form during strength training exercises.

Repetition, intensity can lead to injury during workouts

Military Health System Communications Office

FALLS CHURCH, Va. — You may be telling yourself, "no pain, no gain," as you hit your usual speed on the treadmill for the fourth day in a row. But more of the same is not always better.

Whether sudden or gradual, injuries can often be prevented through moderation, proper form, and adequate rest.

Diana Settles, physical readiness and injury prevention manager at Navy and Marine Corps Public Health Center in Portsmouth, said overuse injuries can be a significant health and readiness threat among service members.

"The goal is for [physical activity] to establish a solid foundation of fitness and strength, building up over time, to allow for pain-free and injury-free participation," said Settles. Doing too much too quickly or exercising for too long, especially after little to no physical activity, can lead to injuries. "Overuse injuries can be subtle, occurring gradually over time, so early recognition and prevention is important."

An estimated 25 million limited-duty days, during which service members are unable to perform their full duties, are given out every year across all services, said Settles. These restrictions can result

SEE WORKOUTS, PAGE D3

ROYAL ENCOURAGEMENT

Celebrities honor Invictus athletes at closing ceremony

By Shannon Collins Defense Media Activity

WASHINGTON — The 2017 Invictus Games closed with a musical celebration of camaraderie among competitors from 17 nations and the official handover to the 2018 hosts from Sydney, Australia, at the Air

Canada Center in Toronto, Saturday. Throughout the week, more than 550 wounded, ill and injured service members from 17 nations competed in 12 sporting events including archery, track and field, cycling, golf, sitting volleyball, swimming, wheelchair rugby and wheelchair basketball Sept. 23 to Saturday as they were cheered on by thousands of family members, friends and spectators in

the Distillery District in Toronto. The closing ceremony began with a parade of nation flags as athletes from each country took to the stage to receive a medallion and words of encouragement from Britain's Prince Harry. Also, William Prince, from Manitoba's Peguis First Nations, along with the Toronto Children's Chorus, sang Canada's national anthem, followed by Sophie Gregoire Trudeau, wife of Prime Minister of Canada, Justin Trudeau.

"You have inspired us with your determination, excellence and courage, and you challenge us to go beyond what we think is possible," Sophie Gregoire Trudeau told the competitors. "You inspired us with the example of the triumph of the human spirit over diversity."

MUSICIANS

Kelly Clarkson paid tribute to the competitors and their families, singing "Love So Soft" and "Stronger."

"It's such an honor and privilege to



PHOTO BY ROGER L. WOLLENBERG

Bruce Springsteen and Bryan Adams perform during the closing ceremony for the 2017 Invictus Games at Air Canada Centre in Toronto, Saturday.

be here performing at another Invictus Games. Thank you so much for having me here," Clarkson said.

Actor Miles Teller said he was honored to be at the Invictus Games. "For a civilian coming from the outside and watching what's transpired these past few days, it's truly inspiring and humbling. I'm honored to be here in Toronto."

Bruce Springsteen dedicated three songs to the competitors, including "The Promised Land."

"It's great to be here at the Invictus Games," Springsteen told the roaring crowd. "I want to send this out to all of the athletes and to all of their families. You are showing the world that illness and injury can be a source of

tremendous strength." Team Canada co-captains medically retired Cpl. Natacha Dupuis and Capt. Simon Mailloux and their families passed the Invictus flag to Team Australia co-captains Capt. Emma

Kadziolka and Sgt. Peter Rudland

and their families.

Bryan Adams took to the stage and dedicated two songs, including "Summer of 69" to the competitors. "It's great to be a part of this Invictus Games. I want to thank Prince Harry for having the incredible courage to put it all together. On behalf of everybody in Canada, we love you," Adams said. He called Springsteen back out and sang, "It Cuts Like a Knife" with him, along with a few more songs. Singers Randy Bachman and Fred Turner closed the show with "Taking Care of Business" as the competitors and fans sang along.

PRINCE HARRY

Harry thanked the Invictus team of volunteers and the people of Toronto for the success of the biggest Invictus Games so far.

"You have delivered the biggest Invictus Games yet, with the most

SEE INVICTUS, PAGE D3

ACROSS

20 Jai

1 Nest item

14 Cape, e.g.

21 Its capital is

Call"
23 * Group for

motorists

profit, say

30 On the other

25 * Turn a

27 Jogging

29 Drench

side of 31 * "La Vie en Rose"

singer

34 * Amass

wealth

38 Aug. hours

39 Bonn "one"

42 As dry as 47 — -Man

defense

48 "Rugrats"

49 Baddie's

51 Son of Eve

Kelly song

56 * Stay calm

52 * 2009 R.

look

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82

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pace 28 Scheming

22 Berry of "The

19 British lav

Roma

4 Funny Mort 8 Casual top

58 10,000,000

59 Lend support

ergs

64 Askew

67 Lushes

76 Only 77 Skew

79 Cat paw

81 Crucial

part 80 Speed test

arteries

noire

tapestries 87 * "No noise

allowed"

chemistry

Brezhnev

93 Deliver an

address

(small parts)

59

100

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120 121

93

106 107

84

Amtrak area

85 D.C. VIP

86 Like

89 * Kids'

set, e.g. 92 Fed. of

96 Walk-

20

32

39

60 Tip sheet

63 Compares

statistics

65 Guevara the

guerrilla 66 Greek diner

promise

menu item

What you

don't need a

return ticket

67 Lushes pope 68 * Fulfill, as a 108 * General

OWNITM



Super Crossword

98 Nuclear trial, 132 Seaport of

131 Harper of

DOWN

Hollywood

Scotland

1 Highly happy

2 Pumpkins,

e.g. 3 "Get busy!"

4 Body pouch 5 Pumpkin pie

ingredient

the jailhouse

7 Tripoli's land

mannerisms

du Diable

9 Moe or Larry

6 Cart off to

8 Quirky

10 Impedes

12 — de Oro 13 Frat letter

relative

15 Actor Bert

16 Roll topper

18 Adidas rival

24 Slugger Mel

35 Element #50

36 Smells nasty

37 "Ahh, OK" 41 Post-rain dirt

43 Swimming

specialty

14 Mambo

17 Sad cry

26 Tic-

32 Fling

33 Regaled

97 Chemical

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for short

mill 102 "Inc." relative

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Mills cereal

Range peak

Cascade

115 - kwon do

118 With 104-

by Mom 119 * The

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117 Squirmy fish

Down, cure

concocted

first and last

letters of 13

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this puzzle

proceed

through

125 Lowest point

127 Printer's unit

95-Down

128 Chemical

applause 130 Capital of

33

40

66

115

89

129 Gives

ending

126 Lift

100 Run-of-the-

marital

103 Start for

Just Like Cats & Dogs

by Dave T. Phipps



Rodriguez

1. GENERAL KNOWLEDGE: Who were the founders of the magazine Reader's Digest?

2. LITERATURE: Who wrote the

novel "Fantastic Mr. Fox"

3. U.S. PRESIDENTS: Which president started the annual Easter Egg Roll at the White House?

4. GEOGRAPHY: Where is Mount Etna located?

5. TELEVISION: What was the

name of the skipper on "Gilligan's

6. U.S. STATES: Which states are bordered by more states than any oth-

7. ART: By what name was the famous American folk artist Anna Mary Robertson Moses better known? 8. ENTERTAINERS: Which famous actor/comedian was born with the

name Joseph Levitch? 9. HISTORY: In what year did the United States' first nuclear-powered submarine take its first voyage?

10. BIBLE: What was Paul the Apos-

tle's real name?

See Page D3 for this week's answers.

85 Raw power 86 George of "Cheers" 88 Saudi, e.g. 90 Turning tooth 91 Bean trees of India 94 Fifth of fifty

53 Wait secretly 95 African 54 Western lake country 99 Teaches one-on-one

101 2009 James

26 BEGINNING

TO END

45 Gas in lights

46 Pipe elbows

47 Leisure suit

fabrics

48 Recoiled

(from)

state

57 Feel for

61 Let go of

65 Big name

game

69 Butting

beast

a sitar

Order: SVU"

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e.g. 78 In medias -

75 Ballpoint,

81 Blue-green

82 Force to go

83 Go skyward

consoles

66 Itty-bitty biter

of Famer

in old video

62 Put on

58 Clog

50 Add ammo

55 Happiness

52 Des Moines'

Cameron 102 Sobieski of Hollywood 103 Great fear 104 See

67 Football Hall 105 New Hampshire prep school 107 Unedited 109 Bodily

118-Across

70 Be in debt to pump 72 Foil relatives 110 '- -china!' 73 Shankar with 111 Align, briefly 112 Get well

113 Alan of TV and film **114** Tiny

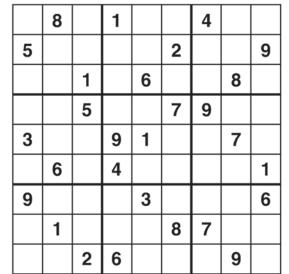
mistake 116 Poet Pound 120 Sine - non 121 Increases 122 Ulna's

place 124 Royal Navy

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: ◆◆

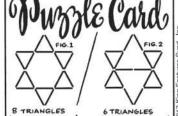
♦ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

132



move two of the sticks to new positions, so that there will be six triangles. Fig. 2 shows you how.



LARK LANK LINK SINK SING by David Coulso

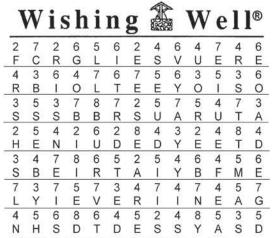
Puzzles. In this type of problem you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word to form a new word. In our example, we changed LARK to SING in four moves. See if you can change the following words in four moves

> 1. TEED to GOLF 2. FIRE to WOOD

3. HOLD to CARD 4. BOAT to DECK

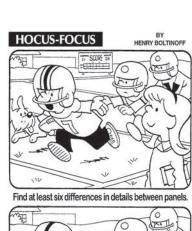
5. CASE to WORK

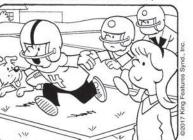
CASE, CARE, CORE, WORE, WORK ITRED, TOED, TOLD, GOLD, GOLF,
TIEED, TOED, TOLD, GOLD, GOLF,
HOLE, HOLE, COLD, CORD, CARD,
HOLE, HOLE, COLD, CORD, CARD,
SOAT, BEAT, BEAK, BECK, DECK,
2125 CARE CORE WORE WORP



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

checked figures give you. ©2017 King Features Syndicate, Inc. All rights reserved.





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LAY OUT 18 STICKS, as shown in Fig.1, giving you eight triangles. Challenge your friends to

A WARP FACTOR FIVE FRAZZLER! See if you can replace the

you will have a correct addition problem. The same letters get the same digits. Try to get the highest possible total. 00000 Our answer: S=9, T=8, A=3, R=2, W=7, M=1, O=0, V=5, l=6, E=4 (9632 + 732 = 10564).

HERE'S A JUICY PROBLEM! At the right is a Word Square. Can you find the four five-letter words that match the definitions below? 1. Source of raisins (in place). 2. All stirred up. 3. In association with 5. Borders; dividing lines

Answers: 1. Grape. 2. Riled. 3. Along. 4. Pence. 5. Edges.

STAR

Invictus :

Continued from Page D1

incredible atmosphere, making our competitors feel like the stars they are," Harry said. He highlighted competitors who went above and beyond such as the team from the country of Georgia who dominated at sitting volleyball though they just learned the sport three years ago.

"I told you to be ready to see the true meaning of teamwork, but who could've predicted how powerful it would be to see competitors from the Ukraine, Denmark, Romania and America band together to form Team Unconquered and win a sitting volleyball game with the people they just met?" Harry said. "I told you to get ready to see role models that children would look up to but who could've imagined that Randy Gavell [from Team U.S.] would compete on the track, on the court and in the pool, having battled back from emotional challenges and while 4 1/2 months pregnant? I think we all know who Randy's little girl is going to look up to."

Harry said he was also impressed with Team U.S.'s Mike Nicholson. "I told you to be ready to see lives changed in front of your eyes but I didn't tell you that some of those lives would be your own," he said. "I told you that anything is possible if you have the will but I didn't tell you that when we saw triple amputee Mike Nicholson nail a 150-yard drive on the golf course, what we thought was impossible would change forever. Thank you, Mike."

Harry asked those who watched the games either in the stands or at home to take on an Invictus goal themselves. "I told you that you would be inspired but I didn't say that these games might leave you questioning if you are living up to your own true potential," Harry said.

'To the thousands who filled the stands and millions who watched from home, let me issue to a challenge," he said. "Let the examples of service and resilience that you have seen inspire you to take action to improve something big or small in your life for your family or your community. Let's create a ripple effect of the Invictus spirit across our nations that will be the real legacy of this extraordinary week."

Harry also encouraged the competitors to make a plan on how they're going to use their experience of the week to lift others around them up. "It might be something big like starting a new project for young people



Army veteran Sgt. Noah Galloway, and dancer and actor Derek Hough, discuss having experienced an exhibition celebrity rugby match during the 2017 Invictus Games Sept. 28.

or it might be something small like reconnecting with an old friend," he said. "It doesn't matter how big or small your step is iust take it. Our world needs your dedication and passion like never before. And you never know, this may just be the missing piece of the puzzle to help you regain that satisfaction of serving others once again."

Harry also encouraged the competitors to reach out and seek others to have them try out for the Invictus Games.

"I bet you can all think of at least one person who would benefit from these Invictus Games, but has yet to find the motivation to make that first step," he said. "When we gather in Sydney next year, I look forward to seeing familiar faces in competition but more than anything, I hope to meet those who have watched these games at home who may still be struggling but with your support, will wear their nation's flag on their chest once again as part of the 2018 games. The Invictus Games are not just for the already determined. These games are for those who need it most. Please help us find them. It's going to be game on down under. I'll see you in Australia."

CELEBRITY RUGBY

Robert Irvine, celebrity chef; Derek Hough, professional choreographer, dancer, actor and singer; and Noah Galloway, motivational speaker and extreme sports enthusiast, participated in a celebrity wheelchair rugby match during the Invictus Games.

"The Invictus Games are so important," Irvine said, who served in the U.K.'s Royal Navy for 10 years and has been on several USO tours. "To be here at the Invictus Games in Toronto is something very special. It's humbling. It almost brings you to tears. The camaraderie in every competition, talk about the resilience of these men and women; it's unbelievable. The standard of the excellence of our men and women of coalition forces is unbelievable."

Medically retired Army Sgt. Noah Galloway participated in the celebrity wheelchair basketball match, along with Hough, at the Invictus Games last year in Orlando.

"I'm honored to be invited back. I love it because being an injured veteran, going through the struggles, it was fitness and getting into racing and competing again that got my spirits back up," Galloway said, who was injured in 2005. "This is huge for other injured veterans like me because it's getting them over those hurdles a little bit sooner because they come out here, and they're representing their country, just like being in the military. This is incredible."

Events like the Invictus Games are important because, "I've been there, I've been in those dark places, and for me, fitness and competing is what helped me and that's what this is," Galloway said. "These are athletes. They are asked to challenge themselves and push themselves and to be part of a team, that's the most important thing we can do for any of our veterans for what they've done for us."

Galloway said having the family involved is also important. "I love the fact the families are involved because when someone like myself is injured, I'm not the only one that's suffering. It's my family, my parents, my siblings, my children who struggle. To have them all involved, you have that accountability," he said.

Hough said he's inspired by the service men and women he sees competing at the games.

"Being part of the Invictus Games last year, I was able to witness firsthand how incredible these games truly are and not just because they're entertaining and incredible to watch," he said. "They're very inspiring, these servicemen and women. What they've gone through is both terrifying but also inspiring. Adaptive sports truly save lives. It gives purpose; it gives meaning. It gives clarity. It gives goals. You see someone who goes from depression into going out there and winning gold, silver and bronze medals and being a part of this incredible event. This is a very important event. It's about defying the odds and being unconquered, which is the Invictus Games."

Hough said working with double amputee Amy Purdy on a previous season of "Dancing with the Stars" opened his eyes to the challenges the Invictus Games competitors face.

"We had to really invent a way to dance, and we ordered different types of prosthetics and types of feet to help it. I could just see the change in her," Hough said. "One day, she had tears in her eyes and she said it was the first time she felt feminine since she lost her legs. That really moved me incredibly."

Hough said he also feels the strength of the support of family and friends behind the athletes.

"Families, friends, caregivers, they are so important in everybody's lives, but especially in servicemen and women's lives, when they're out in the field and when they come home," he said. "The support never ends. That support is so needed. When somebody goes away, the family is experiencing it with them. There's so much gratitude, so much love, so much appreciation that goes not just to these amazing athletes but to these servicemen and women but to the families, caregivers and friends who rally around them and support them."

Workouts

Continued from Page D1

from too much physical activity, which usually occurs while off duty, and can directly affect readiness, she added.

Service members, veterans, and family members, regardless of age, are at risk for overuse injuries. Seeing a doctor before beginning any intense or new workout routine is recommended, especially if prior injuries exist. A physician can provide advice on what to avoid or exercises to try based on individual needs.

Avoiding any sudden increases in activity level, duration, load and intensity can help prevent overuse injuries, said Settles. Injuries can also happen as a result of technique errors, such as poor form during strength training ex-

Tim Kelly, head athletic trainer at the United States Military Academy in New York, said people should be realistic in their goals and not add too much intensity before building a base in strength and endurance. Some high-intensity training programs can be harmful if they're not done correctly, he added.

it and go from zero to 100 miles is essential for injury prevention pain, especially joint pain, after an hour in one to two days, and that's really a recipe for injury," said Kelly. "If you're not used to doing some of those exercises or have a really good baseline for doing them, I think you'll probably end up injured."

Gradually starting a workout routine can help people get into shape without putting too much stress on muscles and joints. Workouts should involve a mix

order to build power, strength, "Some people kind of step into and endurance. Recovery time periences prolonged soreness or when working out consistently. Without rest and recovery, the body eventually becomes overloaded and fatigued.

> "If you don't have good quality sleep, you're probably not getting the recovery you need based on the workout you had that day," said Kelly. "Those two are linked fairly close in my opinion."

Paying attention to what the body is communicating is one

of movements and intensities in of the best ways to avoid injuries, said Kelly. If a person exworkouts, that's a good warning sign of overdoing workouts, added Kelly. Recovery, which can be done through rest, or less intensity and repetitions, is recommended.

"No one is immune to overuse injuries," said Settles. "We want our warfighters and their families to be healthy and active, but it's also important to be mindful and safe while doing just that."

FORT RUCKER SPORTS BRIEFS

Wounded Warrior Fall Hunt

The Fort Rucker Wounded Warrior Fall Hunt will wrap up Saturday at 10 a.m. At the conclusion of the hunt, participants will meet back at West Beach, Lake Tholocco at noon for door prize giveaways, announcement of winners and sponsor recognition. Cost to participate in the hunt is \$25 and it's open to the public. Patrons can purchase \$5 door prize tickets, which will be available at local participating businesses in the Wiregrass, and on post at the outdoor recreation service center and MWR Cen-

tral. Proceeds from this year's hunt will be used to enhance the quality of life for local wounded warriors. Participants must have a valid Alabama State hunting license, a Hunter Safety Education Course Completion Card and a Fort Rucker post hunting

For more information, call 255-4305.

Saturday Afternoons on the Range

Silver Wings Golf Course hosts its Saturday Afternoons on the Range with PGA professional Ty Andersen Saturdays from 1-2 p.m. Cost is \$10 and can be paid at the pro shop before the session starts at the driving range. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Auburn football game trip

MWR Central will host a day trip to the Auburn football game Saturday against Ole Miss. The trip will include transportation to and from Fort Rucker to Auburn and a ticket to the game. Cost for the trip will be \$80.

For more information, call 255-2997.

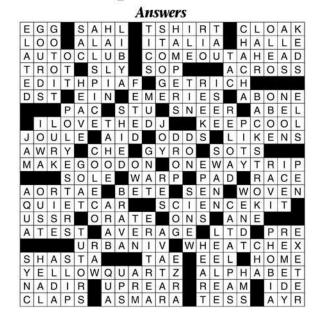
Silver Wings Club Championship

Silver Wings Golf Course will host its club championship Oct. 14-15. For more information, call 255-0089.

Stars and Strikes

Rucker Lanes Bowling Center will host its Stars & Strikes special Monday. Bowlers will be able to enjoy 25-cent games and 50-cent shoe rental per person during the all-day event. The event will be open to the public.

For more information, call 255-9503.



Super Crossword -

Weekly SUDOKU -Answer 2 8 6 1 5 9 4 3 7

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

Answers

1. DeWitt and Lila Bell Wallace Roald Dahl 3. Rutherford Hayes, 1878 4. Sicily, Italy 5. Jonas Grumby 6. Tennessee and Missouri, each with eight border states 7. Grandma Moses 8. Jerry Lewis

10. Saul of Tarsus





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3rd Squadron 17th Cavalry Regiment, 3rd Combat Aviation Brigade. Joe retired April 2017.

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