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ARMY FLYER

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FORT RUCKER ★ ALABAMA

NOVEMBER 9, 2017

WORLD-CLASS SERVICE

Garrison leadership signs Service Culture Initiative



Col. Brian E. Walsh, Fort Rucker garrison commander, signs the Service Culture Initiative leadership pledge during a workforce brief at the post theater Nov. 1.

By Nathan Pfau
Army Flier Staff Writer

Installation Management Command exists to take care of Soldiers and families, and to support its garrisons and the communities within, and one new initiative is putting customers first when it comes to that support.

Fort Rucker garrison leadership pledged customer-focused support as Col. Brian E. Walsh, Fort Rucker garrison commander; Dr. Beverly K. Joiner, Fort Rucker deputy to the garrison commander; and Command Sgt. Maj. Christopher D. Spivey, Fort Rucker garrison command sergeant major, signed the Service Culture Initiative leadership pledge during a workforce briefing Nov. 1 at the post theater.

The Service Culture Initiative was designed to enhance the level of customer service provided by organizations within the

garrison, including the Directorate of Family, Morale, Welfare and Recreation; the Directorate of Public Works; the Directorate of Plans, Training, Mobilization and Security; Emergency Services and Human Resources by focusing on service excellence through proper training and customer interaction, according to Lt. Gen. Kenneth R. Dahl, U.S. Army IMCOM commanding general.

“There is no organization in the Army that touches every Soldier and every family, every day – that’s what IMCOM does,” said Dahl in a video shown during the workforce brief. “We have a terrific opportunity to support the Army every day and to really influence in the integral part of the Army culture, so the Service Culture Initiative signing will help us really define who we are as an organization.”

SEE SERVICE, PAGE A7

1-13th welcomes new command sergeant major

By Nathan Pfau
Army Flier Staff Writer

The 1st Battalion, 13th Aviation Regiment welcomed its new senior NCO during a change of responsibility ceremony on Howze Field Tuesday.

Command Sgt. Maj. Devon M. Weber assumed responsibility from Command Sgt. Maj. George S. Webster during the ceremony as the incoming commander accepted the unit colors from Lt. Col. Kevin E. McHugh, 1-13th Avn. Regt. commander.

“This morning we say farewell to a leader who has positively impacted the personal and professional lives of countless Soldiers and civilians, not only within the battalion and the brigade, but also in and around Fort Rucker,” said McHugh during the ceremony. “Reflecting back on the past months, I could not have asked for a better leader, professional and friend to continually strive to reach new heights within this organization while caring for those that give so much.”

“But as one great leader departs, another arrives, and the Army continues to get this right – this transition of leadership is no exception,” he continued. “A proven and established Soldier and leader, I will tell you that I’m truly excited as Command Sergeant Major Weber is the right leader at the right time to continue to take this great organization to even higher levels.”

Weber entered military service in 1996 as a CH-47 Chinook helicopter repairer. He then had numerous assignments all across the U.S. and abroad in many leadership positions, including crew chief and flight engineer instructor for the MH-47E helicopters at Fort Campbell, Kentucky; platoon sergeant and standardization instructor for MH-47E helicopters in South Korea; platoon sergeant and battalion production control supervisor for MH-47G helicopters at Fort Lewis, Washington; and again at Fort Campbell as a flight company and higher headquarters company first sergeant.

He has also served on numerous deployments in support of Operations Iraqi and Enduring Freedom, as well as various contingency operations across the globe.

SEE 1-13TH, PAGE A7



Command Sgt. Maj. Devon M. Weber, 1-13th Avn. Regt. command sergeant major, assumes responsibility from Command Sgt. Maj. George S. Webster as he accepts the unit colors from Lt. Col. Kevin E. McHugh, 1-13th Avn. Regt. commander, during a change of responsibility ceremony on Howze Field Tuesday.

ON PARADE



Fort Rucker Elementary School students and teachers take part in the Red Ribbon Parade Oct. 30 as part of Red Ribbon Week where students pledge to remain drug free.

PHOTO BY NATHAN PFAU

ENHANCING TRAINING

Aviation Soldiers collaborate with artillery

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army consists of multiple organizations designed to work as one when taking on world threats, and members of two Army centers of excellence came together recently to ensure seamless collaboration when it comes to working together.

The U.S. Army Aviation Center of Excellence reached out to the Fires Center of Excellence in Fort Sill, Oklahoma, to provide expertise in Aviation tactics, doctrine and simulation, as well as to build relationships to better enhance training, according to Capt. Robert Kelly, 1st Battalion, 145th Aviation Regiment, combined arms division chief.

The trip, which ran from Oct. 16-20, was the first of its kind and Kelly coordinated with Capt. Erick Balish, Field Artillery Captain’s Career Course small group leader, to get the approval needed from leadership on both sides for the visit to Fort Sill in support of the FACCC course, which included subject-matter experts from various USAACE organizations, including the 1st Aviation Brigade, the Directorate of Training and Doctrine, and the Fort Rucker Directorate of Simulations



COURTESY PHOTO

CW3 Rocky Jensen, Warrant Officer Advanced Course instructor, fires the M119A3 Howitzer during a visit to Fort Sill, Okla., where USAACE subject-matter experts provided expertise in Aviation tactics, doctrine and simulation.

“I wanted to take some subject-matter experts from here at USAACE over to Fort Sill because they don’t have any – they have no Aviation officers at all within their schoolhouse,” said Kelly. “Here (on Fort Rucker) you have artillery, armory and all these guys – they have that, as well, just no Aviation.”

The USAACE team included Kelly; Capt. Dustin Duncan, Aviation Captain’s Career Course instructor; CW3 Rocky Jensen, Warrant Officer

Advanced Course instructor; CW4 Lee Kokoszka and Staff Sgt. David Mills, both of DOTD; and Capt. Ken Weiss, Directorate of Simulations.

The main focus of the visit was to support the FACCC’s main event following the class’s cycle, which is a culminating event where groups of field artillery battalions and maneuver battalions compete against each other in a simulated battle.

SEE TRAINING, PAGE A7

PERSPECTIVE

JOB SEARCH

Body language a key indicator of interview success, or lack thereof

By Bryan Tharpe,
Fort Rucker Soldier for Life Center

(Editor's note: This article was originally printed in the Sept. 8, 2016, edition of the "Army Flier.")

Have you ever watched two people having a conversation with each other? Did you notice that the body language of one usually matched the body language of the other?

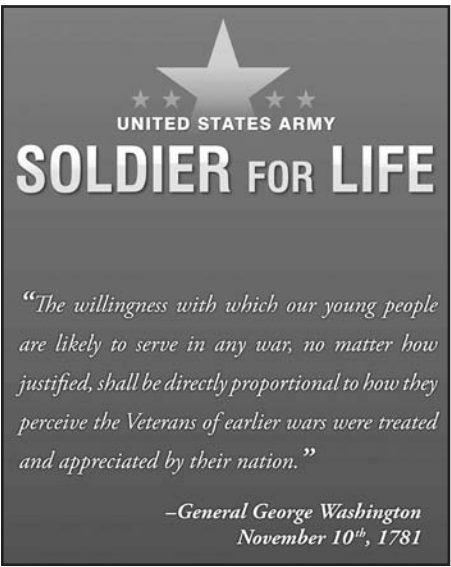
For instance, if one person crossed his or her arms during the conversation, so did the other person. And if one person put his hand on his chin, the other person did the same.

These are subconscious involuntary reactions to help us better communicate.

Do they have an important play in the job search process? Let's examine these actions and see if they can be beneficial in helping to get a job.

When you are about to be interviewed, most people have a tendency to be somewhat nervous and may appear to be a little stiff. This may be the way your body chooses to react to the stress of the moment. However, once the interview starts, you subconsciously notice the interviewer's posture and sense whether or not it's OK to relax a little.

Most people will mimic the interviewer's body language. So, good complimentary communication is transpiring on two different levels. Rarely will the interviewer notice the mimicking. Most often, in my opinion, the person in authority will be the person who others mimic. Therefore, if during the interview you notice the interviewer mimicking you, it may be a good indication that you are gaining the interviewers confidence and respect.



ARMY GRAPHIC

dence and respect.

Some interviewers may have a poker face and you can't tell how you are doing by their facial expressions, but they may not send the same message by their other subconscious body language. If, during the job interview, you notice the interviewer mimicking you more and more, seize the moment with confidence. If you are getting into the salary negotiation portion of the interview, this may be a good time to ask for a larger salary or better benefits. On the other hand, if the interviewer is not mimicking you, it may be cause for alarm.

Some managers are so strong and charismatic that they seldom, if ever, will allow themselves, even subconsciously, to be overcome by someone else's personality. These managers tend to have large egos and are used to always being in control. If they are conducting a job interview, you may have trouble relaxing during the interview. One tip to get through their interview successfully

ADDITIONAL SFL-TAP RESOURCES

By Velvet Collins
Inverness Soldier for Life
Transition Assistance Program Contractor

Transition from the military can be a stressful time for many service members, but there are a large number of services available to help ease the stress.

In addition to the required workshop classes offered through the Soldier for Life Center, there are several additional seminars offered: higher education, technical training, and an entrepreneur class taught by the Department of Labor and the Small Business Administration.

Also, our career counselors and financial counselor are available for individual appointments for a variety of needs, including resume review, budget review and mock interviews.

Your local Veterans Administration office may also be a good source for information. Qualified Soldiers, including those who are being medically separated from the military, may qualify for vocational rehabilitation services to help with job training, employment accommodations, resume development and job seeking skills coaching. Contact your local VA office to see what additional services may be available.

Additional training is often beneficial in starting a post-military career. Service members and their spouses interested in computer related careers, project management, or human resources may be eligible to earn free certifications through Syracuse University via the Veterans Career Transition Program. Go to <http://onward2opportunity-vctp.org> for more information.

There is also a career skills program currently being offered for Microsoft Cloud certification, followed by employment with Microsoft or one of its' partner companies. For more information on this program, call 255-3932 or 255-2540.

is to stay focused and give them only the facts that they request.

Since you may never know the personality of the person who will be conducting your interview beforehand, it is

always a good idea to be extremely prepared when you begin the interview.

For more information on good communication skills or help with the job search process, call 255-2558.

Rotor Wash

“Veterans Day is Saturday. Why do you feel it's important to honor veterans and the sacrifices they've made throughout the years?”



Lindsey Arcand,
military spouse

“They're always out there working hard for us, so it's our duty to work hard for them.”



Sgt. Jason McCord,
F Co., 7th Bn.,
158th Avn. Regt.

“Because of all that they've done for the country.”



Lauren Sullivan,
military spouse

“That is the community that we live in – we back them every day. They've served your country for you and they're risking their lives every day for you.”



Cody Lensmeyer,
civilian

“They've put their lives on the line to make sure we can enjoy what freedom we have.”



Alain Perez-Majul,
civilian

“(Veterans) are the ones who have made personal sacrifices so we can live in a country that's free. If it weren't for them, we might be living our lives very differently.”

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FORT RUCKER COMMANDING GENERAL

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

PRESIDENT:

North Korea situation requires worldwide action

By Terri Moon Cronk
Defense Media Activity

WASHINGTON – North Korea constitutes a worldwide threat that requires worldwide action, President Donald J. Trump said Tuesday in a press conference with South Korean President Moon Jae-in at the Blue House in Seoul.

“We call on every responsible nation, including China and Russia, to demand that the North Korean regime end its nuclear weapons and its missile programs and live in peace,” the president said in one of two joint press conferences during his trip to Asia. “As the South Korean people know so well, it’s time to act with urgency and with great determination.”

Trump called for all nations

to put into effect U.N. Security Council regulations and to cease trade and business entirely with North Korea.

“It is unacceptable that nations would help to arm and finance this increasingly dangerous regime,” he emphasized.

South Korea has been a long-standing U.S. ally, and North Korea’s threats cannot be allowed to threaten that partnership, Trump said.

“Our alliance is more important than ever to peace and security on the Korean Peninsula and across the Indo-Pacific region,” he added.

“In the more than six decades since we signed our mutual defense treaty, our alliance has grown stronger and deeper. Our two nations symbolize what

independent countries can accomplish when they serve the interests of their people, respect the sovereignty of their neighbors and uphold the rule of law,” Trump said of the U.S.-South Korea alliance.

“Together, our two nations will handle threats to peace and security, stand up to those who would threaten our freedom and boldly seize the incredible opportunities for a better, brighter and more prosperous tomorrow,” he said.

In good times and bad, in moments of great hardship and great success, both nations can always count on the close bonds and deep friendship they share as free, proud and independent people, the president said of the alliance.

“Imagine the amazing possi-

bilities for a Korean Peninsula liberated from the threat of nuclear weapons, where all Koreans could enjoy the blessings of liberty and the prosperity that you have achieved right here in South Korea,” Trump said.

Moon said the United States and his country strongly urge North Korea to halt its nuclear and missile provocation, and to come to a dialogue table for denuclearization as soon as possible.

“President Trump and I reaffirmed our current strategy, which is to maximize pressure and sanctions on North Korea until it gives up nuclear weapons and to come to the table for dialogue on its own,” the South Korean president said.

“At the same time, should

North Korea choose to make the right choice, we also reaffirmed our view that we are willing to offer North Korea a bright future,” Moon said.

Earlier in the day, the two presidents visited Camp Humphreys at Pyeongtaek to visit U.S. and South Korean service members.

Trump said South Korea’s military is strong, and the U.S. military will soon be at its strongest level.

“We’re committed to spending \$700 billion, and that number may even go up. For our military, we’re ordering new jet fighters [and] new equipment of virtually every kind,” the president said to Moon. “We make the finest equipment in the world, and you’re buying a lot of it, and we appreciate that.”

Cyber teams fully operational a year-plus ahead of schedule

By U.S. Army Cyber Command
Press Release

FORT BELVOIR, Va. — U.S. Army Cyber Command announced Nov. 2 that all of the Army’s Cyber Mission Force teams achieved full operational capability at the end of September – more than a year ahead of schedule.

All 41 of the Army’s active duty Cyber Mission Force teams were validated FOC by U.S. Cyber Command Sept. 28. Since the first of these teams was rated initially capable in 2014, they have been employed by the Department of Defense as part of coordinated military strategy around the world, performing both defensive cyberspace and combat support missions. With the Army reaching the FOC milestone, this employment continues uninterrupted.

“The Army’s achievement of this critical milestone is a testament to both the tireless work of the Soldiers and Civilians of Army Cyber Command, Cyber Center of Excellence, the Army Headquarters Cyber Directorate, as well as unwavering support from the highest levels of the Army and Department of Defense,” said Lt. Gen. Paul Nakasone, Army Cyber commanding general.

“I’m grateful for the teamwork and sup-



PHOTO BY STEVE STOVER

Cyber operations on mission in the 780th Military Intelligence Brigade operations center at Fort Meade, Md.

port from our institutional leaders, and proud of our Army’s landmark accomplishment. The Army’s cyber teams are built and fully operational, but our work is just beginning, as we ensure they stay trained and ready to step into the joint fight when needed,” Nakasone added.

The achievement required completion of thousands of courses in structured, progressive cyberspace training. This demanding training included cyberspace operations planning, network operations and architec-

ture, technically-detailed software analysis and development skills, as well as foundational concepts of military teamwork. Validation of this cyber training baseline will continue to sustain Cyber Mission Force readiness.

The Army’s effort to build 41 fully operational teams was focused on the active component, divided between Cyber Protection Teams and offensive mission teams. Beyond this effort, the service is also building another 21 CPTs within the U.S. Army

National Guard and U.S. Army Reserve. As these reserve component teams come online, they will be critical to the Army’s cyber defense posture.

The focus of U.S. Cyber Command’s Cyber Mission Force teams aligns with the DOD Cyber Strategy’s three primary missions: Defend DOD networks and ensure their data is held secure; support joint military commander objectives; and, when directed, defend U.S. critical infrastructure.

U.S. Army Cyber Command directs and conducts integrated electronic warfare, information and cyberspace operations as authorized, or directed, to ensure freedom of action in and through cyberspace and the information environment, and to deny the same to our adversaries. The command’s core efforts are to: operate and aggressively defend the Army’s portion of the Department of Defense Information Network, deliver cyberspace effects – both defensive and offensive – against global adversaries, and rapidly develop and deploy cyberspace capabilities to equip our Force for the future fight.

For more on joining the Army Cyber team, check out civilian employment opportunities at www.arccyber.army.mil/apply and military tech careers at www.goarmy.com/careers-and-jobs.

Like Soldiers, Army robots will one day follow commander intent

By David Vergun
Army News Service

WASHINGTON — While robots today operate under the direct supervision of dedicated controllers, the Army is hoping to one day take advantage of robots with more autonomy, said Dr. Stuart Young.

In the near future, it is likely robots will operate in an autonomous fashion within the parameter of commander intent, he said, defining future robots as manned or unmanned systems on land and in the air working in tandem with Soldiers.

Young, an autonomous systems researcher at the Army Research Laboratory, spoke at the Association of the United States Army’s Annual Meeting and Exposition in October.

The importance of robots and Soldiers operating within the commander’s intent, Young said, is that they will someday operate in dispersed, austere, complex environments against peer adversaries where communication is expected to be severely degraded.

It’s expected in the near future that Soldiers will be totally

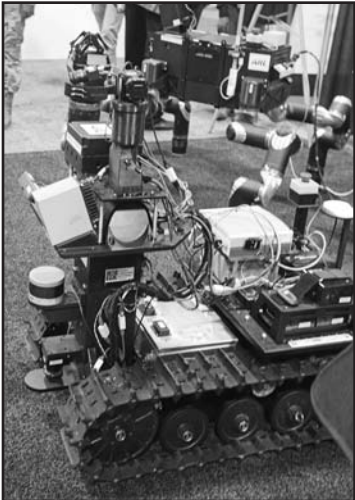


PHOTO BY DAVID VERGUN

An unmanned ground vehicle is displayed at the Association of the U.S. Army’s Annual Meeting and Exhibition Oct. 9-11 in Washington, D.C.

engaged on the battlefield, and may not even have lines of communication with their next-higher echelon of command. Those busy Soldiers won’t have the time to run those robots with dedicated controllers. Instead, they’ll need them to be smart enough to operate with a great deal of autonomy.

Robots, Young said, will need to be able to sense their environment and carry out their orders without being told exactly how to

do it.

Currently, unmanned ground systems are still in their infancy, he said. Existing systems are used for such closely-monitored tasks as removing explosives and conducting surveillance.

“The next thrust is human-robot execution of complex mission in heterogeneous teams,” Young said. “We want robots and humans working together at such things as setting up observation posts, reconnaissance, route clearance, perimeter surveillance and logistics.”

Clearly, there are things that Soldiers are really good at such as problem solving and abstract thinking, Young said. Robots do well at a different type of task, such as operating in chemical, biological and radiological environments too toxic or dangerous for Soldiers, and also at performing tasks too monotonous or excruciating for humans.

An example of a monotonous task, for example, would be standing perimeter security for long periods of time, he said, and an excruciating task would be carrying heavy equipment over rough terrain for long periods of time.

What this means is there would be a division of labor between Soldiers and robots based on inherent strengths and weaknesses, he said.

With the advent of driverless cars, some think technology can easily be transferred to robots on the move, but they’d be wrong on a couple of points, Young said.

While driverless car technology is a good baseline from which to start, the technology is not mature enough for the tactical conditions robots would need to negotiate, he said.

Ground robots would almost certainly operate over complex terrain where near-peer adversaries could conceivably deny GPS access, he said.

Flying robots could face similar challenges of signal jamming and flying over difficult terrain such as triple-canopy jungle or dense urban areas, where coordination with Soldiers might be problematic, he said.

To be autonomous, Young said, future robots will also need to be able to learn. As they encounter unfamiliar or unusual objects in their environment, for instance, they will need to make decisions

about how to negotiate those obstacles, and they will need to remember the outcomes of the decisions they make so they can perform better the next time they face a similar challenge.

No robot will ever make the best decision all of the time, but then again, Soldiers too make mistakes or errors, Young said. The goal is for robots’ actions to be reasonable and within the commander’s intent, he said.

Another requirement is that robots must be able to communicate with Soldiers using natural language that Soldiers use, filled with slang, jargon and incomplete sentences, as well as body language. That means they must be able to adapt to each Soldier’s voice and gestures, he said.

Conversely, there will need to be a culture change, with Soldiers accepting and trusting robots as valued members of their team, he said.

If that isn’t enough, robots will need to operate at the same operations tempo as Soldiers, he said. If they can’t keep up with the maneuver force, they’ll be useless. Current robots are pretty slow, he said.

News Briefs

Clinic closures

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

LAHC will be closed Nov. 23 for the Thanksgiving Holiday.

Lunch and learn

The Fort Rucker Army Wellness Center will host lunch and learn sessions in collaboration with the Fort Rucker Ready

Resilient Training Center. All Lunch and Learn sessions are open to all eligible beneficiaries, including active-duty Soldiers and their dependents, retirees and Department of Defense civilian employees.

All sessions will be located at LAHC in V-130 from 11:30 a.m. to 12:30 p.m. the second Tuesday of the month.

The next session is scheduled for Tuesday with the topics of stress management,

energy management and attention control.

For more information, call 255-3923 or 255-9218.

Change of responsibility

The 1-14th Avn. Regt. will host a change of responsibility ceremony Wednesday at 9 a.m. on Howze Field. Command Sgt. Maj. Brandi N. Whit-

man will assume responsibility from Command Sgt. Maj. Jerry M. Cowart Jr.

Fall clean up

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

For more information, call 255-0739.

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Words can't say just how much we appreciate and respect our country's veterans for their service. As we celebrate Veterans Day, we would like to take a moment to express our deepest thanks to the brave men and women who have served and continue to serve in our military. We recognize their courage, hard work and dedication to our nation's values, way of life and security, and we are humbled by their sacrifice. Today and every day, we proudly salute America's veterans.

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for all you do
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STILL RECRUITING

1st SFAB assesses candidates, looks for more

By Sgt. Arjenis Nunez
For Army News Service

FORT BENNING, Ga. — With a mission to enlist subject matter experts in multiple military occupational specialties throughout the Army, the 1st Security Force Assistance Brigade conducted a two-day candidate assessment Oct. 17 at Fort Benning.

Assessment events evaluate a candidates physical attributes, problem solving, communication, inter-personal skills, as well as their ethical perspectives.

“The purpose of the assessment is twofold,” said Col. Scott Jackson, commander, 1st SFAB. “First, to validate that a candidate can meet Army directed and organizational standards derived from our mission profile. Secondly, to confirm that candidates possess the desired mental and personal attributes to be an effective advisor.”

“Many factors play a role in a candidate being selected or not,” said Capt. Neil Smythe, deputy civil military operations officer for the 1st SFAB. Smythe is directly involved in the selection process for 1st SFAB volunteers. “Throughout selection, we are looking for candidates to display strong moral and ethical character, the ability to perform in a small team and exceptional technical expertise.”

The 1st SFAB’s mission is to provide geographic combatant commanders with tacticians who train, advise, assist, accompany, and enable allied and partner nation armies.

Being physically fit and knowing how to maneuver different obstacles is not all there is to the selection process, said Staff Sgt. Ryan S. Mathes, an infantryman selected to join the 1st SFAB.

Mathes explained that working together as a team throughout the selection process was the most important aspect. Throughout the course, the candidates, who were

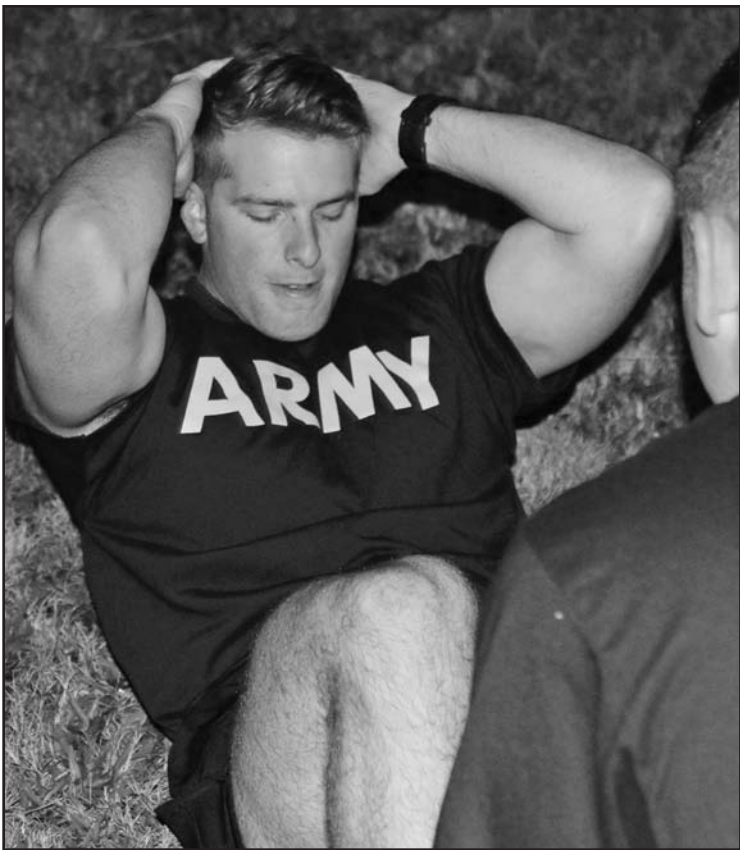


PHOTO BY SGT. ARJENIS NUNEZ

Sgt. Richard L. Morrill, an infantryman volunteering to join the 1st SFAB, conducts the sit-up event of the Army Physical Fitness Test as a part of the assessment and selection process for candidates volunteering for the 1st SFAB, Oct. 19 at Fort Benning, Ga.

all noncommissioned officers, had to work together.

“To feel success, and not just achieve it, I had to maintain a [strong] mindset, but remain flexible enough to welcome different ideas from my teammates to achieve victory,” Mathes said. “The true victory came from working together.”

The academic challenges are an essential component to the assessment selection process. It provided selection cadre with insight to the decision making process the Soldiers go through, said Smythe.

“This assessment challenges candidates to devise a plan of action that includes a hands-on approach from everyone to succeed,” said Sgt. Richard L. Morrill, an infantryman selected to join the 1st SFAB.

The overall assessment pushes

Soldiers to go beyond their physical and mental limits. The 1st SFAB is making history, Mathes said.

“Rarely are you first at something in the Army,” Mathes said. “My contributions to this unit will be a part of their future successes and failures which we’ll use as teaching points to become exceptional advisory assets.”

For Morrill, learning from many different leaders across the spectrum of Army specialties will help him empower foreign partners and help them stand on their own, he said.

To be a part of the 1st SFAB, potential candidates must be a proven leader with high promotion potential, a mature self-starter who can operate independently, and be a tactician who can coach, teach and mentor partner nation soldiers.



PHOTO BY SGT. 1ST CLASS MAURICE SMITH

Candidates for the 1st Security Force Assistance Brigade go through the explosive ordnance disposal military occupational specialty assessment lane Oct. 26 at Fort Benning.

Deployments are guaranteed and as a candidate, you must be willing to assume increased responsibility.

The 1st SFAB assessment was developed under the 1st SFAB commander and command sergeant major’s guidance to select strong advisors, said Smythe.

“It is our hope that candidates joining the 1st SFAB embrace the opportunity to be a part of a new organization that is assembling the best and brightest from the greater Army community,” Smythe said. “This assignment provides incred-

ible training and leadership opportunities, and a chance for Soldiers to challenge themselves professionally.”

The 1st SFAB is currently recruiting promotable specialists, sergeants and staff sergeants in combat medicine, vehicle maintenance, logistics, explosive ordnance disposal, communications, field artillery and military intelligence.

Soldiers interested in joining the 1st Security Force Assistance Brigade should contact their branch manager for more information.

1st SFAB demonstrates readiness with first combined field training

By Staff Sgt. Sierra A. Melendez
For Army News Service

FORT BENNING, Ga. — Soldiers and leaders with the 1st Security Force Assistance Brigade conducted their first combined field training exercise at Fort Benning Oct. 16-27.

This FTX was the first time since the unit’s inception in August that all six battalions and the brigade headquarters were able to merge their efforts together for a successful training exercise.

“All of our training so far has been individual training, whether it be the Military Advisor Training Academy; the Survival, Evasion, Resistance, and Escape training; our language training; or foreign weapons,” said Command Sgt. Maj. Christopher D. Gunn, command sergeant major of the 1st SFAB. “This exercise has given us the opportunity to combine all of our small combat advisory teams in order to build the necessary bonds to make better advisory teams.”

While FTX’s are a dime a dozen throughout the Army, the 1st SFAB’s exercise was unique in that their mission focus was centered on advise and assist efforts rather than traditional decisive action scenarios conducted in conventional units.

This pioneer unit is the first of its kind. Created with the intention to alleviate the enduring advise and assist mission load on brigade combat teams, the SFABs are new formations specially trained and built to enable combatant commanders to accomplish theater security objectives by training, advising, assisting, accompanying and enabling allied and partnered indigenous security forces.

“We ask the central question here and that’s ‘how does an advisory team fight?’” said Col. Scott Jackson, the commander of the 1st SFAB. “And it’s different than how a rifle platoon fights. We have been using the past two weeks to shape that and figure that out.”

Jackson stressed the importance of the 1st SFAB in a supporting role versus on the front-line conducting warfighting against near-peer threats.

“Our advisors are not in the lead, our foreign partners are in the lead,” said Jackson. “We have to figure out how to position ourselves on the ground, integrate with them in order to make them better and more lethal



PHOTO BY SGT. ARJENIS NUNEZ

Soldiers with the 1st Battalion, 76th Field Artillery Regiment, 1st Security Force Assistance Brigade complete an obstacle course at Fort Benning, Ga., Oct. 27. The obstacle course was the culminating event for the battalion during the brigade’s first combined field training exercise.

but yet not be at the very front leading the fight. We’re supporting the fight.”

The desired end-state of the exercise was to help develop the unit into a well-trained fighting force to advise and assist partner forces abroad in austere environments – a circumstance that is likely to be in the 1st SFAB’s very near future.

Maj. Joseph Loar, the operations officer for 1st Squadron, 38th Cavalry Regiment, 1st SFAB, hopes this particular training exercise will build proficiency for the unit’s likely deployment overseas where they will be advising foreign partners on a battalion level.

“Our teams conducted call for fires, medical evacuations for both American and foreign allied wounded, and focused on getting our 12-man teams adept to advising in the most austere environments or more permanent locations such as forward operation bases,” said Loar.



PHOTO BY SGT. ARJENIS NUNEZ

Soldiers assigned to 1st Squadron, 38th Cavalry Regiment, 1st Security Force Assistance Brigade, conduct a foot patrol during a combat advisory team competition at Davis Range on Fort Benning, Ga., Oct. 24.

Loar said the FTX has showcased just how experienced the SFAB’s senior leaders are – which has made for a training exercise that stood out to many.

“Myself and many others here have said, ‘this has been the best field training exercise we have had throughout our entire careers,’

and I have been in 18 years now,” said Loar. “The average years of experience from everyone is about 10 years, which has clearly been evident the past few weeks.”

Soldiers interested in joining the 1st SFAB should contact their branch managers for more information on volunteering.

1st BCT commemorates 1st round fired during WWI

By **Spc. Keegan D. Costello**
27th Public Affairs Detachment

FORT DRUM, N.Y. — Soldiers of 3rd Battalion, 6th Field Artillery Regiment, 1st Brigade Combat Team, 10th Mountain Division (LI) held a ceremony Oct. 23 at the battalion headquarters on Fort Drum to recognize the 100th Anniversary of the first round fired by the American Expeditionary Forces during World War I.

“We are here to commemorate the first shot of the American Expeditionary Force in WWI,” said Lt. Col. Thomas A. Goettke, 3-6th FA commander. “The 6th Field Artillery Regiment was hand-selected by General Pershing to go over and support the 1st Infantry Division in Bathlemont, France, in the Alsace-Lorraine region.

“We are celebrating those who came before us,” Goettke continued. “The history is rich, especially in the 6th FA. We have 36 campaign streamers, and that speaks for itself. We are the most decorated artillery battalion in the United States Army. There’s a lot of history behind that, and so this



PHOTO BY SPC. KEEGAN COSTELLO

On the morning of Oct. 23, 3rd Battalion, 6th Field Artillery Regiment, 1st Brigade Combat Team, 10th Mountain Division (LI) Soldiers held a ceremony recognizing the 100th anniversary of the first round fired by the American Expeditionary Forces in World War I.

is a commemoration of those who served before us and really their heroism and action. It’s something that we aspire to every day.”

On Oct. 22, 1917, Soldiers of C Battery, 6th Field Artillery, used the cover of the day’s dense fog to carve out a firing position on a hill 1.3 kilometers outside the town of Bathlemont without being detected by the Imperial Germans. By

nightfall the position was ready, but no order came to emplace a gun there.

Capt. Idus R. McLendon, C Battery commander, made the decision to move the 75 mm M1897 gun, but with the regiment’s horses and tools in the rear, the 3,400-pound gun would have to be moved by hand.

The Soldiers under McLendon

struggled for three quarters of a mile in complete darkness. With mud and muck up to their knees, they pulled the gun uphill, all while wearing gas masks to protect from lingering German mustard gas.

“It was the end of a long day of the hardest, nastiest back-breaking toil I have ever seen,” McLendon later recalled. “My men were utterly exhausted and plastered from head to foot with mud and grime, but there was the satisfaction of knowing that we were all set and ready to fire as soon as our (French) major said, ‘Go!’”

McLendon convinced his French superiors to fire upon the Germans at first light. It would be the first time in more than a century that American and French Soldiers were to fight a common enemy, and the first time Americans had come to fight on a European battlefield.

When the command was given to fire, the lanyard was pulled and the round impacted within the German lines. The time was 6 hours, 5 minutes and 10 seconds into the morning of Oct. 23, 1917.

“The importance of commemorating historic events such as these is for today’s warfighters to understand there are Soldiers who have gone before them and to understand their service and their sacrifice and the legacy that we build on as today’s warfighters,” said Spc. Thomas P. Minton, regimental historian for 3-6th FA.

Minton tracked down the casing from the first shell fired and arranged to have it on display during the ceremony.

“I read of the first shell casing being sent to President Woodrow Wilson, and I knew that an artifact of that significance would survive the hundred years,” Minton said. “All roads eventually led to the Woodrow Wilson House Museum in Washington, D.C. This is where Mr. Wilson lived following the end of his presidency, and he kept the shell tube on his mantle. After opening a dialogue with the museum, they were all too happy to lend the shell to our regiment and our battalion for this historic event.

“We cannot forget our history,” he added.

Service

Continued from Page A1

“One of the major points for the Service Culture Initiative is it will help us identify who we are and what we’re all about – it’s going to be about customer service,” he said. “This is going to be part of who IMCOM is and how we operate – its one team and we’re all going to be in this together.”

The initiative has several vital components, including on-boarding, training, leadership workforce engagement, communication and recognition. Dahl said these components are what will help motivate garrison teams to provide a customer service experience that is world class.

“If you want someone to be very strong in customer service and you want them to

have a smile, if you want them to go that extra step and you want them to really take care of the people who are coming to them for service,” said the IMCOM commander, adding that it starts with taking care of the employees first through on-boarding and training.

“As we hire our new employees and they come on, it makes a lot of sense for us to help them to become value-added earlier rather than later, so let’s welcome them,” he said. “Welcome them warmly and let’s take care of them. Let’s get them up and running earlier, so that they become productive professionals in our organization.”

In order to continue to produce productive professionals, Dahl said it’s important to recognize those who are doing an excel-

lent job in their respective fields as a means of supporting those employees within the organization, which can lead to a more productive workforce and a better customer service experience.

“What you do is so vital in support of our Soldiers, our families and our senior commanders and the missions that they perform, so when you do it well, we are to recognize that,” he said. “Everybody likes to be recognized when they’ve done good work, so let’s make sure that everybody is recognized when they’ve done something well.”

On the flip side of that coin, Dahl said it’s important to also recognize those who have fallen short and to hold them accountable in order to foster improvement, which is a vital role of leadership.

That’s why the leadership pledge is an important part of the initiative – to exist as a symbolic reminder to ensure the commitment that will be provided to the customer, he said.

“At the end of the day, the Service Culture Initiative is about taking care of ourselves first – putting us in that proper disposition, so that we are now motivated to deliver that world-class customer service,” said the IMCOM commanding general. “With the help of your headquarters, with the help from the directorate and with the help from your garrison leadership, there is no doubt in my mind that we will be successful in delivering great customer service to the Soldiers and families that we pledge our support to.”

1-13th

Continued from Page A1

“It is truly and honor and a privilege to be standing before you today,” said Weber as he assumed command. “George, one could not ask for a better hand off. What you’ve accomplished over the last few years is absolutely inspiring and in some ways very humbling. I look forward to continue on the path you’ve set.”

That path includes dedication to the Soldiers and families of the 1-13th, said McHugh, adding that building relationships with Soldiers is part of what makes a great leader, something that Webster was able to accomplish during his 17 months as the battalion command sergeant major.

“As I look back before that day (when taking command), I remember thinking of the importance of the command team relationship and the rippling effects one

can have across an organization,” said the battalion commander. “Webster, you have always led from the front on behalf of our Soldiers and leaders. You have tirelessly picked up and carried the rocks to improve our foxhole, and you have always been there to provide sound guidance and judgment.”

Webster said he was grateful for the opportunity to serve the 1-13th, adding that he has full confidence in Weber to take the unit to even greater heights.

“Devon, let me be the first to congratulate you as the new CSM,” said the outgoing command sergeant major. “As the commander said during his speech, I also believe that the Army got it right when they selected you for this battalion. I have no doubt that you’re going to be extremely successful. You are joining a team of outstanding officers, noncommissioned officers and Soldiers, and they are ready

to support you.”

Webster will go on to his next assign-

ment as the command sergeant major for Air Traffic Services Command.

Training

Continued from Page A1

Kelly wanted to be able to provide Aviation expertise in their training since Aviation support wasn’t something the junior leaders had much experience in.

“They bring all sorts of enablers, like engineers, air defense artillery, but they don’t have any Aviation, so they kind of just make it up. So, we decided that we’d bring some guys over there ... to spend a week with them and provide all the information they need, and on top of that, we were going to help update their lesson plans on Army Aviation,” which Kelly said weren’t up to date.

The initial introduction and briefing by Kokoszka was well received with nearly 120 Soldiers in attendance to begin learning about the Aviation side of the support. He gave a classified briefing about Aviation platforms and the hybrid threats that are a risk to Aviation, and the role that artillery could play in helping support when it comes to suppression of enemy air defense.

“It was a great brief and the students were really engaged, and it really set the tone,” said Kelly, adding that it was apparent that the junior leaders had very little experience when dealing with integrating Aviation tactics.

“You could see that a lot of them had a light turn on that showed them that there is a lot of stuff they can do with Army Aviation and a lot of things we need to plan and integrate with them,” said Kelly.

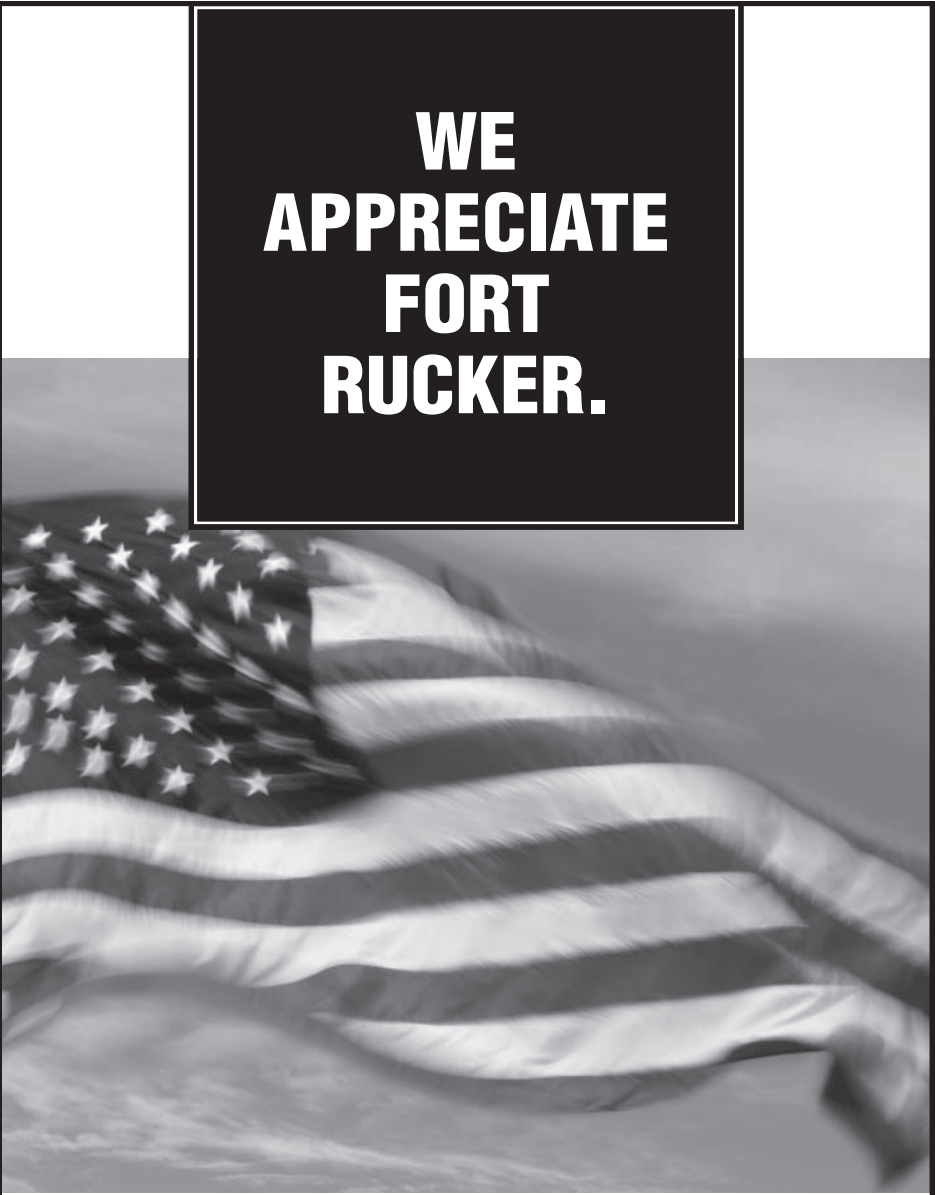
Duncan and Jensen provided FACCC students with knowledge on the different capabilities that a combat Aviation brigade is able to offer, including on how and when to request air assets.

“The most important thing we can do is integrate all elements of the Army, so we can be prepared to win the next fight,” said Duncan. “I felt we did a good job integrating Army Aviation with field artillery, so that we can better understand how to incorporate each other in a decisive action environment.”

“This shows how we validate our systems from an outside perspective and it gives us clarity, depth and sustainability,” added Jensen. “Leveraging functional assets ... provided a non-evasive environment for us to provide insight from an Aviation perspective, coupled with their willingness to receive the information, allowed for a breadth of knowledge to be shared. I hope this is a continuing effort and that we can reciprocate.”

Kelly said he hopes this is the beginning of a partnership that will help both sides to work together to integrate all aspects of training.

“Basically, what we wanted to do, under our combined arms theme, is see an inherent relationship between Army Aviation and field artillery,” he said.



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\$133,000: This practically new home features a huge corner lot adjacent to an elementary school. Enjoy relaxing in privacy

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level front lawn provides room for children to play. Schedule your showing today to tour the home & see the many updates to include freshly painted interior, new flooring in kitchen, laundry and baths, new 2" blinds & new stainless kitchen appliances. Split floor plan, family room w/fireplace, separate dining, large master suite. View today.



93 MICHAEL LANE
\$245,000: A true paradise. This four bedroom two bath home is full of light and space! Plenty of windows let in natural light and showcase the beautiful neighborhood. This home features an

elegant bonus room with floor to ceiling windows equipped with an indoor grill for entertaining family and friends. The home is pre wired for surround sound, the master bathroom has a double sink vanity, and the home is clean and ready to move in. Adjoining vacant lot is included, great location for outdoor entertainment.



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\$248,000: A Family Delight. Your entire family will enjoy the comfort of this wonderful home with open floor plan, 4 bedrooms, covered front porch and patio, large corner

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123 MADISON AVENUE
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255 SIMPSON DRIVE, DALEVILLE: This 2 story is a real gem! With its master bedroom downstairs, this home is set to create lasting memories. A cool screened patio that has a custom tile floor overlooks a sparkling 22,000 gallon pool. A huge bonus room opens to the back yard, and with 2 sheds and a laundry room, there is plenty of room for storage. New roof and A/C in 2016! This is a great place to call home. **CHRIS ROGERS 406-0726**



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102 GATEWAY DRIVE: Fabulous, well loved home in a great neighborhood! With salt water pool with a new liner, 30x28 pool house with kitchenette and 1 full bath, heated/cooled, 24x28 storage building heated/cooled, or a detached garage, there is a garage door. House has plantation shutters throughout. Tank-less gas hot water heater. Antique fireplace mantel, granite counter tops and LOTS'S More!! Don't Miss!! **READY FOR IMMEDIATE OCCUPANCY!!! FRAN KALTENBAUGH 790-5973 & DON KALTENBAUGH 464-1069**



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205 TURTLEBACK TRAIL: This 5 bedroom home located in the popular Turtleback subdivision features an open floor plan, kitchen with granite counters, custom cabinets, and stainless appliances. The master bath has a separate shower and whirlpool tub. Upstairs there is a large bedroom with half bath and access to the attic, large enough for 2 more rooms. The large backyard with a covered patio makes a great place to relax or run and play. Turtleback offers a community clubhouse and pool, a stocked pond and a walking trail. **SOMMER RAKES 406-1286**



\$163,900

105 GAIL CIRCLE: Beautiful huge home with lots of updates to include: tile baths, updated kitchen with convection oven and cooktop, island in kitchen, updated colors. Storm shelter in back yard, sprinklers system in front yard, patio, and much, much more. Lots of rooms and storage. **PAT LEGGETT 406-7653**



\$173,000

34 ASHLEY LANE: Lovely home in Level Plains is located near Fort Rucker & shopping, minutes from Enterprise and the Dothan Metro Area, Enterprise or Daleville schools. Open layout of grand room with fireplace & dining area: a relaxing setting for meals, entertaining or sharing updates of the day. Security system wiring. Electrical system wiring for hot tub. Spacious back yard with screened-in porch is ideal for entertaining, relaxing & other activities. Landscaping updated in Oct 2017. **MARGE SIMMONS 477-1962**



\$170,000

8825 DALE COUNTY ROAD 1: Tons of potential on almost 3 acres of land. Two 3/1.5 houses in good condition w/termite bonds on both. Two huge metal bldgs previously used as a cabinet shop & lumber storage bldg. Another bldg was used for painting cabinets & has windows that tilt out for ventilation. Two detached carports w/a total of 5 stalls. A storm shelter, small storage bldg & 2 detached laundry/storage bldgs complete the package. Another 3 lots totaling 1 acre behind the property are for sale as #20171999. Separately or as package. **JAN SAWYER 406-2393**



\$135,000

209 APACHE DRIVE #11: If you are looking for an investment, then you have it here. All four units are presently occupied. Convenient location Each unit has their own storage room off the upstairs deck or the downstairs covered patio. **EVELYN HITCH 406-3436**

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12th CAB hosts 3rd rotary wing summit in Poland

By Capt. Jaymon Bell
12th Combat Aviation Brigade

KRAKOW, Poland — Twenty-six NATO and allied partner nations attended the third annual Strong Europe Aviation Rotary Wing Summit Oct. 17 hosted by the 12th Combat Aviation Brigade.

The conference gathered senior Aviators from all over Europe to further build a common operating picture, establish future joint training and enhance habitual partnerships between the allied nations.

The keynote speaker was Maj. Gen. Jan Sliwka, first deputy commander, General Command of the Polish Armed Forces. Sliwka's opening remarks highlighted the exercises since the Warsaw summit in 2014 and reiterated the importance of training together in realistic scenarios.

"I think this event serves to represent a positive influence of increased NATO presence in Europe," said Sliwka.

The conference used multiple small group sessions to address future training

events, and advance dialogue on standardizing helicopter training and doctrine across Europe.

The conference included a brief on the USAREUR exercise schedule for FY 18 and 19 in order to inform those attending of the potential for rotary wing participation. Representatives from 7th Army Training Command were also present to brief the attending Aviators on how training events can be shaped to meet country specific Aviation outcomes.

Senior Aviators from Albania, Austria, Belgium, Bulgaria, Canada, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Italy, Lithuania, the Former Yugoslavian Republic of Macedonia, Netherlands, Poland, Romania, Slovakia, Slovenia, Spain, Sweden, Turkey and the United Kingdom attended the conference.

"We believe we have the right audience here to say yes to new training events throughout the coming year," said Col. Kenneth Cole, the 12th CAB commander.



PHOTO BY CAPT. JAYMON BELL

A Canadian pilot discusses the future of rotary wing Aviation in Europe with other attendees of the third annual Strong Europe Aviation Rotary Wing Summit at Krakow, Poland, Oct. 17.



COMFORT

PHOTO BY CAPT. TYSON FRIAR

Capt. Benjamin Stork cares for a patient on an HH-60 Black Hawk headed to the USNS Comfort, a hospital ship off the coast of Puerto Rico Oct. 20, following Hurricane Maria. Stork is a flight surgeon assigned to the 101st Airborne Division's 6th Battalion, 101st Aviation Regiment, 101st Combat Aviation Brigade.

TO THE RESCUE

U.S., Romanian forces train on downed aircrew recovery

By Sgt. Justin Geiger
7th Mobile Public Affairs Detachment

MIHAIL KOGALNICEANU AIR BASE, Romania — Training can build confidence, foster trust, and improve tactics, techniques and procedures so Soldiers can effectively and efficiently perform mission essential task to increase their nation's combat readiness.

As Soldiers react instinctively during real-world missions or situational training exercises — like conducting land navigation with a combat survival evader locator system or integrating with allied forces to perform combat search and rescue/personnel recovery procedures — their efforts throughout training scenarios not only improve combined capabilities, but highlights how interoperable Romanian and U.S. Aviation assets are while working together to accomplish a task.

These combined capabilities were apparent when Soldiers with 2-10th Assault Helicopter Battalion, 10th Combat Aviation Brigade and Romanian aviators with the 862nd Helicopter Squadron, executed personnel recovery situational training exercise lanes and air movement operations near Mihail Kogalniceanu Air Base in early October.

The purpose of this simulated downed aircraft training exercise was to build proficiency in survival, evasion, resistance and escape procedures, to familiarize 10th CAB Soldiers with the CSEL system and to develop combined personnel recovery operating procedures between NATO allies.

"Over the past several days, we've



PHOTOS BY SGT. JUSTIN GEIGER

A Romanian IAR-330 Puma and a U.S. UH-60 Black Hawk conduct air movement procedures back to Mihail Kogalniceanu Air Base, Romania, after successfully recovering isolated 10th CAB Soldiers Oct. 3.

been conducting personnel recovery training with Romanian pilots, Romanian pararescue forces, our Aviators and our crew chiefs," said CW3 Jason Penn, an Aviation mission survivability officer with the 2-10th AHB "Task Force Knighthawk," 10th CAB.

"And during the ground portion of the STX lanes, our Soldiers utilized the CSEL system to navigate through Babadag Training Area. The CSEL system also enabled us to communicate with a Joint Personnel Recovery Center," he added.

When Aviation personnel initiate the CSEL system, it contacts one of the JPRCs around the world and sends GPS coordinates from that ra-

dio to alerts them that an aircrew is on the ground and in an isolated situation. Once that communication is started the JPRC activates personnel recovery forces from the coalition force in their area of operations to rescue those individuals on ground.

In this simulated downed aircraft scenario, the training JPRC with U.S. Army Europe activated Romanian aviation and pararescue assets from Mihail Kogalniceanu Air Base to evacuate those isolated aircrews.

"For the Aviators in the air, it was about getting familiar with conducting missions with allied forces," said

SEE RESCUE, PAGE B4

AIR ASSAULT

'Strykers' increase readiness, lethality with training

By Staff Sgt. Jennifer Bunn
For Army News Service

GRAFENWOEHR, Germany — Soldiers assigned to Nemesis Troop, 4th Squadron, 2nd Cavalry Regiment conducted an air assault in support of a counter reconnaissance training exercise Oct. 26 in the Grafenwoehr Training Area.

The regiment, also known as a Stryker Brigade because their main mode of travel is in several Stryker Combat Vehicle variants, has been assigned a new Mission Essential Task List from the Army. A task added to 4th Squadron's mission is to be able to conduct air assaults to increase the Soldiers' mobility around the battlefield.

"The benefit of having our team air assault into a mission enables us to maneuver into the fight at a much quicker rate," said Sgt. Cody Anderson, a team leader in Nemesis Troop.

A Company, 214th General Support Aviation Battalion, 12th Combat Aviation Brigade flew in UH-60 Black Hawks to support the training. Before being flown into the fight, the Soldiers received safety instructions from the crew and familiarized themselves with getting on and off the helicopter with full battle uniform, gear and weapons.

"This allows them to basically have the experience of getting on and off a (helicopter) to be able to quickly gain situational awareness upon exiting the (helicopter) then moving directly into a live fire," said 1st Lt. Joshua Cooksey, executive officer for Nemesis Troop.

Once the initial training was complete and they received their orders, the Soldiers loaded into the helicopters and flew to their objective. To mimic a real-life battle scenario, targets popped up for the Soldiers to engage when they disembarked.

"(The Soldiers) did phenomenally well, they were knocking out targets — everything they engaged,

“The benefit of having our team air assault into a mission enables us to maneuver into the fight at a much quicker rate.”

— SGT. CODY ANDERSON,
NEMESIS TROOP TEAM
LEADER

SEE ASSAULT, PAGE B4



PHOTO BY STAFF SGT. JENNIFER BUNN

Soldiers assigned to Nemesis Troop, 4th Squadron, 2d Cavalry Regiment practice exiting a UH-60 Black Hawk during an air assault in support of a counter reconnaissance training exercise Oct. 26 in the Grafenwoehr Training Area, Germany.

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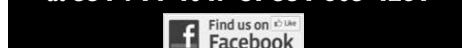
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PHOTO BY STAFF SGT. JENNIFER BUNN

A Co., 214th GSAB, 12th CAB supports an air assault in support of a counter reconnaissance training exercise.

Assault

Continued from Page B1

they were hitting,” said Cooksey. “So, they did very well with their lethality.”

The gained operational reach by helicopter also gives the unit the ability to send reconnaissance elements for-

ward so they can observe the objective before Stykers are moved up or if the vehicles cannot be driven through the terrain, Cooksey explained.

Capt. Matthew Whitehouse, commander for Nemesis Troop, is grateful for the opportunity for his Soldiers to train with Aviation support.

“It was great having our Aviation out here and allowing some of our enlisted junior Soldiers to get some experience on the (helicopter), and see what it is like for combined arm maneuver to be orchestrated and when it all comes together, what effects they can bring,” he said.

Rescue

Continued from Page B1

Penn. “In some situations you won’t know what allied or partner nation you’re going to work with, so you may not know what their operating procedures are going to be like, so being able to bring multinational Aviation assets together to conduct a training exercise and get familiar with each others operating procedures are some of the biggest benefits for the pilots.”

During this training exercise, CW2 David Faris, a pilot with 2-10th AHB, got to experience flying alongside Romanian aviators for the first time while being deployed in Europe. Once the STX lanes were successfully complete, he took a moment to discuss the process of working through the differences in operating procedures, and how overcoming those obstacles helped unify both Aviation assets.

“The planning process allowed us to improve our collective operations,” he said. “The Romanians got a better understanding of how we operate and we got a better understanding of how they operate, so it is good to develop that common operating picture so we can deconflict to keep everyone safe and execute the missions effectively.”

Although the training exercise was effectively and efficiently executed, and every isolated aircrew evacuated by the 862nd Helicopter Squadron made it back safely, personnel recovery operations are very complex due to all the different assets involved. Therefore, conducting multinational training exercises of this magnitude enhance interoperability between Romania and the United States to build on the goal of establishing a unified and strong Europe, officials said.



PHOTO BY SGT. JUSTIN GEIGER

A Romanian soldier with the 862nd Helicopter Squadron provides security for the IAR-330 Puma as Romanian pararescue soldiers recover isolated 10th CAB Soldiers during a simulated downed aircraft training exercise.

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NOVEMBER 9, 2017

UNDER THE STARS



PHOTOS BY NATHAN PFau

Col. Brian E. Walsh, Fort Rucker garrison commander, tells the story of 'Stone Soup' with the help of Spc. Mykea Carrol, 1-145th Avn. Regt.; Sgt. Sam Arredondo, 1-13th Avn. Regt.; and Spc. Joshua Moore, 1-212th Avn. Regt., during Camping Under the Stars on West Beach at Lake Tholocco Friday.

Event puts 'different spin' on camping

By Nathan Pfau
Army Flier Staff Writer

As families set up their tents along the banks of Lake Tholocco, parents and children settled in for a night of family fun under the stars.

The Directorate of Family, Morale, Welfare and Recreation hosted its seventh annual Camping Under the Stars event Friday on West Beach as a tribute to military families as part of Month of the Military Family where people got the chance to roast marshmallows, play games, watch movies and enjoy story time with Col. Brian E. Walsh, Fort Rucker garrison commander.

Walsh read "Stone Soup" to the families and said that providing support for families through events like Camping Under the Stars is an important part of taking care of the Army family.

"The strength of our Army is these families right here," he said. "They are the foundation for our Soldiers, and it's nice that we can have activities such as this to bring them out to enjoy the festivities and each other's company. It just builds a better foundation for the family, and it enables strong families and enables strong support for the Soldiers."

Throughout the evening, families pitched their tents, and children were in-



Sgt. Sam Arredondo, 1-13th Avn. Regt., along with his wife, Elizabeth, and children, Shane, Vanessa and Olivia, put up their tent during Camping Under the Stars on West Beach at Lake Tholocco Friday.

vited to play in bounce houses and enjoy activities under the gazebo before the garrison commander took part in the reading, but he wasn't alone in telling the story.

Three Soldiers, Sgt. Sam Arredondo, 1st Battalion, 13th Aviation Regiment; Spc. Mykea Carrol, 1-145th Avn. Regt.; and Spc. Joshua Moore, 1-212th Avn. Regt., volunteered to help by acting as the three

hungry strangers in the story on their quest to make a meal that everyone enjoys.

During the story, the Soldiers acted out their roles as they gathered the ingredients to mix into their soup, showing the families each step along the way until they had enough in their pot to eventually feed themselves, ending in a dance of happiness.

Following the reading, families were invited to make s'mores while enjoying a drive-in style movie as they lay under the stars, and many family members couldn't have been happier with the experience.

"I think this is a great way to get families outdoors and enjoy a night together with something a little different," said Janine Farley, military spouse. "We haven't been camping as a family before and I thought this would be a great introduction to it, so maybe this is something we will take up and become a regular thing."

"The weather was perfect and the kids had so much to do, so it's just been a great experience and I'd love to keep doing it," she continued. "I really appreciate all the effort that they've put into this."

For Alicia Martin, military spouse, the night of camping was something her family was able to enjoy without having to travel too far.

"We haven't really had much opportunity to travel and go camping, and usually here in the South the weather is really hot, even at night, so we didn't do much camping this summer, but the weather tonight is so nice we couldn't pass this up," she said. "This puts a different spin on the camping experience, too, with all of the activities and things the kids get to take part in, so I know we're really enjoying it. It's been a lot of fun."

ARMING WITH KNOWLEDGE

Seminar prepares Soldiers for new retirement system decision

By Jeremy Henderson
Army Flier Staff Writer

The Department of Defense will introduce a new, enterprise-wide retirement system in 2018 and an upcoming seminar will arm Soldiers with the knowledge they need to make the best choice for their future.

Soldiers joining the Army on or after Jan. 1 will be enrolled into the Blended Retirement System, which was instituted by the 2016 National Defense Authorization Act, and some current service members will have the option to opt in to the new system.

Soldiers with less than 12

years of active duty service, and National Guard and Reserve members with less than 4,320 points as of Dec. 31, will have until Dec. 31, 2018 to decide if they want to opt in or not. If Soldiers elect not to opt in, they will remain in the Legacy Retirement System.

"The Blended Retirement Seminar will be a useful resource for Soldiers who are eligible to opt in, as well as leaders and families, including how retirement pay is calculated, continuation pay, and [Thrift Savings Plan] matching contributions," Jo Anne Close, Army Community Service financial counselor,

said. "The knowledge that can be expected would be a better understanding of what the BRS has to offer compared to the Legacy (High-3) System."

The seminar takes place Tuesday from 6-7 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 282.

Attendees will take part in a discussion of the significant aspects of BRS, including how retirement pay is calculated, continuation pay and the TSP with matching contributions.

"The BRS is the new retirement system the military is moving toward," Close said. "With this new system, there are some

significant changes when compared to the Legacy (High-3) Retirement System. BRS has the potential to create a level playing field when compared to the civilian market.

"An individual can work for a civilian company and, after a few short years, walk away with some retirement savings," she added. "Whereas, with the Legacy System, only 19 percent of active duty forces complete the 20 years [required] for retirement. The main component changes for the BRS compared to the Legacy are the pension, the matching opportunity for TSP, continuation pay and the Lump Sum options."

The discussion will be facilitated by accredited ACS financial counselors.

Space is not limited for this free seminar and free child care is available with registration.

"Eligible Soldiers should attend the seminar, even if they do not think they will opt in," Close said. "This is the education year, so that Soldiers can make a well-informed decision in 2018. In addition, every service member, even if they are not eligible, should attend. As a leader, Soldiers will ask about the BRS. By attending the Seminar, leaders will be better prepared to answer Soldier's questions."

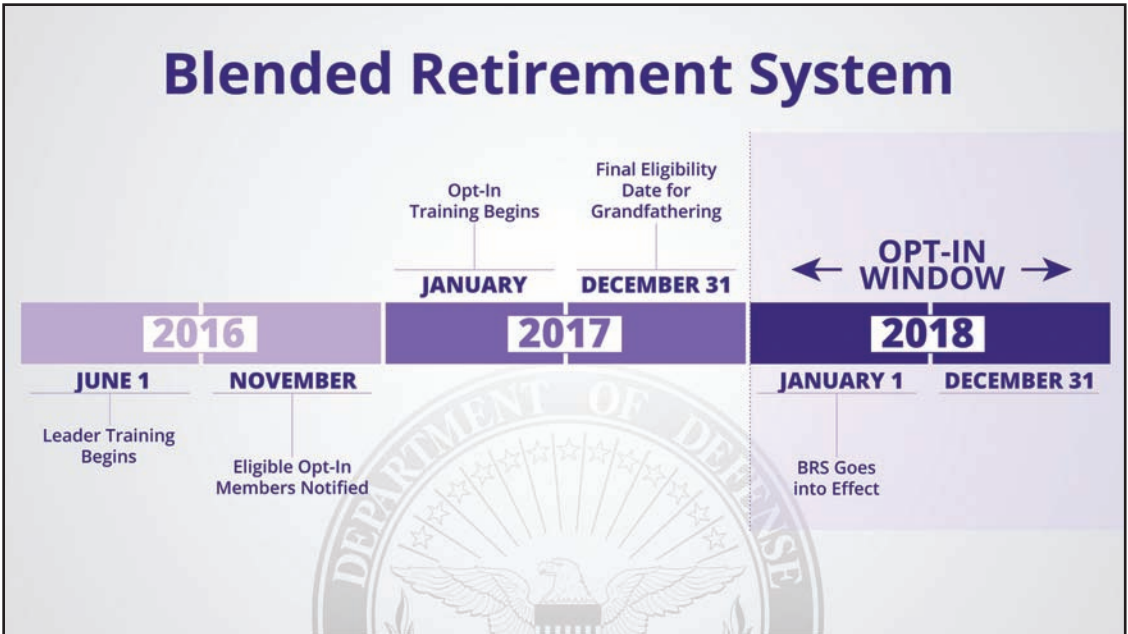
"The seminar is an opportu-

nity for Soldiers to ask questions or sort out information they have already learned or heard about to separate fact from fiction," she added. "Because every person has different learning styles, this seminar is an opportunity to present the information in the Soldier's language and provide an opportunity for questions because not everyone speaks the financial language. Soldiers are encouraged to take the opt-in course at Joint Knowledge Online. Leaders are encouraged to take the Leadership Course on JKO."

For more information or to register, call 255-3765 or 255-9631 or visit <https://rucker.armymwr.com/us/rucker/programs/army-community-service/>.

ACS will host a separate class the same day and time for individuals seeking financial guidance. The financial wellness class, also presented by ACS accredited financial counselors, is Tuesday from 6-7 p.m. at the Soldier Service Center, Bldg. 5700, Ste. 350. Topics include attitudes toward money, credit histories and credit scores, and financial goal setting. The seminar is open to the public. Pre-registration is required by Monday.

For more information, call 255-9631 or visit <http://rucker.armymwr.com/us/rucker/programs/financialreadiness>.



DOD GRAPHIC

ON POST

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

Ornament Contest

The Directorate of Family, and Morale, Welfare and Recreation continues its hand-made ornament contest for children ages 3–11 through Nov. 21. Ornaments may be turned into the youth center, child development center or to special events in Bldg. 5700, Rm. 390. Prizes will be awarded to first-place entries in the following categories: 3-5 years old, 6-8 years old and 9-11 years old. Awards will be presented at this year’s Christmas tree lighting ceremony. The overall winner will light the tree at the ceremony scheduled for Nov. 30. All handmade ornament entries will be displayed on the post Christmas tree. Parents need to label children’s entries with the child’s name, age, and guardian’s name and contact information.

For more information, call 255-9810.

Blue Angels air show trip

MWR Central will host a day trip to Pensacola, Florida, to see the Blue Angels Homecoming Air Show Saturday. Cost is \$18 per person. For more information, call 255-2997.

Thanksgiving craft

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

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

WWI presentation

The Center Library will host a WWI presentation by Eric Kaempfer titled “Chemical Warfare in WWI” Tuesday at 5 p.m. The presentation is part of a year-long commemoration of the U.S. entry into WWI. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Financial Well-Being Seminar

The Army Community Service Financial Readiness Program will present a Financial Well-Being Seminar Tuesday from 6-7:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 350. Topics include: financial goal setting, attitudes toward money, banking and credit union services, budgeting, credit and debt management, credit histories and credit scores, consumer rights, protection against identify theft and insurance. Pre-registration is required by Monday. Free child care is available with registration.

For more information and to register, call 255-3765 or 255-9631. Registration can also be completed by going to <http://rucker.armymwr.com/us/rucker/programs/financial-readiness>.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present its Blended Retirement System Seminar Tuesday 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 Monday. Free childcare is available with registration.

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

Newcomers welcome

A newcomers welcome is scheduled for Nov. 17 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 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.

Turkey Wobble Skate Night

The Fort Rucker School Age Center



NAVY PHOTO

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night Nov. 16 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. Pictured is a scene from a previous Right Arm Night.

will host its Turkey Wobble Skate Night Nov. 17. There will be prizes for the best Turkey Wobble dance and the best turkey call. Safety Skate, which will cost \$2, will be from 5-6 p.m.; and regular skate, which will cost \$5, will be from 6-8 p.m. Only cash payments will be accepted for skate night. All participants must have a current pass with child and youth services.

For more information, call 255-9108.

Thanksgiving feast

The Landing will host its annual Thanksgiving feast Nov. 23 from 11 a.m. to 2 p.m. The feast will be buffet style, featuring Thanksgiving favorites. The menu will include favorites like carved turkey, ham or beef; breaded boneless pork chops; sweet potato casserole; green bean casserole; stuffing and gravy; corn O’ Brien; chicken rice; Mac ‘n’ Cheese Bar; seasoned lima beans; assorted desserts; and more.

The Landing will offer a military family special for \$45.99 for two adults and up to two children ages 12 and under. Individual prices will be \$19.99 for ages 13 and older, \$7.99 for ages 6-12, \$4.99 for ages 3-5 and ages 2 and younger eat for free.

The Landing staff highly encourages people to make reservations. For more information or to make a reservation, call 255-0769.

Christmas tree lighting

The annual Fort Rucker Christmas Tree Lighting Ceremony is scheduled for Nov. 30 at 5 p.m. on Howze Field. The event will feature music, hot chocolate, and the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, people are welcome to enjoy complimentary photos with Santa at The Landing. The event will be free, open to the public and be Exceptional Family Member Program friendly.

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

Spaghetti Dinner

Immediately following the Christmas tree lighting Nov. 30, people are welcome to take part in the annual spaghetti dinner in the The Landing ballroom from 6-7:30 p.m. Dinner will include a choice of pasta and sauce, garlic bread, assorted cookies, tea and coffee. Cost will be \$10 for ages 13 and older, \$5 for ages 3-12 and children 2 and younger eat for free. There will also be a military family special: \$25 for two adults and up to two children, ages 12 and younger.

For dinner details, call 255-0769.

Mad Scientist Workshop

The Center Library will host a Mad Scientist Workshop – a science, technology, engineering, art, and math program – Dec. 5. The event, Gingerbread Engineering, will be divided into two sessions: the first session will be from 3:30-4:30 p.m. and the second will be from 4:30-5:30 p.m. Each session in the free program is open to ages 7-13 and is limited to the first 20 registrants. The event will be pen to au-

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Visit MWR Central to register. Bldg. 5700, Rm. 130, (334)255-2997 rucker.armymwr.com

Fort Rucker PFC Race starts at 9 am

• November 6 and up to race day, entry fee is \$25. The no t-shirt option is \$15.

• Refreshments will be provided.

• Turkeys awarded to overall winner!

Join us for the Fort Rucker Veterans Day Golf at Silver Wings Golf Course. The format is four person team scramble. \$30 non-members. \$20 members.

Cost: \$18 per person

Includes: Transportation to and from Pensacola, FL and admission to see Blue Angels Air Show.

thorized patrons and be Exceptional Family Member Program friendly.

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

Breakfast with Santa

The Landing will host its annual Breakfast with Santa Dec. 9 from 9 a.m. to noon. Children will be able to meet with Santa and also have a breakfast that will include favorites like pancakes, eggs, bacon, hash browns, fruit and more. The Military Family Special costs \$32.99, which includes breakfast for two adults and up to 2 children, ages 12 and under. Individual pricing is \$12.99 for people ages 13 and older, \$6.99 for children ages 3-12, and children 2 and younger eat for free.

The Landing officials recommend peo-

ple make reservations if they plan to attend. For more information and to make a reservation, call 255-0769.

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 Dec. 7. 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.

For more information, call 255-2594.

FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 9-12

Thursday, November 9

Thor: Ragnarok (PG-13)7 p.m.

Friday, November 10

Daddy’s Home 2 (PG-13)4 & 7 p.m.

Saturday, November 11

Daddy’s Home 2 (PG-13)4 & 7 p.m.

Sunday, November 12

Daddy’s Home 2 (PG-13)1 & 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.

‘THEY’RE COUNTING ON US’

Power mission in Puerto Rico set to be largest ever in US

By Patricia Fontanet Rodriguez
For Army News Service

SAN JUAN, Puerto Rico — After the most devastating hurricane in 89 years hit Puerto Rico, all 3.4 million residents were left without power.

Though uncertainty remains as to how much it will take to repair the electric grid, restoring power in Puerto Rico is quickly becoming the largest power mission to ever take place on U.S. soil, according to Lt. Col. Daniel Kent, commander of the 249th Engineer Battalion, Prime Power.

The 249th Engineer Battalion, Prime Power, is one of the teams in the power mission. The battalion is a versatile power generation battalion assigned to the U.S. Army Corps of Engineers that provides large-scale power to military units and federal relief organizations during full-spectrum operations. When the Federal Emergency Management Agency assigned the power mission to USACE, the agency was quick to include the 249th Engineer Battalion in its efforts.

As of early November, the 249th Battalion had mobilized 90 team members on the ground in Puerto Rico. The battalion is tasked by two separate power missions: Task Force Temporary Emergency Power, which involves installing generators in critical facilities; and Task Force Power Restoration, which involves repairing the power grid.

TEMPORARY EMERGENCY POWER

“Three times as many generators have already been installed in Puerto Rico than in Texas and Florida combined,” says Capt. Jaime Cabrera, Commander, B Company, 249th Engineer Battalion.

As of Nov. 1, Task Force Temporary Emergency Power had installed 365 generators, a number that increases every day. Already, the battalion has installed more generators in Puerto Rico than have ever been installed anywhere in the U.S. during an emergency power mission, according to Cabrera.

Cabrera mentioned 249th is following the prioritization list set forth by FEMA and the government of Puerto Rico, which includes hospitals, emergency shelters, water facilities and wastewater facilities. Once those are complete, priority shifts to police stations, fire stations and schools.

The generators the battalion are installing are not the same as those found in a house; most are high-capacity generators that can produce 250 times the amount of electricity of a typical home generator. Installation can take an entire day and requires certified electricians to connect the distribution line directly to the generator. When complete, they serve as an essential source of temporary power to hospitals and other critical facilities.



PHOTOS BY MASTER SGT. JOSHUA L. DEMOTTIS

Army Reserve Sgt. 1st Class Jitu Whitehead, a transmission and distribution specialist with the 249th Engineering Battalion, D Company, repairs power lines in Rio Grande, Puerto Rico, Oct. 19.



Damaged power lines along a road in Humacao, Puerto Rico, show some of the damages in one of the hardest hit municipalities after Hurricane Maria Oct. 28.

Long-term use of generators, which is anticipated in Puerto Rico, requires routine maintenance to keep functioning. For each installation, the 249th needs to calculate how many hours each generator has left in order to schedule maintenance. The battalion is coordinating with hospitals days prior to conducting maintenance to ensure critical processes, such as surgeries, are not impacted.

“Our job is to help the people of Puerto Rico get back on their feet,” says CW2 Richard Allen,

249th mission commander. “If I can do that, I’ve done my job.”

POWER RESTORATION

The road to repairing the grid is a process that includes four main lines of effort: Provide temporary emergency power for critical facilities; ensure adequate generation at the power plants; reinstall and repair transmission lines; and restore and repair distribution lines, ultimately providing power to local residences.

The mission for Task Force Emergency Power is to accomplish the first step in the process, which is to supply temporary power. Remaining steps fall under Task Force Power Restoration, where D Co., a unit within the 249th Engineer Battalion, is

currently working to repair the electric grid.

D Co. is an Army Reserve unit comprised of linemen. The unit deployed to Puerto Rico Oct. 13 on what they call their largest mission to date, according to 1st Lt. Kieran Davis, operations officer for D Co.

Twenty-three personnel from D Co. – the most to ever deploy for a single mission – are currently on the ground repairing distribution lines in the San Juan area in collaboration with the Puerto Rico Electric Power Authority.

The process begins with D Co. receiving new poles from PREPA, which are then firmly secured in place. Fallen distribution lines – usually tangled and covered in debris – are then fished from the

ground and placed in the power pole. The lines are not energized when in place and will remain as such until transmission lines come back online. D Co. completes an average of 10 power poles per day and so far has repaired more than 27,000 feet of distribution line.

D Co. is currently scheduled for at least 90 days in Puerto Rico, but stressed they will not leave until their mission is complete. “We want people to get home and turn the light switch on,” said Sgt. 1st Class Jitu Whitehead, the NCO in charge. “We want to bring the comfort back.”

Despite the long road ahead, the company is grateful to be part of the efforts to restore power in Puerto Rico. They’re motivated by the Puerto Rican people, who often wave and honk at them as they repair power lines along the street. “When they see us, they know good things are happening,” says Whitehead. “It gives them hope.”

The 249th Engineer Battalion, Prime Power, has proven indispensable in the power mission. Every day the battalion installs temporary generators at critical facilities, and continues repairs on distribution lines. When asked to about 249th, the battalion’s commander, Kent, said it’s ultimately about teamwork.

“Power missions are a team effort,” he said. “I’m equally proud of our planning and USACE employees and contractors that are working side-by-side with 249th Soldiers. The people of Puerto Rico are counting on us.”

RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)

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

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

Protestant Women of the Chapel
Wings Chape, 9 a.m. and 6 p.m.


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1 Corinthians 11:1

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BRIDGING THE GAP

Golden Knights, veterans spread positive image to future Soldiers

By Joe Lacdan
Army News Service

PERRIS, California — Cathleen Pearl, clad in a gold and black Army jumpsuit, extended a high five to retired Lt. Col. Fred Wellman as she walked off the Perris Tandem Camp airstrip on an unseasonably cool day in southern California.

Pearl had just completed her tandem jump with the Army's Golden Knights, the service's premiere parachute team.

Pearl, a Navy and Air National Guard veteran, serves as the director of an organization designed to help empower veterans to become civic assets. Wellman is CEO of a communications and advocacy company built to serve vets and their families. Pearl and Wellman were among 16 community leaders at the event who have the potential to influence American communities and Army recruits.

Earlier that day, a Tuskegee Airman, retired Lt. Col. Robert Friend, swore in about three dozen new Army recruits.

Army Recruiting Command leaders hope that hosting such events help spread the positive image of the Army as each of the guests have the networks and potential to influence communities, said USAREC public affairs officer Brian Sutton. Those positive vibes generated from the event could pay dividends as Army recruiters make the push to meet the end-strength goals set by Congress.

For four years, the Army had downsized until the 2016 National Defense Authorization Act. After the Army met its recruiting goal of 68,500 Soldiers for the active-duty force this past fiscal year, that number has risen to 80,000 for 2018, while the target numbers for the Army Reserve and National Guard have also increased. This past January's increase from 62,500 to 68,500 marked the largest mid-year recruiting increase in the history of the Army's all-volunteer force.

"I don't think this is going to get any easier," said Maj. Gen. Jeffrey Snow, USAREC commander. "Not to disprove this past year, but this is the start of what I think is going to be a multi-year effort. The reality is, we're not large enough to do all the things the nation is asking us to do now," he said of the Army.

While the challenge may be daunting for the Army's 9,000-plus recruiters, Greg Bishop, a retired lieutenant colonel who participated in the event, said the Army may be headed in the right direction toward meeting those numbers. Programs such as Soldier for Life will help connect older veterans with the Army. After retiring from the Army after 21 years, Bishop partnered in creating a network that tells lesser-known stories about veterans in a documentary-style format. The network's products are available online to stream on Roku and Amazon Prime.

"What General Snow has done in terms of outreach to the veteran community is long overdue," Bishop said. "I applaud him for being the guy to make that happen. I believe that the vast majority of veterans if they were asked to help with the Army's recruiting in any way, they would be willing to help — they just don't know how to help. I think what General Snow is doing — reaching out to veterans in an event like this ... is a great step in terms of the Army's efforts



ARMY PHOTO

Sgt. 1st Class Tom Melton, Army Golden Knights tandem coordinator, takes a participant of the U.S. Army Recruiting Command's tandem camp on a jump in Perris, Calif., Nov. 1.

to engrain the Soldier for Life philosophy."

USAREC invited influential leaders and veterans, including Jayson Browder, a former Airman who founded a 12-month fellowship program created for student veterans and potential future leaders. Browder served as a Presidential Management Fellow and is a former Fulbright Scholar.

Another participant, JJ Pinter, is a former West Point graduate who became the executive director of an organization that connects veterans with physical activity such as relay and long distance races. Finally USAREC invited Friend, one of the nation's first African-American pilots who served during World War II, Korea and Vietnam. The 97-year-old Friend also vis-

ited two southern California high schools and interacted with students Nov. 2.

"(The veterans' event) gives a perfect example of how the military empowers people: strong leadership skills," Pearl said. "They take all of that back home with them. It's been shown through research that veterans when they go back to their communities, they vote at a higher rate. They volunteer at a higher rate. They do more charitable giving. So, they're just civically oriented. They continue to serve even when they go back home."

Snow noted that the Army faces the most difficult challenge of the services in building higher numbers. The challenge lies in creating awareness among America's youth — the target

demographic for recruiters.

"I would argue that the primary obstacle that we are facing is the youth of today are unaware of the opportunities to serve," Snow said. "They don't know the commitment that we have to education, whether you're enlisted or (an) officer. Quite candidly, they don't understand the competitive advantage serving in the military can offer."

Each of the guests received the opportunity to take part in a tandem jump with a member of the Golden Knights. The Army's parachute demonstration team regularly attends recruiting events to build positive community relationships. Often, this helps dispel stereotypes of the Army by interacting with the public, Bishop said.



PHOTO BY JOE LACDAN

Retired Lt. Col. Robert Friend, alongside Army Recruiting Command commander Maj. Gen. Jeffrey Snow, swears in new Army recruits at the Perris Tandem Camp. Friend, 97, was one of the first African-American pilots in the U.S. military.



PHOTO BY JOE LACDAN

Cathleen Pearl, a Navy veteran and director of a veteran's service organization, talks with retired Lt. Col. Fred Wellman, prior to their tandem jumps with the Army's Golden Knights Nov. 1.

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Montgomery Zoo honors veterans



Army Flier
Staff Reports

The Montgomery Zoo honors Veteran's Appreciation Week through Nov. 11 by offering all veterans, active-duty military and their immediate family members a 50-percent discount on regular daytime admission to the Montgomery Zoo and Mann Wildlife Learning Museum. Participants must provide a valid military identification to receive the discount.

For more information, including prices and hours of operation, call 334-625-4900 or visit <http://montgomeryzoo.com/hours.html>.

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

DEC. 4-9 — The Southeast Alabama Community Theatre is selling tickets to its production of "A Christmas Story," which is scheduled to be performed Dec. 4-9 at the Cultural Arts Center. Tickets are available online at www.SEACT.com or by contacting the SEACT Office at 334-794-0400. The SEACT office is open for ticket sales between 10 a.m. and 2 p.m. and is located inside the Cultural Arts Center at 909 S. St. Andrews Street. Tickets for "A Christmas Story" are \$40 with dinner or \$20 each for show-only seating.

ONGOING — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email davchapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

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

ENTERPRISE

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

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes

are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

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

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

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

NOV. 14 — The Retired Officers Wives Association will host is Thankful Nation luncheon, featuring food, fun and friendship, according to organizers, to honor veterans at 10:30 a.m. at The Landing at Fort Rucker. All wives and widows of retired officers are invited. To make a reservation, call 334-347-4966 by noon Nov. 10. Cancellations need to be made by noon Nov. 13.

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

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

Beyond Briefs

Zoo Veterans Appreciation Week

The Montgomery Zoo honors Veteran's Appreciation Week through Nov. 11 by offering all veterans, active-duty military and their immediate family members a 50-percent discount on regular daytime admission to the Montgomery Zoo and Mann Wildlife Learning Museum. Participants must provide a valid military identification to receive the discount.

For more information, including prices and hours of operation, call 334-625-4900 or visit <http://montgomeryzoo.com/hours.html>.

Emerald Coast Cruizin

Panama City Beach, Florida, hosts its Emerald Coast Cruizin, billed as the South's

best blast from the past family-fun event, through Nov. 11 at Aaron Bessant Park next to Pier Park. The event features thousands of classic cars, hot rods, custom cars; a swap meet; a parade; cruiz-ins; a block party; and more.

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

Artist market

The Montgomery Museum of Fine Arts

will host its eighth annual Artist Market Nov. 17 from 5:30-8:30 p.m. and Nov. 18 from 10 a.m. to 4 p.m. The event is free and open to the public. The event will feature the wares of regional artists. Guests will have the opportunity to buy local and hand-crafted art from a variety of artists.

For more information, visit www.mmfa.org.

2017 Capitol 10 Miler

The Capitol 10 Miler race course will start and finish on the south side of the Capitol Building in downtown Montgomery Nov. 18. The course will wind through many beautiful and historic areas of Montgomery, including downtown, Oak Park, Alabama State University and Old Cloverdale, according to organizers. Proceeds from this event will benefit Centerpoint Missions, River Region Chaplains and Girls on the Run.

The registration fee is \$40 until race weekend when it costs \$50 – military and first responders receive a 25-percent discount during pre-registration.

Click here to register online.

For more information and to register, visit capitol10.com/.

Funksgiving music, food festival

The fourth annual Funksgiving is scheduled to return to downtown Montgomery

at Lower Dexter Avenue Nov. 24 at 4 p.m. This year's musical lineup includes CBDB, Funk You, Soul Mechanic and the Talismen Band. The event will feature a wide variety of local restaurants, craft vendors, artists and activities for children. Tickets may be purchased at <https://www.liveandlisten.com/pages/tickets>.

For more information, call 334-657-2804 or visit www.facebook.com/events/479755462396741.

'A Christmas Carol'

The Alabama Shakespeare Festival will put on its production of "A Christmas Carol" by Charles Dickens at various times between Nov. 19-Dec. 24. Tickets may be purchased at <http://tickets.asf.net/single/PSDetail.aspx?psn=11828>.

For more information, call 334-271-5353 or visit asf.net/project/the-christmas-carol/.

Dog show

The Dixie Jubilee Cluster Dog Show is scheduled for Nov. 24-26 from 9 a.m. to 4 p.m. at the Garrett Coliseum, 1555 Federal Drive, Montgomery. The show is an opportunity to see the different breeds, and be able to talk to exhibitors and breeders, according to show organizers. The show offers conformation, obedience and rally competitions. The only cost is a \$5 parking

fee.

For more information, visit www.montgomerykennelclub.org/shows.html.

Zoo Christmas lights festival

The Montgomery Zoo will transform into a winter wonderland sparkling with thousands of lights and festive decorations during its annual Christmas lights festival Nov. 30-Dec. 31, according to zoo officials. People will be able to take a leisurely stroll, a brisk train ride or see the lights from atop the Zoofari Skylift Ride. There will also be a visit by Santa, live nightly entertainment, hot chocolate and fresh-baked cookies. Check out a list of extra activities here.

Regular night time admission is \$15 for ages 3 and older. Ticket includes entry and one train ride.

For more information, call 334-240-4900 or visit <http://montgomeryzoo.com/announcements/christmas-lights-festival-week-1>.

'Great Russian Nutcracker'

The Moscow Ballet's "Great Russian Nutcracker" is scheduled for Dec. 1 at 7 p.m. at the Marina Civic Center in Panama City, Florida. Ticket prices start at \$28.

For more information and ticket information, visit <http://www.nutcracker.com/>.

‘DIFFICULT STORY TO SHARE’

Workplace violence survivors unite to turn tragedy into hope

By Elaine Sanchez
Brooke Army Medical Center
Public Affairs

(Editor’s Note: This is the first in a two-part series on the prevention of workplace violence.)

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – A little over a year ago, shortly after 5 p.m., 1st Lt. Katie Ann Blanchard was shutting down her computer for the day, eager to get home to her three young sons, when she saw him coming out of the corner of her eye.

He was holding a plastic bottle filled with a brownish-tinged liquid and she felt a sudden rush of fear. Before she could react, he splashed the liquid on her face and struck a match.

What happened in those moments changed the course of Blanchard’s life. The Army nurse was severely burned and attacked by a man she supervised on Sept. 7, 2016, at Munson Army Health Center on Fort Leavenworth, Kansas.

‘I FELT HOPELESS’

“I was consumed with anger,” said Blanchard, who is still in recovery at Brooke Army Medical Center here. “I felt robbed of time with my family and my career as an Army nurse. I felt hopeless.”

Today, Blanchard is working to turn that senseless act of violence into a message of hope, thanks to the support of her family and a new friendship with Army Capt. John Arroyo, a fellow survivor of workplace violence.

Blanchard said she’s found the strength to share her story in the hopes of inspiring others dealing with hurt and pain.

“It’s a difficult story to share, but if I can help even one person, one Soldier, it will make all of this worth it,” she said.

Arroyo, who also recovered at BAMC, is familiar with the devastating pain and aftermath of workplace violence. Two years before the Army nurse was set on fire, Arroyo – a Green Beret – had been shot at Fort Hood and left to die.

In April 2014, Arroyo had just stepped out of his car at brigade headquarters when Spc. Ivan Lopez walked up to him and shot him in his throat at close range with a .45-caliber pistol.

Gasping for breath, Arroyo held his throat to staunch the bleeding and managed to stumble toward some nearby Soldiers, who rushed him to the hospital. Lopez killed three people and wounded 15 others that day before turning the gun on himself.

Doctors told Arroyo his voice box and right arm were damaged beyond repair, but after months of intense rehabilitation he was talking and had regained the use of his hand. He now serves as the plans and training officer in charge of the Basic Officer Leaders Course here and shares his story to encourage others.

SHARING EXPERIENCES

He went to visit Blanchard just



PHOTO BY ROBERT SHIELDS

Capt. John Arroyo and 1st Lt. Katie Ann Blanchard pose outside Brooke Army Medical Center on Joint Base San Antonio-Fort Sam Houston, Texas, Sept. 27. The officers are both workplace violence survivors.

weeks after her arrival with that same intent in mind. When Arroyo entered the dimly lit hospital room, he knew the best way he could connect with the Soldier swathed in bandages in front of him was to show her she was not alone. He pulled down the collar of his tan T-shirt and showed her the jagged scar marking where he had been shot.

“It may not seem like it now,” he told her, “but you can come back from the worst of situations and be functional and useful again.”

In pain and despair, Blanchard had one question for Arroyo: “How do you deal with the nightmares?”

“My faith,” Arroyo responded without hesitation. Blanchard thought of her family and how they pulled her through in the early days after the attack.

Blanchard was only two years into her first tour of duty when she was stationed at Munson Army Health Center. The young lieutenant and military wife became a first-time supervisor of 15 military and civilian staff, including then-54-year-old Clifford Currie.

“Mr. Currie was difficult from the start,” she recalled. “I kept telling myself, it will get better.”

TERRIFYING ORDEAL

But it got worse. “He was blowing up twice a day or not coming into work,” she said. Blanchard expressed her fear and concern about Currie’s erratic and aggressive behavior to her leadership, who encouraged her to stay the course despite the red flags.

Shortly after 5 p.m. on Sept. 7, 2016, Blanchard noticed the light on in Currie’s office. Afraid to go on her own, she asked a physician to accompany her and told Currie it was time to go home.

She returned to her office alone and began to shut down her computer. She had just texted her husband that she was on her way when she saw Currie approach.

“He’s going to try to kill me,” she thought. Before she could react, he splashed the liquid onto her face, mostly dousing the right side. As she stood up to run, he tossed two lit matches at her and there was a burst of flames.

Her vision obstructed by flames, she stumbled out of the room and ran down the hall screaming. She banged on the first office to no response but heard her co-workers down the hall. “Katie! Katie!” her co-worker yelled as she grabbed a blanket and smothered the flames.

Blanchard was still on the floor when Currie reappeared, this time brandishing a large pair of scissors and a straightedge razor blade.

“He put his foot on my neck and started stabbing at me, trying to stomp on me. I put my hand and foot up trying to protect myself, to get away,” Blanchard recalled. A sergeant approached and grabbed Currie in a bear hug and he finally dropped the weapons.

Blanchard struggled for breath and as the adrenaline abated, the pain set in. “It was excruciating pain,” she said. “I thought I was going to die and I didn’t want to die alone.”

Blanchard was rushed to the hospital and later transferred to the Institute of Surgical Research Burn Center at BAMC.

Currie stood trial in August and

he faces up to 20 years in prison after being convicted of assault with attempt to commit murder. His sentencing takes place next month.

RECOVERY

As she heals from the physical wounds, Blanchard struggles with the invisible ones – severe post-traumatic stress and anger about the incident and the circumstances that led up to it.

Shortly after her arrival at BAMC, Arroyo met Blanchard and assured her that her journey was not at an end. Like Arroyo, she had survived for a purpose. The captain shares his story around the nation, speaking to groups on the importance of making the most of second chances.

Last month, Arroyo was invited to speak to students attending the National Registry Paramedic Recertification Course at the Army Medical Department Center and School here, and he immediately thought of Blanchard.

“We can make a difference for these Soldiers,” he told her. Blanchard reluctantly agreed.

The experience was incredibly healing, she said. “I realized that day that I can do something. I can share my story and the warning signs of workplace violence so what happened to me won’t happen to someone else.”

Blanchard has continued her quest to combat workplace violence. She’s a key member of the newly formed Regional Health Command-Central Workplace Violence Working Group, which is taking swift action to add more security to military health care facilities, drafting a workplace violence guide, and working to institute violence prevention education and training for supervisors and employees.

‘MY ANGER HAS TURNED INTO PASSION’

“My anger has turned to passion,” she said. “I want to figure out how we can make the system better. I’m hoping Captain Arroyo and I have future opportunities to speak to service members and civilians.”

Anyone can make a tremendous impact, whether in a combat zone or back home, Arroyo said. “We can help service members understand their skills are needed now,” he said. “There’s a perception that these skills are only needed overseas, but Lieutenant Blanchard and I are living proof that’s not the case. We must be vigilant and ready at all times, and not grow complacent.”

Last year, Arroyo had entered Blanchard’s hospital room and told her not to give up hope. He predicted the young lieutenant would have a bright future – one she now believes is possible.

As Blanchard talked with Arroyo about the officers’ aspirations to speak to and inspire service members around the world, he smiled.

“This is what tomorrow looks like,” he said.

Fort Rucker Chapels

2017

Holiday Worship Services & Events Schedule

CATHOLIC (MAIN POST CHAPEL, BLDG 8940)	
22 Nov (1700)	Thanksgiving Eve Mass
24 Dec (1600)	Children's Christmas Eve Mass
24 Dec (2200)	Christmas Eve Mass
25 Dec (0900)	Christmas Day Mass
31 Dec (1700)	New Year's Eve Mass (Holy Day of Obligation)

JEWISH (MAIN POST CHAPEL, BLDG 8940)	
2-10 Dec (1700)	Hanukkah

PROTESTANT (HEADQUARTERS CHAPEL, BLDG 109)	
22 Nov (1130)	Thanksgiving Service

PROTESTANT (MAIN POST CHAPEL, BLDG 8940)	
10 Dec (1600)	Annual Children's Christmas Drama
13 Dec (1700)	German Christmas Service
24 Dec (1900)	Christmas Eve Candlelight Service

For more information, contact the Religious Support Office, 334-255-2989/2012.

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NOVEMBER 9, 2017

TACTICAL ATHLETES

4th quarter Tactical Throwdown challenge tests overall fitness, combat readiness

By Jeremy Henderson
Army Flier Staff Writer

Combat readiness remains the Army chief of staff's No. 1 priority and Fort Rucker's upcoming Tactical Throwdown aims to help Soldiers focus on the training necessary to succeed.

The fourth quarter Tactical Throwdown, conducted Dec. 4-8 and billed as a tactical movement challenge, will require both strength and cardiovascular exertion, according to Zea Urbiztondo, fitness program specialist and challenge organizer.

"This particular challenge has three elements to it for successful completion," Urbiztondo said. "First, it will consist of a trap bar deadlift at 100 percent of their bodyweight for eight repetitions. Next, they will do a weighted relay with a sled on the turf – moving weights on to the sled, ending with a sled rope pull, removal of the weights from the sled and then a sled sprint. The final element consists of two laps around the blue indoor track while carrying a weighted sandbag. The participant's time to complete all parts of the challenge is their official score."

According to Urbiztondo, the challenge may also help prepare Soldiers for the Army's possible new fitness standards, currently being tested at select installations.

"Many Soldiers have approached me asking for ways to prepare for the new Combat Readiness Test that the Army will be implementing," she said. "A few of the portions of the test are very similar to this quarter's challenge – the deadlift and the sprint, drag and carry. I believe that this Tactical Movement Challenge will give the participants an idea of what conditions to expect when it comes time to perform the new Combat Readiness Test."

"One of the biggest points that I try to stress to Soldiers is that they are athletes and need to train as such," she added. "As tactical athletes, it is not only important to be strong, but also to be able to move under the weight of gear and equipment. They must train for muscular strength, power and endurance – focusing on flexibility and the ability to change direction quickly."

This quarter's throwdown challenges



COURTESY PHOTO

Soldiers compete in the third quarter Tactical Throwdown, which tasked participants to row a set distance as quickly as possible.

“One of the biggest points that I try to stress to Soldiers is that they are athletes and need to train as such.”

— ZEA URBIZTONDO,
FORT RUCKER FITNESS PROGRAM
SPECIALIST

the participants on all aspects of athleticism, Urbiztondo said.

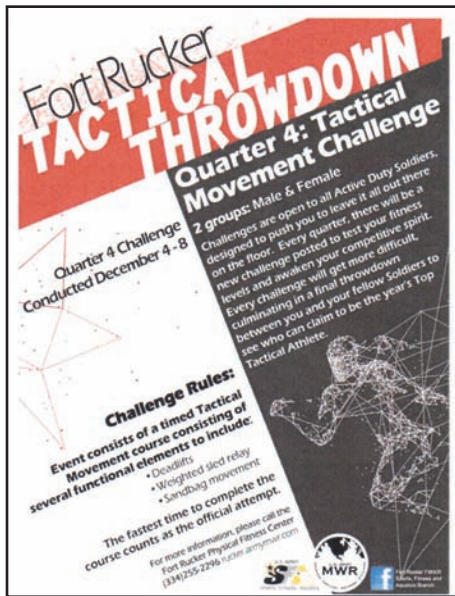
"Strength – are they able to lift weight equal to their own bodyweight multiple times," she said. "Power – how quickly are they able to move equipment of varying weights, while changing directions and methods of transportation? Endurance – can they run distances under the weight of gear and equipment?"

The fourth quarter Tactical Throwdown will be the final challenge of 2017. However, the event will return in 2018 with new challenges for each quarter, according to Urbiztondo,

"Soldiers can sign up by calling the Fort Rucker Physical Fitness Center front desk and leaving a message to schedule a time to 'score out' or they can contact me directly via email," Urbiztondo said. "Each challenge attempt must be conducted and verified by the Functional Fitness Specialist or a designated scorer in order to qualify."

"The challenges are not overly complex, but each one is meant to tax you in some way," she added. "Those who incorporate functional movements into their fitness programs will benefit best because of the multi-linear, multi-planar movements the challenges embrace."

Repeat participants should expect to be increasingly challenged in future Tactical



COURTESY GRAPHIC

Throwdown competitions, Urbiztondo added.

"I wanted these challenges to get progressively more difficult throughout the year, culminating in a final 'throwdown' that will include a lot of elements of tactical and functional fitness," she said. "I chose movements and exercises that build in intensity, as well as exercises that should be fundamental for them as tactical athletes, but will still challenge their fitness capabilities by testing their muscular strength, power and stamina."

"Competition is always a good way to push yourself because it forces you to have to go to that mindset when you start hitting a wall," she added. "It gives them something to train for. By having a goal to work toward, you are able to push your abilities and really see what you are made of."

Urbiztondo added that these challenges factor into the Performance Triad by giving participants fitness goals to work toward.

"In order to be ready and in the right state of mind to perform well, you need to ensure you take care of your body at all times – not just in the gym," she said.

According to Urbiztondo, winners of each challenge will be highlighted in the Fort Rucker PFC on an engraved plaque along with additional certificates and awards.

For more information, call 255-2997.

3-D printing helps wounded warriors

Fort Leonard Wood
"GUIDON" Staff Report

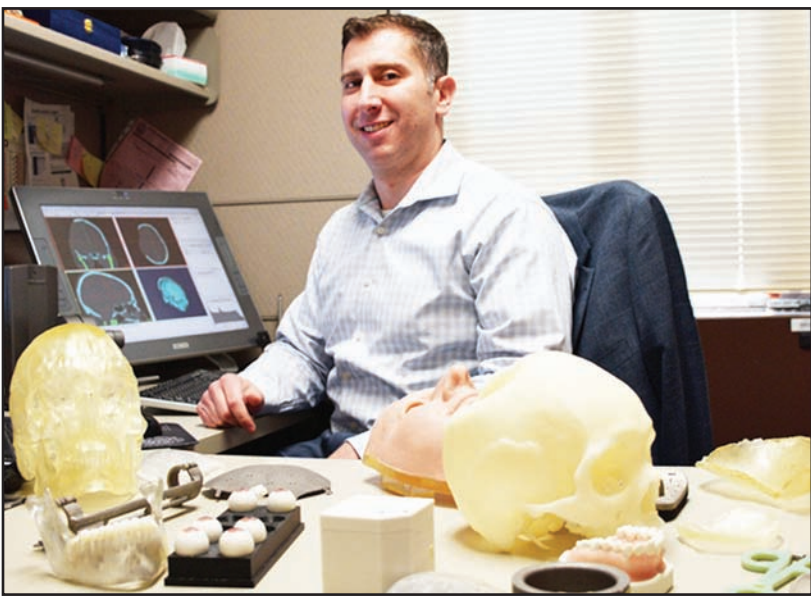
FALLS CHURCH, Va. — One wounded warrior wanted to amble around the hotel pool during his honeymoon without strapping on prosthetic legs. Another wanted ice skates to fit snugly onto his prosthetic feet so he'd receive the sensory feedback he'd come to expect when engaging in his favorite pastime. And yet another wanted to hold a fishing rod while enjoying full use of the hook where his hand used to be.

These requests for custom prosthetic attachments were fulfilled by the 3-D Medical Applications Center at Walter Reed National Military Medical Center in Bethesda, Maryland. There, a small staff of engineers and technicians use advanced digital technology and additive manufacturing, also known as 3-D printing, to design and produce personalized devices quickly and cost-efficiently.

"We've made more than 100 unique devices to enable activities that able-bodied people often take for granted," said Peter Liacouras, the center's director of services and a Ph.D. biomedical engineer.

The devices make it easier for amputees to engage in leisure activities they enjoy, Liacouras said, as well as routine things such as drinking a glass of wine or brushing teeth. Returning to their everyday lives helps wounded warriors overcome the physical and emotional trauma of limb loss, health care experts say.

Part of Walter Reed Bethesda's radiology department, 3DMAC is located in a small suite of offices and computer rooms tucked behind dou-



COURTESY PHOTO

Peter Liacouras is director of the 3-D Medical Applications Center at Walter Reed National Military Medical Center in Bethesda, Md.

ble doors at the end of a long hallway. Although it's an unassuming-looking place, what's happening inside is state-of-the-art.

Among the center's many projects are surgical models to produce custom implants used in dentistry and oral surgery; skull plates for blast injuries; and other models to help surgeons prepare to perform intricate procedures, and to train the next generation of dental and medical professionals.

"We also have several research projects going on," Liacouras said. They include 3-D surveying and mapping of the human face to create a digital archive of facial anatomy. This archive could be used to fabricate implants for reconstruction if a service member became disfigured in a blast injury.

"The face is the most complicated

region to reconstruct and, of course, it's what everyone sees every day," Liacouras said.

So 3-D printed cell phone and cup holders that attach to wheelchairs or other assistive devices "may sound like they're on the lower scale of what we do, in terms of importance," Liacouras said. "But they're not, because they mean a lot to wounded warriors."

The center fabricates by request from DOD and Department of Veterans Affairs health care providers. When a request is received, Liacouras usually searches the web to see if the item already exists and can be purchased and adapted. If not, 3-D printing "enables us to create custom devices, making them patient-specific," he said. The items are made from

SEE WARRIORS, PAGE D3



DOD GRAPHIC

GREAT AMERICAN SMOKE OUT

Clinic stands ready to help people quit smoking

By Jenny Stripling
Lyster Public Affairs Officer

Lyster Army Health Clinic encourages tobacco users to kick the habit during the American Cancer Society Great American Smokeout, Nov. 16.

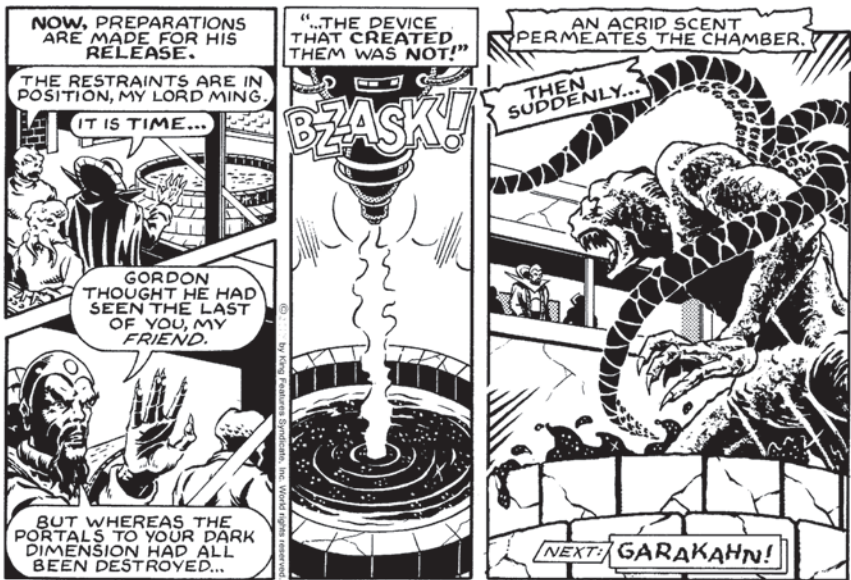
Always scheduled on the third Thursday in November, the smokeout helps people understand the risks of nicotine use. Nearly 40 million Americans still smoke cigarettes, and tobacco use (including smokeless tobacco) remains the single largest preventable cause of disease and premature death in the world.

While cigarette smoking rates have dropped from 42 percent in 1965 to 17 percent in 2014, cigar, pipe and hookah – other dangerous and addictive ways to smoke tobacco – are on the rise.

"Lyster offers an excellent tobacco cessation program here at the clinic that has been successful for

SEE SMOKE OUT, PAGE D3

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

T R I V I A

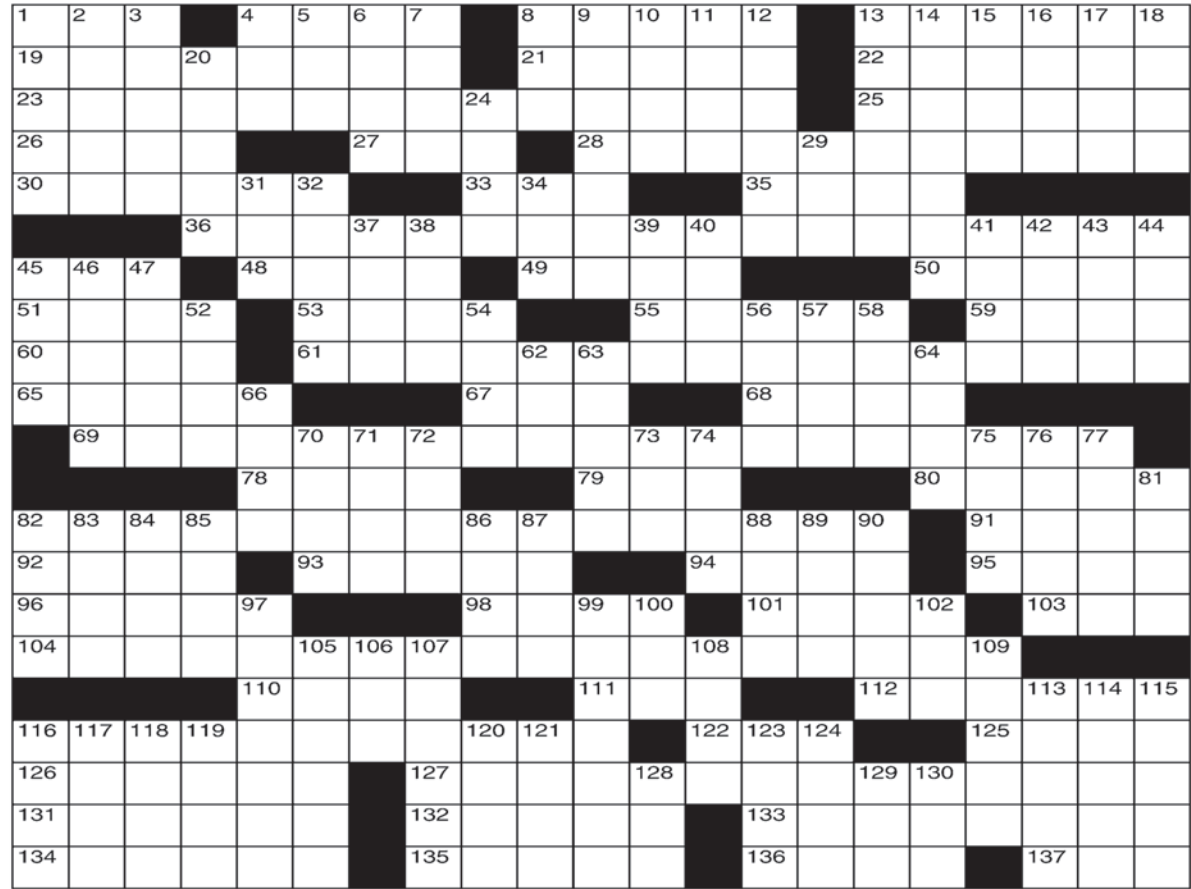
1. MEDICAL: What is a more common name for hypobaropathy?
2. MYTHOLOGY: What area of life did the Greek goddess Hygieia preside over?
3. U.S. PRESIDENTS: Who was president when Vice President Alben Barkley was in office?
4. PSYCHOLOGY: What are people who suffer from ophidiophobia afraid of?
5. MUSIC: What was the stage name of the 1950s rocker who was born Charles Hardin Holley?
6. GEOGRAPHY: What is generally considered the world's longest river?
7. MONEY: What is the basic currency of Argentina?
8. MOVIES: What is the name of the royal lemur in the animated movie "Madagascar"?
9. LITERATURE: Who was the author of "The Blind Assassin," which won the Man Booker Prize in 2000?
10. ANATOMY: About how many times does the average person blink in a minute?

See Page D3 for this week's answers.

Super Crossword

OH, YOU!

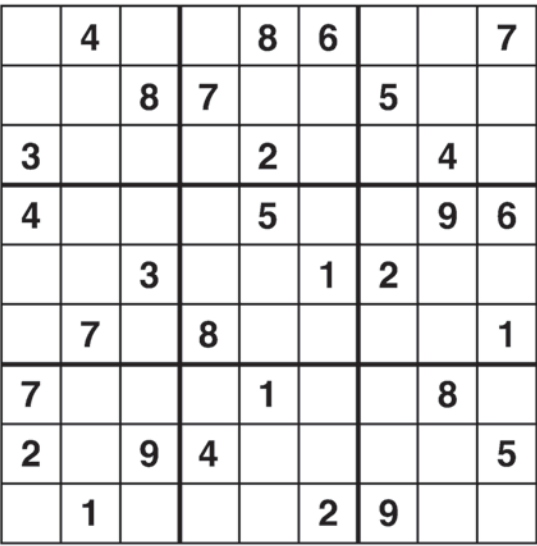
- ACROSS**
- 1 Roman 102
 - 4 Took off on
 - 8 Overflowing (in)
 - 13 Comes into being
 - 19 Pal from way back
 - 21 TV sergeant played by Phil Silvers
 - 22 Put a new front on
 - 23 What a table had when Sitting Bull was sitting at it?
 - 25 1994 sci-fi action film
 - 26 Tailless cat
 - 27 Secretive govt. group
 - 28 Small city's package deliverer?
 - 30 Eight-armed mollusks
 - 33 London lav
 - 35 Muslim chief
 - 36 Marshy inlet near Boston?
 - 45 Atty.'s org.
 - 48 Bang, as a big toe
 - 49 Supper crumbs
 - 50 Long oar
 - 51 Actor Max
- DOWN**
- 53 Spanish cheers
 - 55 Came — (Mexican steak dish)
 - 59 Vicinity
 - 60 Vigor, in music
 - 61 Coup d'état?
 - 65 As dry as —
 - 67 Prefix with tourism
 - 68 1998 Australian Open winner Korda
 - 69 Fast at installing canoe stabilizers?
 - 78 Award in the ad business
 - 79 P.O. item
 - 80 Directive
 - 82 Unfeeling person's fake-out?
 - 91 Mid-voyage
 - 92 — -deuce (card game)
 - 93 Streep of film
 - 94 Plum cousin
 - 95 Class fixture
 - 96 Ringo on drums
 - 98 With 103-Across, frozen dessert brand
 - 101 Cop in a drug bust
 - 103 See 98-Across
 - 104 Like an ogre wearing his facial disguise?
 - 110 Graf — (ill-fated German warship)
 - 111 Notch shape
 - 112 Inner layer
 - 116 "My poetry is terrible compared to Maya's?"
 - 122 Hearing thing
 - 125 Dog in "Garfield"
 - 126 Setting
 - 127 Messed up during a film shoot?
 - 131 Really stuck
 - 132 "Paradise Lost" figure
 - 133 Mongoose cousins
 - 134 How china is often sold
 - 135 Noodges
 - 136 Alternative to Bloomie's
 - 137 That ship
- DOWN**
- 1 Vodka drink, informally
 - 2 Hipbone-related
 - 3 "— buy that!"
 - 4 "La Cage — Folles"
 - 5 Alternative to a Word file
 - 6 Early utopia
 - 7 Colorants
 - 8 — Dhab
 - 9 Vogue editor Anna
 - 10 Actor — Ray
 - 11 Give a bias
 - 12 Large wasp
 - 13 Stella — (beer)
 - 14 Renovates, for short
 - 15 "— one ..." (start of an opinion)
 - 16 Indian dress
 - 17 "Behold!" to Caesar
 - 18 Foreteller
 - 20 Plump and healthy-looking
 - 24 Soft rock
 - 29 "Still the King" cable channel
 - 31 Faux —
 - 32 Schoolyard rejoinder
 - 34 "Well now!"
 - 37 "Star Trek" helmsman
 - 38 \$5 bills, in slang
 - 39 Forest buck
 - 40 Shell rival in Canada
 - 41 Curious as —
 - 42 Cosmonaut Gagarin
 - 43 Muffin topper
 - 44 — Bator
 - 45 "SOS" band
 - 46 7/4 cookout
 - 47 The vowels
 - 52 Rice-A- —
 - 54 "Let it stand"
 - 56 Datebook entry: Abbr.
 - 57 Elk cousin
 - 58 Intro drawing class, maybe
 - 62 "— bin ein Berliner"
 - 63 Carols
 - 64 Ship of myth
 - 66 Shoe brand
 - 70 Model Heidi
 - 71 French department
 - 72 Former queen of Jordan
 - 73 Gambling venue, briefly
 - 74 Website IDs
 - 75 Alum
 - 76 Ill-fated Ford
 - 77 Witherspoon of Hollywood
 - 81 Garden tool
 - 82 Wallet filler
 - 83 Play starter
 - 84 Main role
 - 85 Harp cousin
 - 86 NASDAQ cousin
 - 87 "In the Valley of —" (2007 film)
 - 88 Arm bone
 - 89 Beer topper
 - 90 Not tame
 - 97 "Twilight" vampire — Hale
 - 99 Small stream
 - 100 Prop- ending
 - 102 15-season CBS series
 - 105 About to bat, e.g.
 - 106 Division: Abbr.
 - 107 Fortify
 - 108 Feat
 - 109 Bad-mouth
 - 113 Concepts
 - 114 Late inning
 - 115 Swan cousins
 - 116 Skater Kulik
 - 117 Olympus — (volcano on Mars)
 - 118 Big Ten gp.
 - 119 Klutzy sorts
 - 120 Folk wisdom
 - 121 Yves' yeses
 - 123 \$\$\$ sources
 - 124 Emu cousin
 - 128 Raised rails
 - 129 Comic shriek
 - 130 This yr.'s 75-Downs



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.

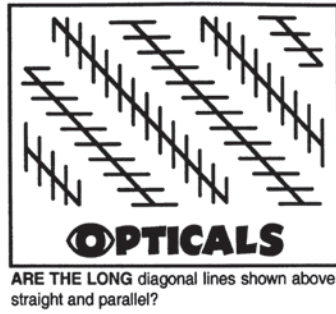
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



ARE THE LONG diagonal lines shown above straight and parallel?

Answer: Yes. The short lines make them appear to be straight and parallel.

A CROOKED CALCULATION! A dishonest tradesman measured out 20 feet of rope for a customer. Using a yardstick that was 3 inches too short, how much rope "didn't" the customer get?

Answer: 18 inches. In measuring the first 18 feet, 3 inches were lost for each yard. There was no loss for the last 2 feet.

IT'S MAGIC! Use the numbers 4 through 13 to fill in our Magic Square. The numbers in each horizontal row and vertical column should total 47. We've filled in six of the squares. The rest is up to you.



AMERICAN GENIUSES! In this puzzle grid there is room for the names of eight famous American inventors. Below are hints to get you started. There is a dark frame around one of the columns in the grid. If you correctly name all of the inventors, the letters in the frame, top to bottom, will spell out the name of the man who made radio possible.

1. He had over 1,000 patents.
2. He perfected the sewing machine.
3. Made sailing in calm weather easy.
4. Made a wheat harvesting machine.
5. Invented bifocal eyeglasses.
6. Made a machine for sending messages.
7. Had his ups and downs.
8. Invented a machine to clean cotton.

Answers: 1. (Thomas) Edison, 2. (Isaac) Singer, 3. (Robert) Fulton, 4. (Cyrus) McCormick, 5. (Ben) Franklin, 6. (Samuel) Morse, 7. (Elisha) Gray, 8. (Ed) Whitney. The famous radio inventor was (Lee) DeForest.

Wishing Well®

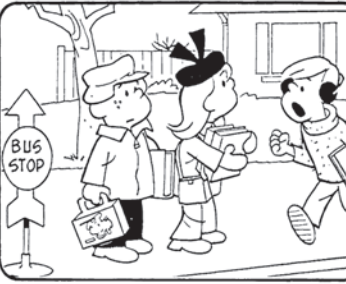
4	8	7	2	8	7	2	4	2	7	3	2	4
B	S	A	P	O	S	R	E	O	P	A	N	C
6	3	7	5	6	3	5	3	8	5	6	7	4
V	T	L	D	I	I	O	D	C	Y	S	E	O
6	5	7	4	3	4	8	2	7	4	5	7	4
I	O	N	M	Y	P	I	O	D	A	U	I	S
5	3	2	7	6	4	8	6	4	5	6	8	3
R	S	U	D	T	S	A	O	I	V	R	L	U
6	2	7	2	5	7	8	5	6	2	8	5	4
A	N	I	C	E	D	A	R	R	E	C	Y	O
3	6	8	7	5	2	4	7	6	5	8	4	5
M	R	C	E	B	D	N	A	I	E	L	A	S
8	4	6	2	8	2	6	2	5	4	2	6	8
A	T	V	L	I	O	E	V	T	E	E	S	M

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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1. Altitude sickness
2. Goddess of health
3. Harry Truman
4. Snakes
5. Buddy Holly
6. The Amazon River, at 4,300 miles
7. The peso
8. King Julien
9. Margaret Atwood
10. 15-20 times

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