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ARMY FLYER

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FORT RUCKER ★ ALABAMA

NOVEMBER 23, 2017

‘ALWAYS HAD A HOT IRON’

Former commander discusses evolution of Army Aviation’s MedEvac mission

By Nathan Pfau
Army Flier Staff Writer

In the early years of Army Aviation, the versatility helicopters brought to the Army wasn’t fully realized, but as the years went on and the aircraft evolved, the flexibility of the Army’s rotary-wing fleet became a driving force in how the Army operates.

One vital mission of Army Aviation is aeromedical evacuation, which is carried out by the U.S. Army Air Ambulance Detachment, or Flatiron. And although aircraft evolved throughout the years, the MedEvac mission remains the same – to help save lives, said George Baum, former MedEvac pilot and Flatiron commander.

Although the first aircraft used for medical evacuation was a British air ambulance, de Havilland DH9, in 1917, the first helicopter used for MedEvac was in World War II, said Baum.

“The Army had just received their first helicopter, the Sikorsky YR-4B,” he said. “They were used for observation. However, in April 1944, an allied aircraft was forced down behind enemy lines in the Burma jungle.”

Baum said that there were three casualties of the crash and it took two days for the MedEvac to transport them out, having to do so one person at a time, given that the helicopter had limited lift capabilities. Although MedEvac was utilized in World

War II, it wasn’t until the Vietnam War that aeromedical evacuation really made history, he added.

“The (then) surgeon general knew from the Korean War experience that the Medical Corps needed an aircraft that they could transport their patients inside where they could receive medical aid,” said the former Flatiron commander. “As a result of that need being fulfilled, the UH-1 Huey helicopter was born.”

The 57th Medical Detachment arrived in Vietnam in 1962 during the height of the conflict and was the first UH-1 helicopter unit in the war. Between Sept. 25, 1967, and July 31, 1968, six helicopters flew 8,644 missions and transported 21,431 patients, said Baum.

It was during the Vietnam War that the term DUSTOFF was coined, which stood for Dedicated Unhesitated Service to our Fighting Forces, a term still in use today. The most common call sign for today’s air ambulance detachment is Flatiron.

“(The unit) got its name when they started using helicopters to go out and pick up downed training aircraft,” said the former MedEvac pilot. “They were required to have one helicopter running during peak Aviation training periods.

“A person made the comment that it reminded them of back in the day when one

SEE MEDEVAC, PAGE A5



PHOTO BY NATHAN PFAU

George Baum, former Flatiron commander, stands next to a UH-1 Huey that he flew during his time as a MedEvac pilot. The aircraft is currently not on display.

HO-HO-HO

North Pole visitor to help kick off holidays

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is set to light up the holidays as the installation officially kicks off the holiday season with the annual Christmas tree lighting ceremony Nov. 30 at Howze Field from 5-6 p.m., followed by the annual spaghetti dinner at The Landing from 6-7:30 p.m.

People can enjoy the lighting of the post Christmas tree with holiday music, complimentary hot chocolate and a special visitor from the North Pole. Additionally, singers from the Girls Scouts, Fort Rucker Child Development Center and post chapel will sing holiday favorites during the ceremony, according to Lynn Avila, Fort Rucker special events coordinator.

During the ceremony, winners of the Directorate of Family, Morale, Welfare and Recreation Ornament Contest will be announced from three categories: 3-5 year olds, 6-8 year olds and 9-11 year olds. Winners from the contest will get the chance to help light the post tree, she said.

Following the lighting of the tree, The Landing will host its annual spaghetti dinner, which includes a choice of pasta and sauce, garlic bread, assorted cookies, and tea and coffee. While there, people are also invited to take photos with the Santa Claus at The Landing. There will also be special treats for children.

Prices for the dinner are \$10 for adults ages 13 and older, \$5 for children ages 3-12 and children younger than 2 eat for free. There is also a family option, which covers two adults and two children under 12 for \$25.

For more information on the dinner, call 255-0769.

Those who do not possess Department of Defense identification cards



PHOTO BY NATHAN PFAU

The post Christmas tree lights up the holidays during a previous year. This year’s tree lighting ceremony will take place on Howze Field Nov. 30 from 5-6 p.m.

are reminded that they must obtain a gate access pass to enter the installation. Visitors may obtain passes from the visitor control centers at the Daleville and Ozark gates. The Daleville VCC is open 8 a.m. to 4 p.m., Mondays through Sundays. The Ozark VCC is open 8 a.m. to 4 p.m., Mondays through Fridays.

Those with a valid Department of Defense common access card, retiree ID or military dependent ID do not need a visitor access badge. Only active duty and retired U.S. service members and their dependents, and DA civilians with a valid, DOD-issued ID card may escort visitors, according to Fort Rucker’s website.

1-14th welcomes new command sergeant major

By Nathan Pfau
Army Flier Staff Writer

The 1st Battalion, 14th Aviation Regiment welcomed its new senior NCO during a change of responsibility ceremony on Howze Field Nov. 15.

Command Sgt. Maj. Brandi N. Whitman assumed responsibility as the 1-14th Avn. Regt. command sergeant major from Command Sgt. Maj. Jerry M. Cowart Jr. as Lt. Col. Michael S. Johnson, the unit’s commander, presided over the ceremony.

“Today, the Tomahawks say farewell to a tremendous team in Command Sergeant Major Jerry and Susan Cowart,” said the battalion commander. “You have served exceptionally over the past 23 months as the battalion command sergeant major of the Tomahawks. You have remained a steady source of guidance and counsel for the leadership and, more importantly, for the Soldiers of the 1-14th.

“Today also marks the day I get to welcome Command Sergeant Major Brandi Whitman to the formation,” Johnson continued. “She brings with her a considerable amount of experience. The 1-14th does have a challenging mission of training tomorrow’s attack Aviators, and I know that you’ll fit right in as part of our outstanding team of Soldiers, civilians and contractors. Command Sergeant Major Whitman, welcome to the team.”

Whitman returns to Fort Rucker from her most recent assignment as the 2-25th Avn. Regt. battalion command sergeant major at Wheeler Army

SEE 1-14TH, PAGE A5



PHOTO BY NATHAN PFAU

Command Sgt. Maj. Brandi N. Whitman assumes responsibility as the 1-14th Avn. Regt. command sergeant major from Command Sgt. Maj. Jerry M. Cowart Jr. during a change of responsibility ceremony on Howze Field Nov. 15.

PERSPECTIVE

Road weary — driving fatigued a bad idea

By 2nd Lt. Alicia Howard
New York National Guard

(Editor's note: This article originally appeared in the Army's safety magazine, "Knowledge.")

We've all experienced what it feels like to drive fatigued. We've made the mistake of working all day and then taking off on a long drive to be with family or friends during a holiday or vacation.

I often did that when I was stationed at Fort Hood, Texas. On Thursday afternoons, we would be released about 3 p.m. after sergeant's time training. I would hop into my vehicle, which I'd already packed, and set off on an eight-hour-plus drive to Joplin, Missouri.

Normally, I could easily make this trip after a good night's rest; however, leaving immediately after work was a different story. While the excitement was enough to keep me awake for the first three hours, around the fourth hour I would begin to experience the warning signs of drowsiness and fatigue. I would find myself having difficulty focusing, forgetting the last few miles of driving, yawning repeatedly and jerking my vehicle back into my lane.

And weather could also make these trips take longer. On one particular trip, I was driving through Oklahoma when I encountered a blinding snowstorm that forced me to slow to less than 30 mph.

I was frustrated because I realized it was going to take much longer than normal to reach Joplin. But when I tried speed-



COURTESY PHOTO ILLUSTRATION

SNOOZING AND LOSING

Information courtesy of the National Safety Council (www.nsc.org).

Sleepiness slows reaction time, decreases awareness, impairs judgment and can be fatal when driving. The drivers at highest risk are third-shift workers, people who drive a substantial number of miles each day, those with unrecognized sleep disorders and those prescribed medication with sedatives.

Recognize the symptoms of fatigue:

- Eyes closing or going out of focus;
- Persistent yawning;
- Irritability, restlessness and impatience;
- Wandering or disconnected thoughts;
- Inability to remember driving the last few miles;
- Drifting between lanes or onto the shoulder;
- Abnormal speed, tailgating or failure to obey traffic signs;
- Back tension, burning eyes, shallow breathing or inattentiveness.

SAFETY TIPS

- Maintain a regular sleep schedule that allows adequate rest.
- When the signs of fatigue begin to show, get off the road. Take a short nap in a well-lit area. Do not simply stop on the side of the road.
- Avoid driving between midnight and 6 a.m.

WHEN PLANNING LONG TRIPS

- Share driving responsibilities with a companion.
- Begin the trip early in the day.
- Keep the temperature cool in the car.
- Stop every 100 miles or two hours to get out of the car and walk around; exercise helps to combat fatigue.
- Stop for light meals and snacks.
- Drive with your head up, shoulders back and legs flexed at about a 45-degree angle.

ing up, I'd begin sliding on the road. I saw the consequences of that firsthand when a vehicle in front of me ran off the road into a ditch. I stopped to make sure the individual was OK. He was

fine and I called a wrecker to come and pull him out. I knew at that point it was no use trying to drive any farther. It just wasn't worth getting into an accident.

I knew the next town was only

a few minutes away. I called my family and told them I was staying there overnight because the weather was too bad to drive. Had I tried, it would've taken me even more time to get to Joplin

or I could've ended up in a bad accident.

As it turned out, the next morning was beautiful and the roads were clear. I left early enough to arrive at the hotel in Joplin just after my family had gotten out of bed. We were still able to have breakfast that morning and spend an enjoyable holiday together before I had to be back at Fort Hood.

I learned my lesson on that trip and never again tried to drive it immediately after getting off from work. I now make sure I have a full night's rest before hitting the road and always check the weather forecast to make sure driving conditions will be favorable.

When I look back on it, it seems silly that I took such risks. I would never let any of my Soldiers make the same trip without first getting adequate rest. My leadership classes have taught me to apply risk management in everything I do, on or off duty. After all, accidents don't discriminate when it comes to duty status.

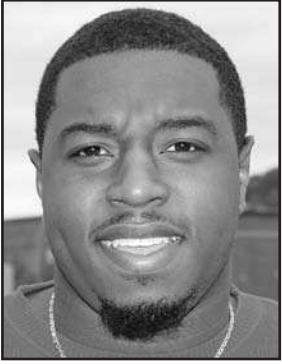
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Rotor Wash



Kesha Gary,
civillian

"Eat smaller portions."



Tovian Henderson,
civillian

"Go out and walk it off."



Tandra Blackmon,
civillian

"Substitutions. I'm a Southerner, and most people like rice, so instead of eating rice at my house, we eat quinoa. Instead of eating ham or pork, stick with the basic turkey."



Sgt. Alexander Frese,
1st Bn., 11th Avn. Regt.

"Don't deep fry your turkey."



2nd Lt. Christopher Boyle,
1st Bn., 145th Avn. Regt.

"As soon as you wake up, go work out."

“The holidays are often filled with feasts and all types of sweets. What tips can you offer to keep healthy during the rush and temptation of sweets during the holidays?”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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

SECARMY

West Point grad confirmed as new secretary of Army

Army News Service
Staff Report

WASHINGTON — Dr. Mark T. Esper was confirmed by a vote in the Senate, 89-6, to become the 23rd secretary of the Army shortly after noon Nov. 15.

President Donald Trump nominated Esper in July to become secretary of the Army.

In testimony before the U.S. Senate Nov. 2, Esper laid out for lawmakers his priorities if confirmed as secretary.

“If confirmed, my first priority will be readiness – ensuring the total Army is prepared to fight across the full spectrum of conflict,” Esper said. “With the Army engaged in over 140 countries around the world, to include combat operations in Afghanistan and Iraq, training rotations to Europe to deter Russia, and forward deployed units in the Pacific defending against a bellicose North Korea, readiness must be our top priority.”

Readiness, he said, starts with ensuring the Army has the best possible Soldiers in the force.

“This means recruiting and retaining the best our nation has to offer, ensuring these young men and women are well-trained and well-led, and equipping them with the best weapons and technology available,” Esper said. “Every unit must be prepared to deploy and accomplish its mission. These are the fundamental Title 10 duties of the Secretary of the Army, and, if confirmed, I intend to do them well.”

Esper named four broad priorities he would focus on if he were confirmed as secretary of the Army. Those include ensuring Soldiers, their families and Army civilians are “well-led, well-supported and well-cared for.”

Also top priorities for Esper, he said, are



U.S. SENATE PHOTO

Dr. Mark T. Esper testifies before the Senate Armed Services Committee Nov. 2 as part of his confirmation hearing.

modernization, efficiency and, most-importantly, readiness.

“This means that units are fully manned, weapons and equipment are well maintained, munitions stocks are sufficient and training – particularly for high end combat – is ample, rigorous and realistic,” Esper wrote.

A 1986 graduate of the U.S. Military

Academy, Esper served on active duty for over 10 years before transitioning into the Reserve, achieving the rank of lieutenant colonel.

His service included a deployment with the 101st Airborne Division during Operation Desert Storm. For his valor during that operation, he was awarded the Bronze Star Medal.

Following his active-duty service, Esper served in a number of think tank and congressional policy adviser roles in Washington.

From 2002 to 2004, he became the deputy assistant secretary of Defense for Negotiations Policy and from 2004 to 2006, he served as director of national security affairs in the Office of the Senate Majority Leader.

After serving in a number of other leadership positions with industry and government, he became vice president of government relations at Raytheon in 2010, the position he held before his confirmation to become secretary of the Army.

Esper earned a master’s degree in public administration from Harvard in 1995 and a doctorate from George Washington University in 2008.

He graduated from Laurel Highlands High School in Uniontown, Pennsylvania in 1982.

Since Aug. 2, Ryan D. McCarthy has served a dual role as the acting secretary of the Army, as well as the under secretary of the Army. He retains his position as under secretary.

After Secretary of the Army Eric Fanning stepped down in January, Robert Speer became the acting secretary until McCarthy’s began his tenure in August.

As secretary of the Army, Esper has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications and financial management.

As such, the secretary of the Army reports directly to the secretary of Defense. The position of secretary of the Army was established by the National Defense Act of 1947.

Army chief of staff: No reduction of standards to meet recruiting goals

By C. Todd Lopez
Army News Service

WASHINGTON — Despite news to the contrary, the Army will not be recruiting bipolar personnel, the Army’s chief of staff said, even if those individuals apply for a waiver.

“There has been no change in standards,” said Chief of Staff of the Army Gen. Mark A. Milley during a Nov. 15 meeting with members of the press. “The Army hasn’t reduced standards or changed standards.”

What has changed, Milley said, is where decisions on waivers are made. In 2009, the Army pulled approval authority out of the hands of U. S. Army Recruiting Command and brought it up to Headquarters Department of the Army level. In August, that decision authority was pushed back down to USAREC, where he said it rightly belongs.

“A decision was made in August to re-empower the commanding general of recruiting command with the authority to consider, grant and waive things and approve people in the Army,” Milley said.

In the Army’s sister services – the Navy, the Marine Corps and the Air Force – Milley said the

approval authority for waivers sits with equivalent agencies.

CLARIFYING ‘CONSIDERATION’

Milley parsed out the meaning of the word “consideration” to ensure the definition was clear. He said all services have always considered all waivers.

“When someone’s application comes in and someone’s paperwork is filled out, then someone on the Army’s side has to physically look at the paperwork,” Milley said. “So you always are considering.”

Essentially, he said, consideration happens when Army personnel read a waiver. All waivers, then, are considered, in that all waivers are read.

But, Milley clarified, “considering a waiver is not the same as granting a waiver.”

DISALLOWED WAIVERS

Milley cited Department of Defense policy, regarding both conduct and mental health, that outline what kinds of waivers cannot be granted. Included among waivers that cannot be granted for entry into service are those for:

- conviction or adverse adjudication for a sexual offense;
- major misconduct involving

an adult conviction or adult adverse adjudication, which Milley clarified as an “adult felony;”

- misconduct or juvenile major misconduct for criminal drug use, for drugs other than marijuana;
- mood disorders, to include major depression, cyclothymia, bipolar and other mood disorders;
- drug or alcohol use disorder, not in sustained remission (less than 12 months since last occurrence of any diagnostic criterion other than craving);
- any overdose of any medication (prescription or over the counter) accidental or otherwise;
- any condition involving self-mutilation as a means of emotional coping; and
- any suicidal attempt or gesture, to include ideation with plan.

“Those are the categories,” Milley said, where “you aren’t coming in the U.S. military.”

QUALITY TRUMPS QUANTITY

Milley said Army recruiters have a tough job filling the ranks with new Soldiers, and those recruiters have to meet both num-



PHOTO BY STAFF SGT. AUSTIN L. THOMAS

Gen. Mark A. Milley, chief of staff of the Army, administers the oath of enlistment to 35 young men and women who will join the ranks of the U.S. Army, Army Reserve and Army National Guard at the 242nd Army Birthday Twilight Tattoo June 14 at Conmy Hall, Joint Base Myer-Henderson Hall, Va.

bers of new recruits, and quality of new recruits.

But it’s quality that has to be considered first, he said.

“If you make the numbers, great. That’ll be awesome,” Milley said he tells recruiters. “But make the standard. There will be no reduction in accessions standard. No change. You will not reduce quality to gain quantity.”

Despite a challenging recruiting environment, Sgt. Maj. of the Army Daniel A. Dailey said he thinks Army recruiters will be able to meet their recruiting goals – even if they have to maintain both Army and DOD standards for new recruits.

“It’s a tough task, there are 350 million people in America,” Dailey said. “And there is a decreasing population of eligible 18-24 year olds. We know that. But I have no doubt that we will be successful in doing that. We demonstrated that last year. We met all DOD thresholds for requirements for our young Soldiers. We had one of the best retention years we’ve had in over a decade in the U.S. Army by retaining very high quality Soldiers.

“Numbers are important, end strength is important,” Dailey said. “But quality and standards are paramount and they will not be violated.”

News Briefs

Clinic closures

Lyster Army Health Clinic will be closed today for the Thanksgiving Holiday.

AAFES holiday savings

The Fort Rucker Main Exchange will be closed Thanksgiving Day, but shoppers can still save on the season’s hottest electronics, housewares and apparel from the comfort of their own homes starting at midnight Central Standard Time at ShopMyExchange.com.

The savings will continue starting at midnight CST on Black Friday at ShopMyExchange.com. Soldiers and families at Fort Rucker can shop Black Friday deals in person beginning at 6 a.m. at the Fort Rucker Main Exchange.

“We can’t wait for the Fort Rucker community to see these door-busting deals,” said Ralph Kleemann, exchange general manager. “Our team is ready to help the best customers in the world save on the holiday season’s most in-demand gift items.”

Saturday, the Fort Rucker Main Exchange will open at its usual time of 9 a.m.

for a sale event, with deals also available at ShopMyExchange.com. More online and in-store savings will follow Sunday through Nov. 30.

Soldiers on the installation Thanksgiving Day will still be able to pick up last-minute items at the Rucker Mini Mall Express from 10:30 a.m. to 3:30 p.m.

For more information, call 334-503-9044.

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.

ATM relocation

The Armed Forces Bank ATM located at the Silver Wings Golf Course will be relocated to the Army and Air Force Exchange Service Class VI store Dec. 1. For more information, call Armed Forces Bank at 334-598-2402.

Lost and found

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

Retiree council meetings

The Fort Rucker Installation Retiree

Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

Siren test

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

Beauty shop closure

The beauty shop inside the mall at the Fort Rucker Post Exchange will close Dec. 7 until a replacement contractor can be found. Army and Air Force Exchange Service officials said they hope to have a replacement in operation in the mid-January timeframe.

For more information, call 334-503-9044.

HONORING SACRIFICE

In nation's capital, ground officially broken for National WWI Memorial

By C. Todd Lopez
Army News Service

WASHINGTON — Descendants of Soldiers and other veterans of World War I will soon be able to visit a national memorial in the nation's capital that commemorates the sacrifices of their great-grandfathers who fought in the Great War.

An array of politicians, military leaders, veterans and officials from the World War I Centennial Commission officially broke ground for the National World War I Memorial, Nov. 9, at Pershing Park in Washington.

This year marks the 100th anniversary of U.S. involvement in World War I. It was April 6, 1917, when the United States declared war on Germany. The first American Soldiers would make their way across the Atlantic in June of that year.

The new memorial to those who served in World War I will share a space with an existing memorial dedicated to General of the Armies John Joseph "Black Jack" Pershing, who served as commander of the American Expeditionary Forces in World War I. The site is a short walk east of the White House.

Chief of Staff of the Army Gen. Mark A. Milley attended the groundbreaking as one of more than a dozen officials. He told those in attendance that World War I provided many lessons learned. Along with lessons in strategy, operations, and tactics, the world also learned lessons in politics and government, he said.

"But if there is one lesson most of all to learn, it is the lesson to vow to never let it happen again," Milley said. "The way to prevent war is to maintain your preparedness for war, in the words of George Washington, our first president."

Milley said the pre-WWI Army was made up of fewer than 200,000 Soldiers who were spread across the nation in mostly law enforcement-type roles. To accommodate the needs of conflict in Europe, the Army grew quickly to some 4 million Soldiers. Still, the United States military was unprepared for that conflict.

"A state of unpreparedness led to many casualties in the battles of the Argonne and many others," Milley said. "So if there is one lesson for us to learn as a nation, it is to be prepared. If you want



PHOTOS BY EJ HERSOM

Chief of Staff of the Army Gen. Mark A. Milley speaks at the ceremonial groundbreaking for the National World War I Memorial at Pershing Park in Washington, D.C., Nov. 9.

to sustain the peace, then have large, ready, credible military forces that can do whatever the nation asks it to do in order to ensure this experiment in liberty is passed on to the next generation and the generation after that."

Milley said the new WWI memorial will help Americans today fulfill their duty to remember what has happened in the past, and to honor those who sacrificed.

"As the chief of staff of the U.S. Army, it is my deep honor to be here today and honor those Soldiers, Sailors, Airmen and Marines that perished in the first world war," Milley said. "It is our duty to remember what they fought for, and why they fought. It is our

duty to carry on that legacy and ensure the peace goes on into the future."

A MEMORIAL THAT RESONATES

Seated next to Milley at the ground-breaking event was Joe Weishaar, the now 27-year-old architect, who at just 25 was chosen to design the memorial.

"For the last two years it has been my privilege and honor to be a part of what I consider one of the most noble undertakings today, and certainly in my own life," Weishaar said. "Rather than design a landmark that is pompous, ostentatious, or bombastic, we find ourselves here, in a small park, on America's main street, tasked with the creation of a memorial to a

group of men and women who gave themselves in service and sacrifice without the thought of how or why or when they would be remembered."

It will be Weishaar's architectural design, and the artistry of sculptor Sabin Howard, that will finally provide a memorial to give those WWI veterans the recognition they earned, but never asked for.

"It may be long overdue, but today marks another point in the journey of making sure they are not forgotten," Weishaar said.

Weishaar said it was back in June 2015 that he first saw a notice advertising a design competition for a national WWI memorial to be based in Washington, D.C.

At the time he'd never

been to the nation's capital, he said, and had just assumed such a memorial already existed there.

"We had memorials to the other notable three wars of the 20th century," he said.

After reading that notice announcing the design competition, he said he went online to research WWI, including photos from the war that he found through the National Archives.

"The thing that pulled me in were the faces and the names and the stories of the young men I was looking at," he said. "As somebody who grew up in a quiet corner of Arkansas, I felt these people were kindred spirits. We came from small towns, we were roughly 25 years of age, some even

five or six years younger, and we were experiencing the larger world for the first time in our lives. The fact that these were men and women who boldly stepped out into the world to defend countless others only cemented my admiration for them. Deciding to submit a design was one of the easiest choices I've ever had to make in my life."

The centerpiece of the new memorial will feature a large bas relief bronze sculpture that follows a single Soldier through his own personal WWI experience, beginning with that Soldier leaving home, and his daughter handing him his helmet. Other scenes depict the Soldier marching off to war, fighting, and eventually returning home.

Other elements in the memorial will include a pool and green space.

"I wanted to create something that would resonate with people the same way it did when I looked at those photographs," Weishaar said. "That somehow you could reach across time and touch the people of a generation past. Those people were real, they were courageous and they sacrificed everything for a better future. To everybody who has ever served to protect this nation and to everybody who will visit this memorial, there will now be a new place to be reminded of the past and a new place to say thank you."

The World War I Centennial Commission expects the new memorial to be dedicated Nov. 11, which is the 100th anniversary of Armistice Day, marking the end of World War I.



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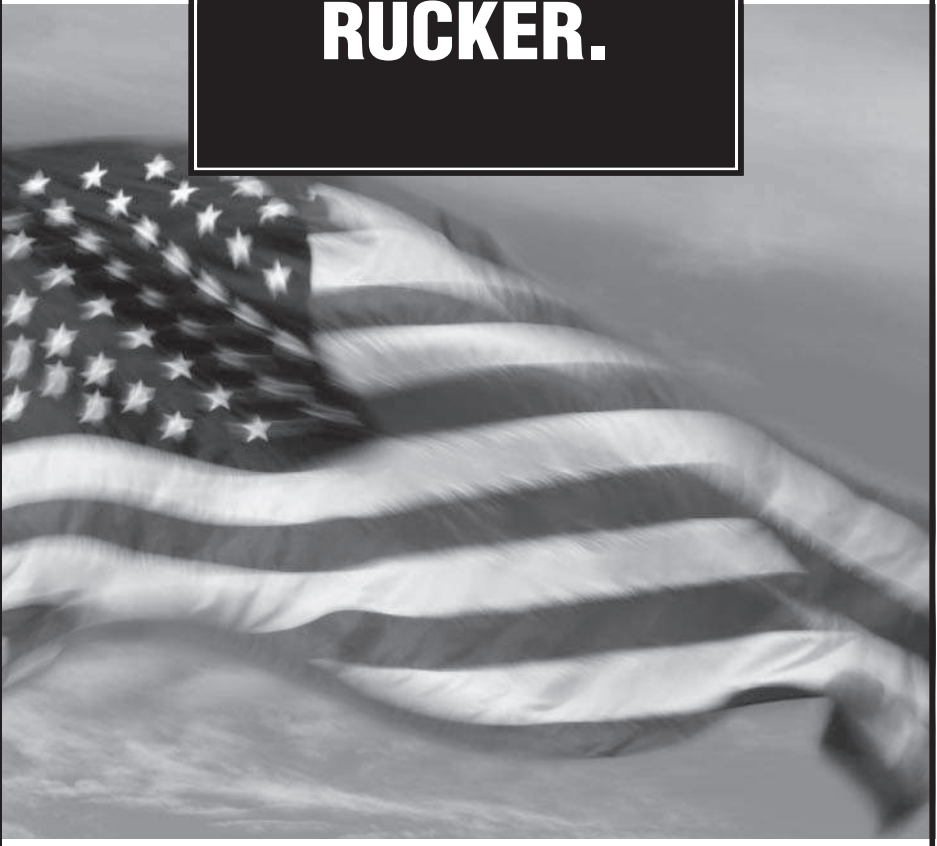
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HELPING PUERTO RICO:

USACE teams work to restore devastated island

By Ed Rivera
For Army News Service

SAN JUAN, Puerto Rico — To save landfill space, the U.S. Army Corps of Engineers is recycling metal and wood chips in its debris removal efforts across the island of Puerto Rico.

Through cooperation with the leaders at local municipalities, FEMA and USACE's Debris Planning and Response Team makes the collection process possible with teams working in nine separate locations, said Jasmine Smith, the debris mission manager from the New Orleans District. For example, in the city of Ponce more than 48 trucks have been used to haul 3,700 loads of debris.

"We have been actively removing debris from Ponce since Oct. 23," Smith said. "We have removed more than 76,000 cubic yards via curbside pickup and temporary disposal sites." The estimated total debris in Ponce is estimated to be more than 100,000 cubic yards, enough to fill Yankee Stadium more than two feet high.

John Fogarty, debris subject matter expert out of the New Orleans District, said USACE estimates more than 3 million cubic yards of vegetative debris will be generated from Hurricane Maria. Around 630,000 cubic yards will be reduced and used for compost, landfill cover, slope protection and more.

"There is an estimated 1.3 million cubic yards of construction and demolition debris such as lumber and household furniture which will yield approximately one million pounds of recyclable metals," he said.

Additionally, USACE forecasts that close to 9,000 appliances are



ARMY PHOTOS

U.S. Army Corps of Engineers contractors remove Hurricane Maria debris from a temporary disposal site in Ponce, Puerto Rico.

part of the debris, which may produce about half a million pounds of metals for recycling. According to Fogarty, USACE is also teaming up with the Environmental Protection Agency to handle freon removal from refrigerators, freezers and air conditioners, and to coordinate the collection and disposal of Household Hazardous Wastes.

Currently, the Debris Planning and Response Team, in cooperation with FEMA and working closely with leaders of 54 municipalities, has removed about 284,000 cubic yards of debris. "We continue to make strides with our community partners and endeavor to remove debris in a safe, efficient and environmentally sound manner," said Smith. "Debris removal continues to be a high priority mission for FEMA and the U.S. Army Corps of Engineers."



A U.S. Army Corps of Engineers contractor oversees curbside debris removal in Ponce, Puerto Rico.

MedEvac

Continued from Page A1

flatiron was always being heated while the other was being used to iron a piece of clothing," he said. "The ironer did not have to wait for the iron being used to be reheated — they always had a 'hot' iron — Flatiron aircraft were always hot."

Although the MedEvac unit still goes by Flatiron, the practice of "one always on" is no longer in practice today.

Today, Flatiron utilizes Sikorsky UH-60 Black Hawks in its fleet because of the aircraft's size, power, speed and flight capability. The aircraft can carry much larger loads, as well as medical equipment, and medics aboard the aircraft are trained paramedics, which has greatly increased survival rates, said Baum.

"This is the perfect aircraft for our combat missions in Iraq and Afghanistan," said the former Flatiron commander. "The power of the Black Hawk allows it to perform well in the high mountains ... and the time between the wounded Soldier pickup and the medical facility has been reduced greatly by the speed of the Black Hawk."

"We have come a long way from (the) Sikorsky YR-4B over the jungles of Burma ... to the (Black Hawk), a flying ambulance," he said. "The helicopter has truly proven itself on the battlefield, both in moving troops and saving lives."

Baum spent much of his career as a MedEvac pilot and said it was one of the most rewarding times of his life. He currently works as a volunteer at the U.S. Army Aviation Museum.

1-14th

Continued from Page A1

Airfield, Hawaii. She enlisted in the Army in 1995, and has served in numerous duty and leadership positions.

She has served all over the world, including Camp Humphreys, Korea, where she handled flight operations; Katterbach, Germany, where served as the S1, S2, S3 NCO-IC; Fort Campbell, Kentucky, as the brigade Aviation element NCOIC and first sergeant. Whitman has also been deployed four times in support of Operation Iraqi Freedom.

"I am honored and humbled to become part of this great unit," said the incoming command sergeant major. "I look forward to working with each and everyone one of the Tomahawk Soldiers and civilians, and their families."

Whitman went on to thank those who helped her become the Soldier she is today, including her predecessor, who helped her

transition into the position during the weeks leading up to the ceremony.

Cowart expressed his full confidence in Whitman's ability to lead. He added that she is the right person to continue the Tomahawk legacy.

"(Command) Sergeant Major Whitman, I've enjoyed the handoff — you're a true professional," said the outgoing command sergeant major. "I think we only got angry with each other one time and that's not bad with two headstrong command sergeants major."

"Your ability to connect with people is just what the battalion needs," he continued. "Your previous experience as a battalion sergeant major makes this job seem too easy. I hope the best for you as you take over the battalion's legacy."

Cowart will move on to be the Aviation Operations Training Center command sergeant major.

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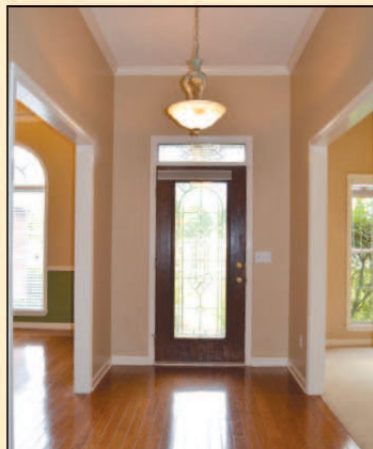
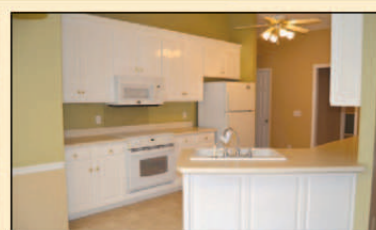
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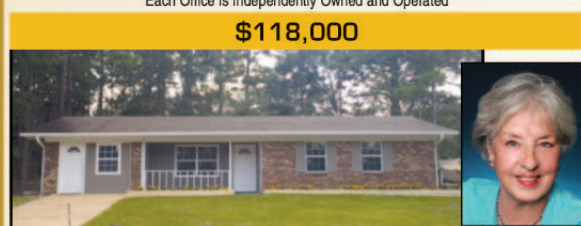
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7 SPRINGDALE CIRCLE, DALEVILLE: Mint Condition -- updates galore in this brick ranch on newly landscaped lot w/lower beds & patio lined with landscape blocks. Improvements/updates include: interior/exterior paint, gutters, double pane windows, interior/exterior doors, new hot water heater, flooring, cabinets/counter tops/stainless appliances in kitchen, vanity & toilets in baths, cabinets in laundry room, ceiling fans/light fixtures throughout. Your family deserves the best -- call to set a time see this gem today. **JUDY DUNN 301-5656**



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349 JOSEPH DR. OZARK: Beautiful oversized wooded lot with both chain link and privacy fencing. The main area consists of a large grandroom w/corner fireplace and eating bar to kitchen as well as a dining area. The kitchen has a center island with cabinet space below and tiled countertops. The garage has been enclosed to make another bedroom on the left side of the house. Come take a look to see if it can be your dream home. **EVELYN HITCH 406-3436**



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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**



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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**



\$80,000

209 OPINE RD. OPP: Family time & mingling during gatherings flow easily from kitchen to dining & living areas of this Sprulin Subdiv home. Beautiful hardwood floor in living room; updates throughout. City water. Lots of shade from pecan & other trees in the back yard for relaxing or activities. Fishing, boating, playgrounds, walking trails, shaded picnic areas, are 1 1/4 miles away at Frank Jackson State Park, a publicly owned recreation area that wraps around Lake Frank Jackson. Make this your year-round home at the lake. **MARGE SIMMONS 477-1962**

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93 MICHAEL LANE: 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. The vacant lot next to is included it to add your pool/outdoor entertainment. **JUDY DUNN 301-5656**



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2881 COUNTY RD 21, GENEVA: This adorable low maintenance vinyl clad 3bd/2ba 2011 built home is perched off the road with 2.3 acres of land. Country living with all the modern conveniences including a giant master bath shower! There are two wells on the property, a dog pen, and a shed! The open floor plan is great for entertaining! **CHERYL PICCININI 390-9612**



\$267,750

113 BROOKE LANE: Custom-built, corner of Riverwood and Brooke Lane. Owner is licensed residential home builder and REALTOR in the state of Alabama. **BCC 347-2600**

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



\$174,500

232 JASMINE CIRCLE: The Cottages at Woodland Park: Tucked in the woods off Boll Weevil Circle, making it convenient to schools, shopping, restaurants, and minutes from Fort Rucker. Owner is a licensed residential home builder and REALTOR in the state of Alabama. **BCC 347-2600**

A FIRST

Army sensors can detect aircraft damage as it occurs

By T'Jae Ellis

U.S. Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, Md. — For the first time ever, a team of researchers successfully developed and tested networked acoustic emission sensors. These sensors are designed to detect airframe damage. Currently it's being tested on conceptual composite UH-60 Black Hawk rotorcraft.

Researchers with the U.S. Army Research Laboratory and the U.S. Army Aviation and Missile Research, Development and Engineering Center said their discovery opens up possibilities for new onboard features that could immediately alert the flight crew to the state of struc-

tural damage like matrix cracking and delamination as they occur, giving the crew greater opportunity to take corrective actions before catastrophic failure.

ARL has been studying several possible alternatives to rotorcraft airframe health monitoring. This effort, which began almost two years ago, makes a strong case for integrated real-time damage sensing methodologies on future airframe structures. The sensing method can be used to reliably detect and locate the initiation and growth of damage that may occur during service.

"Future Army airframe structures are required to be lighter, safer and ultra-reliable," said Dr. Mulugeta Haile, re-

SEE SENSORS, PAGE B4



ARMY PHOTO

The damage-sensing network is integrated into a conceptual composite UH-60M Black Hawk.



PHOTO BY SGT. 1ST CLASS RANDALL PIKE

Train Advise Assist Command East Soldiers with the 4th Brigade Combat Team (Airborne), 25th Infantry Division and 3rd Infantry Division held a base defense drill at Tactical Base Gamberi, Afghanistan, in early November. The drill was designed to improve Soldier readiness by simulating an attack on the base, complete with simulated casualties that needed to be treated.

N.Y. Army Guard Aviators fly relief supplies, personnel to support Puerto Rico

By Capt. Jean Marie Kratzer

New York Army National Guard

PUERTO RICO – During 40 days in Puerto Rico, 60 Aviation Soldiers of the New York Army National Guard flew 369 hours while conducting 216 missions, and delivered 223 pallets of food, 324 pallets of water and 382 passengers to help the island's residents recover from Hurricane Maria.

"If supplies were available to hand out to the people, we were pushing it out to them," said Lt. Col Jason Lefton, the battalion commander of 3rd Battalion, 142nd Assault Helicopter Battalion, who led the team.

"When available we delivered baby formulas, diapers and other baby sundries, pre-mature baby medicines, insulin, feminine hygiene products, over the counter medication and tarps," Lefton said.

The New Yorkers also transported doctors and nurses to isolated communities and inserted Federal Emergency Management Agency personnel and security forces where necessary, he added.

Operating from a staging site outside of San Juan at Isla Grande, where the Dominicali Airport is located, the 3-142nd Avn. Regt., provided air movements support and moved supplies to areas that couldn't be reached by road because of missing bridges and wash outs.

They also conducted operations on the offshore islands of Vieques and Culebra, as well as other missions.

The task force deployed pilots, crew chiefs, mechanics, flight operations personnel, and a small headquarters element that maintained personnel and logistics support.

"The Soldiers of the battalion kept their morale high and worked hard and effectively, said Capt. Andy Shaw, the battalion logistics officer.

The mission began Sept. 28, when four UH-60 Blackhawk helicopters from the battalion were loaded onto



ARMY PHOTO

Soldiers of the New York Army National Guard's 3-142nd Avn. Regt. and local residents unload a UH-60 Black Hawk during a relief supply delivery mission in Puerto Rico Oct. 17.

three C-17s flown by the New York Air National Guard's 105th Airlift Wing at the Army Aviation Support Facility in Ronkonkoma, N.Y.

The final group of Aviation Soldiers and two UH-60s returned from the deployment Nov. 7. Army Aviators from the Ohio, Pennsylvania and the South Carolina National Guards replaced them.

In addition to integrating with the Puerto Rico National Guard, the aircraft and crews flew and worked with other contingents from New York: the New York State Police, the Fire Department of New York, the New York Police Department, and Homeland Security Investigations and Customs and Border Protection teams based in New York.

Rebuilding Puerto Rico has been the unit's opportunity to serve their fellow Americans. The storm destroyed roads, homes and cut vital resources like water and electricity to citizens there, Lefton said.

Shortly after the storm the Department of Defense reported that approximately 44 percent of Puerto Rico's population is without drinking water,

80 percent of generator transmission systems and 100 percent of distribution systems are damaged, and only 11 out of 69 hospitals had power.

His team was also reinforced with CH-47 Chinooks flown by Army Guard aircrews from Pennsylvania and Georgia, Lefton said.

These CH-47 crews conducted sling-load operations to reinforce the dam holding back the Guajataca Reservoir in the northeast section of the islands.

The dam's spillway was weakening and engineers were worried that it could give away and flood neighboring towns. The Aviators used their heavy lift helicopters to dump sand bags on the weakened sections of the dam.

Overall, the Aviation Soldiers performed wonderfully, Lefton said.

"The mission was successfully completed in Puerto Rico and it is exactly what we signed up to do in the National Guard, I am proud of all the Soldiers. While we are always prepared for austere conditions our team never complained and continued to be dedicated Aviation professionals," Lefton said.

IRON DRAGON

Airlift a first for Polish base, Atlantic Resolve

By Sgt. Scott Evans

For Army News Service

POWIDZ, Poland — The 10th Combat Aviation Brigade's 1-501st Attack Reconnaissance Battalion, currently serving in support of Atlantic Resolve, conducted aircraft-loading operations for eight Apaches on a C-5 and two C-17 aircraft in a display of increased maneuver capability at Powidz Air Base Oct. 28.

The strategic airlift movement of Army rotary-wing aircraft via Air Force flight assets had been uncharted territory for Atlantic Resolve and Powidz Air Base. The operation was a significant undertaking for the 10th CAB and all involved, improving freedom of movement for U.S. Army Europe, and furthering the Atlantic Resolve mission of assuring allies and deterring aggression, said Maj. Matthew G. Easley, the executive officer of 1-501st ARB.

"Task Force Falcon and Task Force Iron Dragon built American rotary-wing operations at Powidz from scratch," Easley said. "Our personnel have worked through every issue from how to file flight plans, coordinate crash and rescue, conduct refuel, open Class IX air parts at the supply support activity and more."

The battalion worked with Polish air traffic control to incorporate forward arming and refueling points processes into the aircraft operation procedures, which allowed for the convenience of refueling while the aircraft engines were still operating. They were systems that the Polish had not allowed on their airfield before.

During the weekend-long process, four AH-64s were carefully loaded into a U.S. Air Force C-5, with another four being loaded later on two C-17 aircraft. Flying the aircraft directly to Fort Bliss, Texas, will prove a quicker and more efficient method of redeployment than transportation by ship.

The coordination that was necessary to make this mission a success had many challenges throughout both the planning and execution process.

"The biggest limitation of conducting Aviation operations in Powidz was particularly the lack of experience and shared procedures for operating out of a Polish air base with American rotary-wing aircraft," Easley said.

The 3rd General Support Aviation Battalion, 10th CAB, also played a significant role in the STRATAIR redeployment development and execution. They successfully established a working relationship with the Polish Grom and Formoza special forces units to integrate 1-501st ARB operations into their individual training plans in order to make the operation successful.

"We need to demonstrate that it is a growing strategic hub for unit assembly and a base of operations

SEE DRAGON, PAGE B4



PHOTO BY SGT. SCOTT J. EVANS

Soldiers of 1-501st ARB from Fort Bliss, Texas, load an AH-64 Apache into an Air Force C-5 aircraft as part of a strategic airlift redeployment movement Oct. 28.

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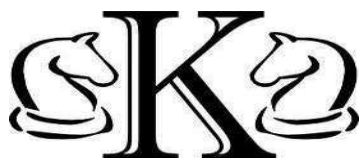
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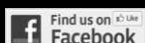
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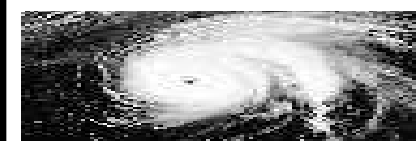


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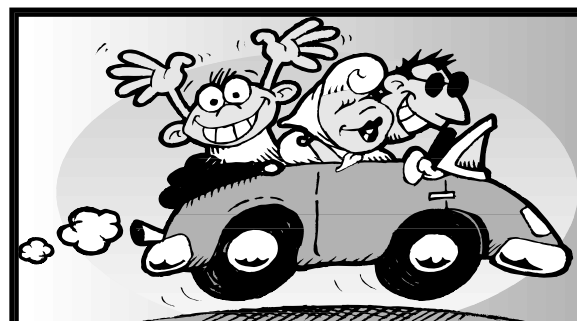
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Sensors

Continued from Page B1

search aerospace engineer. “To achieve these, the Army must adopt a combined strategy of implementing advanced structural design methods, improved structural materials, and integrated damage-sensing and risk-prediction capabilities.”

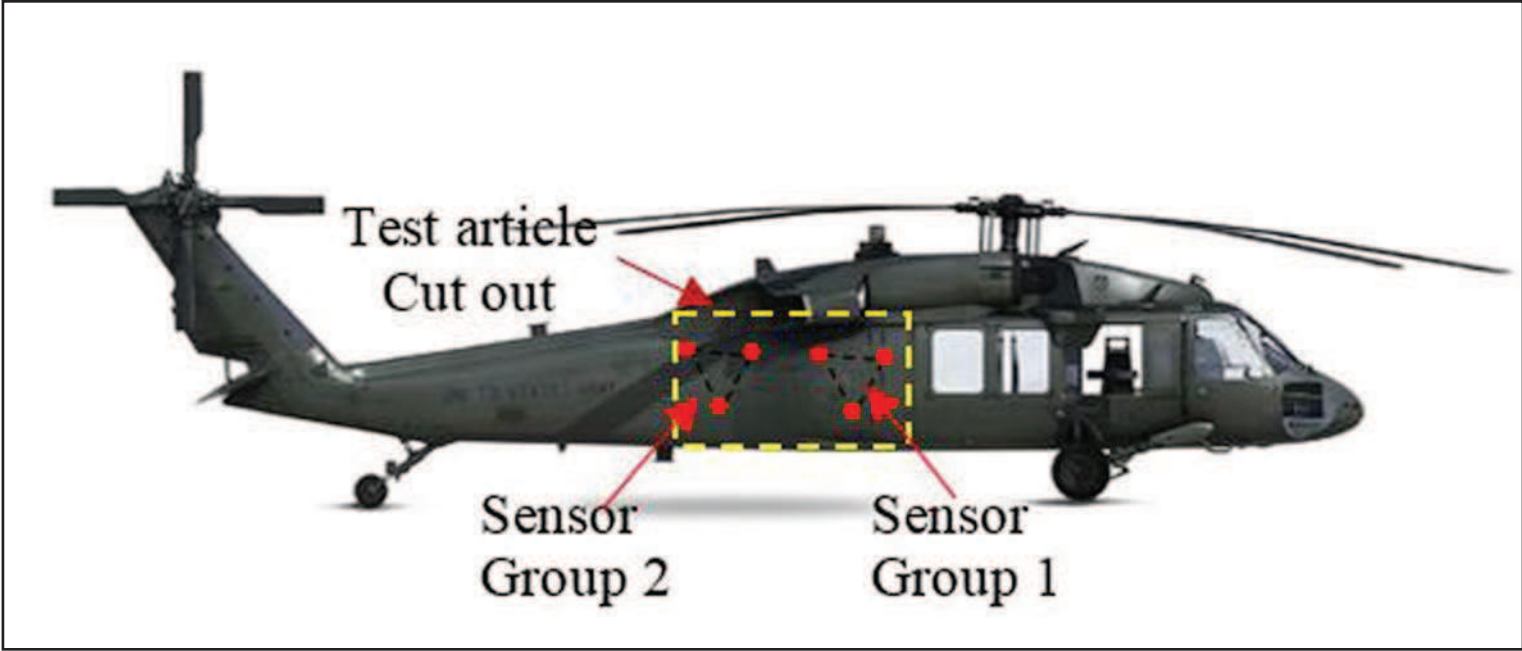
He said the team turned to acoustic emission tests because other methods such as ultrasonic and radiography require an external energy source in the form of a directed wave.

“The external energy has the undesirable effect of interfering with other systems of the aircraft. In addition, other methods are not as good as AE in detecting early damage,” he said.

Acoustic emission sensing is a passive non-destructive technique for detection of damage in the very early stage, and long before the structure experiences catastrophic failure. Unlike other methods, Acoustic emission detects damage in real-time (or at the instant the damage is happening). The fact that AE is passive means that it does not require an external energy to detect damage. It relies on the energy that is initiated within the structure, Haile explained.

“The novelty of the current work is that we introduced several new concepts on wave acquisition control and signal processing to recover damage related information in networked acoustic emission sensors,” Haile said. “The Eureka moment was when the sensing network consistently identified and located the initiation and progression of damage during a prolonged fatigue test that lasted over 200,000 cycles – a feat that has never been achieved before.”

The ARL sensing network is composed of several lightweight transducers encapsulated in 3-D printed non-intrusive sensor mounts. Sensors of the network are optimally distributed in multiple zones to maximize



ARMY ILLUSTRATION

The approximate cut-out location of the test article and location of group sensors. Sensor groups 1 and 2 are shown. Groups 3 and 4 are on the opposite side.

coverage as well as probability of damage detection. The data acquisition process is embedded with a software controllable timing parameter to reject reflections of a direct wave, as well as waves coming from non-damage related events. Meanwhile, the signal processing algorithm is augmented with a layer of adaptive digital filters to minimize effects of signal distortion during location analysis.

Dr. Jaret Riddick, director of the Vehicle Technology Directorate, along with Haile, Nathaniel Bordick and other ARL partners, collaborated to elucidate detailed mechanisms for full-scale damage detection in complex rotorcraft structures using the distributed sensor architecture. Key to the technique is the development of signal distortion control parameters, acquisition timing control, and 3-D printed sensor capsules.

“The downtime due to routine inspection and maintenance represent the major fraction of the life cycle cost of Army platforms, because we are not using the platform and we have to pay for inspection, which in most cases reveals no damage. So the idea is to integrate a reliable



ARMY PHOTO

Acoustic emission sensors used in the distributed network are lightweight broadband piezoelectric crystals.

damage sensing network and perform maintenance only when necessary,” Riddick said.

Currently, the Army sustains its fleet using phase maintenance paradigm, which is a periodic calendar-based practice that requires inspection and maintenance at fixed time intervals. The process is highly inefficient, costly and entails extended downtime. The newly developed sensing network will enable condition-based maintenance or maintenance on demand. It has the potential to drastically cut the life cycle cost of Army vehicles. The work also supports

the Army’s long term vision of maintenance-free aircrafts.

“Large-scale AE monitoring is a data-intensive process with several million hits being received by each transducer per flight,” Halle said. “This puts a higher load on the internal bus and circuitry of any data acquisition hardware. In general, most hits are not related to damage. Rather, they are noises from moving parts such as the clicking or rubbing noises of fasteners, panel connections, and vibrations from other non-damage related sources. Unwanted AE hits also arise due to reflections

of an already received and processed AE wave. The challenge is to develop a system which is sensitive only to damage related hits and insensitive to all other hits.”

“Most of the available AE-based structural health monitoring is for simple plate-like structures, despite most airframe structures not being simple plates,” Bordick said. “Not much has been done on integrated full-scale airframe health monitoring using AE. The problem is quite complex. I’m glad that we were able to successfully develop and demonstrate the sensing net-

Dragon

Continued from Page B1

supporting activity in [Eastern Europe],” Col. Claire A. Gill, the commander of the 10th CAB, said. “I like to say that Powidz could be Ramstein or Camp Humphreys in 20 years – it certainly has tremendous potential to grow.”

The air base has the future potential to support railheads, ammunition supply points, supply storage activity warehousing and eventually a unit headquarters, Gill said.

The operational improvements that have been gained during this period at Powidz will allow for better support and operations for rotational CABs in Eastern Europe in the future, and to have a more ready posture for contingency throughout the Atlantic Resolve area of operations.

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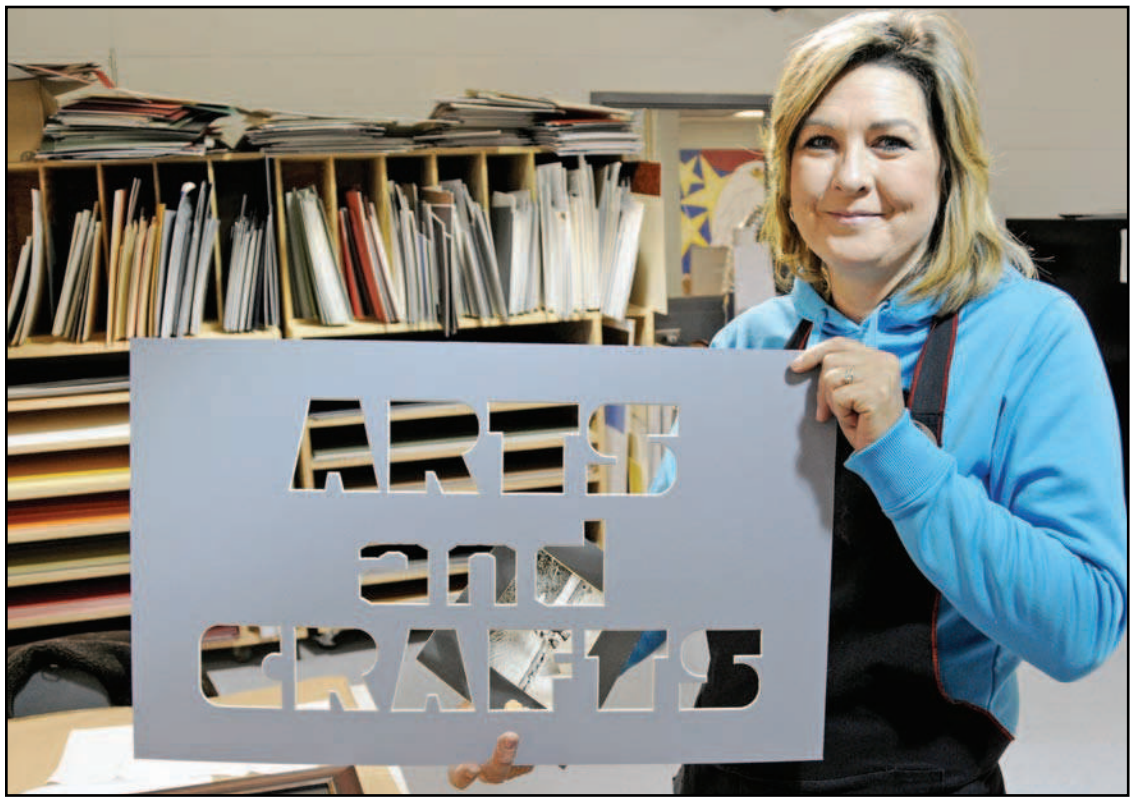
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NOVEMBER 23, 2017



PHOTOS BY NATHAN PFAD

Kelly Randolph, then-a recreation assistant, shows what an experienced mat cutter can do at the Fort Rucker Arts and Crafts Center, in this file photo.

Craft center helps patrons with creative gift ideas

By Nathan Pfau
Army Flier Staff Writer

Choosing the right gift can be a hard decision for many people, but Fort Rucker offers a facility where people can put a personal touch on their gifts.

The Fort Rucker Arts and Craft Center offers imaginative gift ideas from hand-crafted items to engraving to monogramming and more – many of which people can create themselves or have someone create for them, according to Angel Dietz, arts and crafts center program manager.

The center provides services to people on post for lower cost than they would find elsewhere, said the program manager. In addition to the savings, people can give a gift that truly comes from the heart and their hands, since the center currently offers framing classes, as well as has spaces for pottery and

glass working.

“We have an amazing framing class and we get a lot of amazing feedback – even my husband has taken the class,” said Dietz. “Our framing teacher has an artistic mind, which I love. She’s great at teaching and she’s very personable.”

“People should definitely take the framing class – it’s worth it,” she said. “It’s extremely easy and it’s super cheap if you do it yourself.”

The center has a full pottery and ceramics area with more than 2,000 ceramic molds for people to choose from, and a wide variety of hobbies and skill classes are offered monthly ranging from sewing, quilting, mosaics, drawing and painting, as well as classes for children. Currently the only class offered is for framing, but the center is always looking for new volunteers to teach other classes,

said the program manager.

“We have an amazing glass workshop, as well,” she said. “The only thing anyone has to do is show up and we have everything they need to get started.”

Although currently unavailable for use, the center also boasts a fully-equipped woodshop that allows people build anything from a jewelry box to custom furniture, said the program manager. Once the craft center acquires the personnel to run the woodshop, it will be fully operational again, said Dietz.

Once the woodshop is operational again, to use the woodshop or take classes in the woodshop, participants will have to first complete a one-hour safety course, which will help people become familiar with the equipment and how it works.

Most classes have age requirements and are available by

appointment only, so it’s suggested that patrons sign up for all classes at least 24 hours before class time.

If people would rather have someone do the work for them, the center also offers a host of services, including framing, gifts, engraving, custom embroidery, screen printing and sublimation, which allows people to customize just about anything from clothes, bags, mugs and more.

“We can put a face or an image on coasters, mugs, polyester shirts,

onesies, bibs – just about anything,” said Dietz. “As long as it’s made of the right material, we can do it.”

There is also plenty of merchandise that people can purchase and engrave, including the miniature sculptures of Sgt. Ted E. Bear; silver, bronze and copper award eagles; various plaques and trophies; as well as personalized name plates and office gifts.

For more information on the center’s services, classes or products, call 255-9020.



Cecilia Peterson, military spouse, sends a piece of wood through a wood planer at the center in this file photo.



Air Force Senior Airman Marcus Hart, 919th Civil Engineering Squadron, measures the dimensions of a frame at the center Tuesday.

Events turn Center Library into holiday hot spot

By Nathan Pfau
Army Flier Staff Writer

Proving once again that it’s about more than books, the Center Library is offering up a host of events to help Fort Rucker Soldiers and families get into the holiday spirit.

The library’s events are designed to get people’s minds working as they craft creations to jump start the season of giving, according to Cameron Hill, Center Library youth librarian.

One of the first events people can attend for a little hands-on creative activity that has the library partnering with the arts and crafts center is the Card Creation Workshop Dec. 2 from 1:30-3:30 p.m. During the workshop, people can let their artistic side show as they create cards for any occasion, such as the holidays, birthdays or whatever strikes their fancy, said Hill.

“We acquired some die cut machines, so we have the materials, and one of the experts from the arts and crafts center will come over and show everyone how to use the machine,” she said. “They will show people how to enhance their projects when creating their Christmas cards, holiday cards or any kind of card.”

The event is for all ages and is free for attendees, and all supplies that people need to craft their creations will be provided.

“They don’t have to bring anything but their imagination and creative spirit,” said Hill.



PHOTO BY NATHAN PFAD

CW4 Blake Leibach, C Co., 1-212th Avn. Regt., lends a hand to Aniya Tuner and Alyssa Hansen, military family members, during a previous Mad Scientist Workshop at the Center Library in August.

The next event is one of the Center Library’s most popular events, and this iteration will have children harnessing their holiday creativity and ingenuity.

The Center Library’s Mad Scientist Workshop will return Dec. 5 with Gingerbread Engineering in two sessions from 3:30-4:30 p.m. and 4:30-5:30 p.m. where children will put on their thinking caps to build gingerbread houses that not only appear appetizing, but can take a beating, said the youth librarian.

“The kids will be constructing gingerbread houses, but we’ll have some different challenges for them,” said Hill. “They’ll do things like build one that can withstand a hurricane, or we will see how much weight they can put on their house (before it collapses), and things like that.”

The focus of the workshop is to be able to challenge the minds of the children and pique their interest in science, technology, engineering, art and math programs, she said.

“I want children to be able to learn some of the basic concepts of engineering but in a way that they don’t actually realize that they’re learning,” said the youth librarian. “They should have fun while they’re doing it, and hopefully they’ll just remember the concepts later on down the road.”

Although the children’s creations may seem appetizing, Hill said she advises that the children not eat their engineering marvels because some of the materials they will be utilizing will not be edible.

“They will be using milk cartons as a base for their house,” she said. “And although we will use frosting as an adhesive, frosting may not work that well, so we may end up using glue – it’s all part of the learning process.”

The workshop is free and open to authorized patrons ages 7-13, but space is limited to 20 registrants per session, so people must register early to ensure a spot, she said.

The library will also be hosting a holiday craft activity Dec. 12 from 3:30-4:30 p.m. for children ages 3-11. The craft session is part of the library’s monthly craft sessions, but Hill said this iteration will have a holiday theme to get people in the spirit of the season.

Light refreshments will be served during the craft session and space is limited to the first 40 children, so people should register early, she said.

For more information or to register for any of the upcoming events, call 255-3885.

ON POST

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

Thanksgiving feast

The Landing will host its annual Thanksgiving feast today 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.

Spaghetti Dinner

Immediately following the Christmas tree lighting Nov. 30, people are welcome to take part in the annual spaghetti dinner in 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 authorized patrons and be Exceptional Family Member Program friendly.

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

Literature and the Veteran Experience

The Center Library invites all combat veterans to the Literature and the Veteran Experience meeting Dec. 5 at 5:30 p.m. The program is open to combat veterans, retirees and active-duty Soldiers. Registration will be limited to the first 20 participants and a free meal will be provided to those who register by Nov. 30.

To register or get more information, 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 people 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.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present its Blended Retirement System Seminar Dec. 12 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 gov-



PHOTO BY NATHAN PFAU

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, 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. Pictured is a scene from last year’s event.

ernment 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.

Holiday craft

The Center Library will host a holiday craft making session Dec. 12 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space will be limited to the first 40 children to register. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Resilience training

Army Community Service will host its resilience training Dec. 12 and 14 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 350. People need to register by Dec. 8. Resilience training is designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as perform better in stressful situations, according to ACS officials.

For more information to attend a resilience training workshop or two-day training, or to schedule resilience training for a family readiness group or staff members, call 255-3161 or 255-3735.

Single-parent family game night

Army Community Service and the Army and Air Force Exchange Service will host a single-parent family game night Dec. 14 from 5-7 p.m. at the AAFES post exchange food court. Free giveaways will be included. The event will be Exceptional Family Member Program friendly event. The event is an initiative of the Fort Rucker Community Health Promotions Council (CHPC) Community Resiliency Work Group. The event will be open to authorized patrons. Registration deadline is Dec. 8 and is limited to the first 20 families to register. The event will be open to single parents who are active duty, retired, Department of Defense employees and their families.

To register or get more information, call 255-3359 or 255-9805.

Youth center lock-in

The Fort Rucker Youth Center will host a lock-in Dec. 15 for registered child and youth services teens. Teen can be dropped off at 8 p.m. and be picked up the next morning at 6 a.m. Cost is \$20. For additional details, call 255-2260. Youth must be CYS members, ages 11-18 and in grades 6-12 to participate.

For membership information or to sign-up for membership, call 255-9638.

Teen babysitters course

The teen babysitters course is scheduled

DFMWR
SPOTLIGHT

Christmas
Tree Lighting
Ceremony

Thursday
NOV 30
5-6 pm
Howze Field

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The Landing.

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• \$5 ages 3-12

• FREE ages 2 & under

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Events at (334)255-1749.
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for Dec. 20 at the youth center from 8:30 a.m. to 3:30 p.m. The babysitters course is limited to 14 participants who must be ages 13-18. A valid child and youth services registration is required. Participants must bring a snack and lunch. Permission forms must be signed by a parent for the child abuse training, and release forms for the youth names to be placed on the CYS babysitter list. Youth must complete the one-day training to receive certification. The training course will cover the following: American Red Cross CPR and First Aid Training, home and fire safety training, basic childcare, feeding, diaper changing

and basic child abuse training.

To register, call 255-9638 or 255-0621, or visit <https://webtrac.mwr.army.mil>.

International Spouses Get Together

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

For more information, call 255-3735.

FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 23-26

Thursday, November 23

Coco (PG)3 p.m.

Friday, November 24

Coco (PG)4 & 7 p.m.

Saturday, November 25

Coco (PG)4 & 7 p.m.

Sunday, November 26

Coco (PG)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.

MOM-BATTLE BUDDIES

Unlikely allies help Puerto Rican mom see son graduate basic training

By Robert Timmons
Installation Management
Command
Public Affairs

FORT JACKSON, S.C. – It took mom-battle buddies who met over social media hundreds of miles apart to gather unlikely allies to help one Puerto Rican mother witness her son graduate from basic combat training at Fort Jackson Nov. 2.

They like to call themselves mom-battle buddies because a chance encounter brought together parents of trainees who happened to be battle buddies themselves. Katherine Berrios-Borges was looking through the 3rd Battalion, 13th Infantry Regiment and Fort Jackson Army Mom's Facebook pages when she noticed a picture Jennifer Weaver posted of her son, Pvt. Dakota Haspert, with his battle buddy at Fort Jackson who just happened to be Pvt. Ramon Nazario, her son.

"Oh, it's my son," Berrios-Borges exclaimed. "It's my baby."

The mothers started chatting with each other online and later, over the phone, becoming fast friends and mom-battle buddies. But Hurricanes Irma and Maria cut their correspondence short for a while, until recently.

The hurricanes that cut a swath through the Caribbean this year exponentially increased the need for Berrios-Borges to see her son and "give him a hug."

"I just wanted to come because he left two voice mails saying, 'Mom are you OK? I wanted to hear your voice,'" she said. "I wanted to be



Pvt. Ramon Nazario poses with his mother, Katherine Berrios-Borges, after his graduation from basic combat training Nov. 2.

here so he could see that I was OK. I wanted to get a hug from him because I needed it."

There was one small, yet significant hurdle she would have to traverse before she could do that – get enough money to purchase plane tickets that cost "over a thousand and some dollars" – money she

didn't have.

Her mom-battle buddy came to the rescue enlisting an ally, the Robert Irvine Foundation, to help raise the money. "I wanted her to get to see him," Weaver said as she started to tear up. "It's been amazing" to see the two reunited at Hilton Field.



Jennifer Weaver and Berrios-Borges hug after meeting on Fort Jackson Nov. 2.

The foundation, started by celebrity Chef Robert Irvine, is a non-profit organization honoring the men and women who defend the nation. The foundation bought Berrios-Borges the ticket, no questions asked.

That wasn't the only support Berrios-Borges and her son received. Other mothers began to help in any way they could. When it was apparent that she couldn't write her son because of the hurricanes, they began writing Nazario, starting up a liaison between the Soldier and parent.

"I received 20 letters from moms in the support group," Nazario said after his graduation. The support group sent care packages to him and his mother.

Following a tip from his battle buddy, Nazario "started writing these moms who would get

in touch" with his mother. "They were really worried." He knew Puerto Rico was damaged, but not until he graduated did it really hit home.

The outpouring of support strongly affected Fort Jackson officials too.

"Here we have two mothers from very different walks of life come together to echo the battle buddy relationship their sons are developing in basic combat training," said Nicholas Salcido, Fort Jackson's social media manager. "The military is often talked about as one big family, but this exactly that sentiment in action; all hyperbole aside.

"This is individuals coming together to provide and support each other without strings attached," he said.

Soldier's pride in heritage transfers to mission focus

By Megan Garcia
Maneuver Center of
Excellence Fort Benning
Public Affairs

FORT BENNING, Ga. – Staff Sgt. Nacona Oxendine's military family extends through generations.

His father served in the Marine Corps and the Army before retiring from military service in 1996. His father's father served in the military along with many of his uncles.

Oxendine said his family members are proud of their military service throughout the years, but they also proud for another reason – they are members of the Lumbee Tribe of North Carolina.

The Lumbee Tribe is the largest tribe in North Carolina, the largest east of the Mississippi River and the ninth largest in the nation. The Lumbee take their name from the Lumbee River, which winds its way through Robeson County, North Carolina.

Oxendine recalled growing up in the close-knit community where he volunteered with the Lumbee Warriors, or veterans, of his tribe who performed military honor guards for members of their tribe who passed away.

"I remember doing this all the time with my dad as a kid," said Oxendine, who serves in Headquarters and Headquarters Company, 1st Battalion, 507th Infantry Regiment, as a jumpmaster instructor. "That helped pushed me towards the military, being a part of that, and I always heard my grandfather say that everyone should serve their country."

Following in his family's footsteps, he joined the Army in 2005 as an infantryman with his mother's words repeatedly in his mind – to always be proud of who you are.

"Pride was something that was definitely instilled in me at an early age from my mother-- to be proud of who you are and where you come from and to never let

anyone downplay that," Oxendine said.

Those words have not only been a testament of who he is as a member of the Lumbee Tribe, but also how he conducts himself in his military career.

"I'm proud of what I do, I enjoy my job, and I've learned to be very resilient," Oxendine said. "And that pride in who I am carries over into my job."

Oxendine's supervisor, Sgt. First Class Daniel Ross who serves as the branch chief of the U.S. Army Jumpmaster School, has been working with him for the last 2 1/2 years. Ross has witnessed first-hand how Oxendine's pride in who he is and in his heritage has flowed over into his work as an instructor.

"The first thing I observed from Staff Sgt. Oxendine when he first got here was his relentless and tireless work ethic. I saw it day in

and day out, and I could see where he gets that drive from because he is a very cultural and family-oriented person. He wants to not only set the example but be the example and the face of this job," Ross said. "He was always the guy to put in the late hours and early mornings, and he was always ambitious to learn the job and his duties and responsibilities that were required of him. He wanted to excel, and not only was he determined to excel himself, but he also had a desire to make the people around him better."

Ross said it's been an eye-opening experience to work with someone who he can also learn from.

"It's a great benefit and a great learning tool for me to see a different cultural aspect," Ross said. "This is my first time personally working hand-in-hand with someone of Native American descent,



ARMY PHOTO

Staff Sgt. Nacona Oxendine, center, is a jumpmaster instructor for Headquarters and Headquarters Co., 1-507th Inf. Regt., and also a member of the Lumbee Tribe of North Carolina.

and it does open your eyes on things to see how people view things differently regarding their beliefs, values and things they hold near and dear to their heart, and overall it just makes you a

better person."

Oxendine continues to put his best foot forward while also honoring his families' lineage. A father of two young girls, he also ensures his daughters never forget

their heritage. He travels with them every year back to Lumbee, North Carolina, for their tribe's annual homecoming, where they celebrate their heritage and honor their ancestors.

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Freedom Quartet

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Restless Heart hits include 26 Billboard hits, 14 top ten hits and six number one hits which include "The Bluest Eyes in Texas", "That Rock Won't Roll", "I'll Still Be Loving You", "A Tender Lie" and "Why Does It Have to Be (Wrong or Right)". In 2015, Restless Heart was inducted into the Oklahoma Music Hall of Fame.

Freedom Quartet was voted "Favorite New Traditional Male Quartet" by readers of Singing News Magazine. Freedom Quartet is among Gospel Music's finest. The quartet has a vocal blend that is familiar and fresh. From rousing renditions of quartet standards like "Hide Thou Me", Burman's bass signature "Operator", to their newest hits "To Lift Somebody Up", and "I Am A Christian!", Freedom Quartet is sure to take the audience on a musical journey through times and emotions rarely experienced.

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Capital hosts Funky Thanksgiving

Army Flier
Staff Reports

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.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

ONGOING — 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.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street

on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at vfwpost6683.

ONGOING — Military Order of Purple Heart meetings are the third Tuesday of each month at 5:30 p.m. at American Legion Hall on East Lee Street. For more information, call 334-347-2727 or 334-447-6954.

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

DEC. 2 — The Disabled American Veterans Wiregrass Chapter 99 will host a pancake breakfast from 7-11 a.m. at the New Brockton Town Hall at 706 E. McKinnon St. Cost is \$5 per breakfast – seating will available or people can get an order to go. All net proceeds will provide service funds for active-duty military, veterans and family members. For information, call 334-718-5705.

DEC. 14 — The Disabled American Veterans Wiregrass Chapter 99 will hold its sixth annual Community Christmas Get to Gather from 6-8 p.m. at the New Brockton Senior Center to show its appreciation to all in the Wiregrass, along with active-duty military, veterans and family members, that have supported the chapter’s efforts. Beverages, hors d’oeuvres and Christmas sweets will be available. People should RSVP by Dec. 9. For more information or to RSVP, call 334-347-0114.

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.

ONGOING — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

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. 28 — The Army Aviation Association of America will host its general membership meeting, holiday social and Toys for Tots drive from 4:30-7 p.m. at The Landing. Guest speaker will be retired Col. Mike Barbee. AAAA members and guests are welcome to attend, and also to bring an unwrapped toy or gift for the Wiregrass Area Toys for Tots program. For more information, visit www.ruckeraaaa.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.

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

Beyond Briefs

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 puts on its production of “A Christmas Carol” by Charles Dickens at various times through 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.

‘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/>.

Gem, mineral, jewelry show

The 47th annual Montgomery Gem, Mineral and Jewelry Show will be held Dec. 1-3 at the Garrett Coliseum. Dealers will have beads, crystals, geodes, rough, cabochons, gem stones, finished jewelry, tools, supplies, and mineral and fossil specimens, according to organizers. Club members will display their individual collections, and will give demonstrations on gem and rock cutting, faceting, cabochon making and knapping.

Show times will be 9 a.m. to 6 p.m. Dec. 1, 10 a.m. to 6 p.m. Dec. 2 and 11 a.m. to 5 p.m. Dec. 3. Cost is \$2 for adults, \$3 for a weekends pass, and admission is free to those 18 nd younger with a student ID and paying adult.

For more information, send an email to gemshow@montgomerygemandmineralsociety.com or visit montgomerygemandmineralsociety.com.

com/mgms/index.php/annual-gem-show.

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 Skyliift 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>.

Governor’s mansion Christmas tours

Alabama Governor’s Mansion Christmas Candlelight Tours will be available Dec. 4, 11 and 18 from 5:30-7:30 p.m. Admission is free and tickets are available at the Governor’s Mansion Gift Shop. No reservations are required. For more information, call 334-834-3022 or visit governor.alabama.gov/governor-kay-ivey/governors-mansion.

Mobile Delta: Glass & Light

The Mobile Museum of Art is hosting the exhibit, “The Mobile Delta: Glass & Light”

through March 11. Rene Culler’s site-specific work is a mural in glass that celebrates the species-rich delta and its atmospheric qualities. The delta is a changeling environment that is constantly shaped and molded by the weather and waterways, according to museum officials. As the grasses, almost transparent, catch the light, Culler’s drawings and painting in glass suggest the landscape that southern Alabama holds so dear. The composition is a wall of natural light utilized as a glass canvas for drawing, painting and printing with vitreous enamels. The museum is located at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children under 6 are admitted free.

For more information, visit <http://www.mobilemuseumofart.com/>.

Jacksonian Guard Colors Ceremony

People are welcome to celebrate Florida becoming a U.S. territory in Pensacola, where the original ceremony took place on July 17, 1821. The Jacksonian Guard is a Pensacola re-enactment group of Jacksonian era and Spanish soldiers, fifers and drummers who perform a colors ceremony the third Saturday of each month at noon in Plaza Ferdinand on Palafox Street downtown.

For more information, visit <https://downtownpensacola.com/businesses/jacksonian-guard>.

‘TRIANGLE OF DEATH’

Commando Soldiers reflect on historic 10th Mountain Division deployment to Iraq

By Melody Everly
Fort Drum Garrison Public Affairs

FORT DRUM, N.Y. — There is nothing that can compare to the feeling that washes over redeploying Soldiers as they step off the airplane and their boots touch the ground at their home station.

After more than a year of working from sun up to sun down in remote locations where showers and hot meals – let alone phone or Internet access – are often a rare treat, they know that in a matter of hours they will finally be able to embrace their loved ones again.

When the last of the 3,500 Soldiers from 2nd Brigade Combat Team returned home from a grueling deployment to a region of Iraq known as the Triangle of Death in November 2007, they had accomplished monumental feats. Their tireless efforts had resulted in a dramatic decrease in attacks on coalition forces and had been instrumental in bringing peace to what had long been regarded as one of the most volatile areas in Iraq. They had reason to be proud.

But it came at a high cost for the brigade.

Fifty-four Soldiers died during the 15-month deployment and another 267 were wounded as they fought alongside their Iraqi counterparts, crippling insurgent forces and bringing peace to the region.

Lt. Col. Shane Finn, 10th Mountain Division (LI) G3, who served as commander of C Company, 4th Battalion, 31st Infantry Regiment during the deployment, said that as they greeted their family and friends, the Commando Soldiers were keenly aware of the void left by their fallen comrades.

“You’re so happy to be home and so relieved to have closure from that 15-month deployment,” he said. “At the same time, all I could think was – there are some really great people who should be here today.”

Ten years after the conclusion of the historic deployment, the region remains stable – evidence that the blood, sweat and tears of the Commando Soldiers have had a lasting impact, said retired Col. Michael Kershaw, who commanded the brigade during the deployment.

INTO THE TRIANGLE

“We knew – going into this deployment – that it would be extremely difficult,” he said. “The area was extremely volatile and the local people weren’t used to having a steady U.S. presence in their communities. As I spoke with the Soldiers, I asked them to think – ‘How am I going to leave south Baghdad? Am I going to leave things better than when I got here?’”

In August 2006, the brigade departed for what was slated to be a yearlong deployment. Their area of operations was a large section of agricultural land just south of Baghdad, bordered on the southwest by the Euphrates River and crisscrossed by a series of irrigation canals.

The region was in a constant state of turmoil due to sectarian fighting between the Sunni and Shia tribal populations.

Terrorists and insurgent forces had taken advantage of this political unrest and of the region’s close proximity to Baghdad and had established a vast presence in the area.

They had amassed large stockpiles of weapons from stores left behind by Saddam Hussein’s regime, and, as Soldiers of 2nd Brigade later discovered, they had hidden thousands of these weapons throughout the Triangle.



ARMY PHOTO

A Soldier of C Co., 210th Brigade Support Battalion, discusses an Iraqi boy’s illness with 2-4th Bde., 6th Iraqi Army Div. medic Sgt. Maj. Hassan at a medical operation Dec. 25, 2006, in the Al-Jazir neighborhood of Mahmudiyah, Iraq.

Since the arrival of U.S. forces in Iraq in 2003, the insurgents had focused on undermining operations by planting improvised explosive devices in areas military vehicles frequently passed through.

One of the most heavily armed roads was Route Malibu, a winding roadway that ran roughly parallel to the Euphrates River. The route was vital to the enemy’s ability to supply munitions and materials to insurgent forces in Baghdad, said former 10th Mountain Division (LI) chief of staff Col. Mark Manns, 4-31st Infantry executive officer for the deployment.

“There was only one way in and out on Route Malibu,” he said. “As you traveled farther from the main junction, you were going deeper into hostile territory.”

When IEDs detonated, they left massive craters in the raised roadway.

“The road was only wide enough to accommodate two-lane traffic and – in some places – only a single lane,” Manns said. “When these IEDs would go off, there was no way to drive around the craters, so you couldn’t resupply and you couldn’t move troops to where you needed them.”

If the Soldiers didn’t maintain constant watch while they waited for repair crews to arrive, insurgents would sneak in and plant additional IEDs in the craters so that when crews did arrive, they would sustain even more casualties.

Before they left for Iraq, Kershaw said that he and Command Sgt. Maj. Anthony Mahoney, the brigade’s senior enlisted adviser, had met with battalion leaders and discussed the challenges they would face during the deployment. They had collectively agreed that they would need to maintain a constant presence within the local communities.

“I relied on the judgment of our battalion commanders a great deal, especially given the fact that they would be the ones employing those companies and platoons in forward areas,” Kershaw said. “What we realized is that if we were going to defeat the enemy and secure our gains, we had to be outside the wire of the forward operating base.”

Platoons and companies received orders to “push out” into villages, establishing and operating out of combat outposts, or COPs.

OUTSIDE THE WIRE

Lt. Col. Chris Vitale, military adviser to the Department of State Bureau of Counter Terrorism, and commander of B Co., 4-31st Infantry during the deployment, said that life in these COPs was difficult. At first, the Soldiers seldom had hot meals, and they often went 30 to 60 days without a real shower. In the beginning, they slept on dirt floors more often than not and there was very little room to move about inside the wire.

“They endured a hardship that was not common for a war that was categorized by FOB life,” he said. “Even when not outside the perimeter of our patrol bases, the Soldiers could not ever let their guard down, because at any moment an ... attack was possible.”

Finn recalled one particular mission in which he and his company had been sent out to investigate an intelligence tip. The search began with a photograph that showed two Iraqi men burying an unidentified object in the ground.

“I sent one of my platoons, not really knowing what they would find, and they uncovered a cache of sniper weapons,” he said. “One cache led to 10, and over the course of the next few weeks, we found over 100 caches along this one stretch of canal.”

All told, the company uncovered thousands of IEDs in the month of October, in spite of constant enemy attacks.

“We kicked over a hornet’s nest and the fact that the enemy was hitting us from every direction made more sense after that,” he said. “They realized that we had found their operational cache and that this was going to have a huge impact on their ability to project attacks.”

While the Commando Soldiers were succeeding at their mission to disarm and eliminate enemy forces, they did not receive much support from members of the

local villages at first, Finn said.

“It was frustrating because we were there to help them, but they really weren’t giving us any information,” he said. “What we realized is that we weren’t asking the right questions. We were asking them ‘where is the enemy,’ when we really needed to begin by establishing trust.”

Manns said that the Soldiers quickly learned that some of the local villages did not have clean water. Many did not have electricity and medical care was extremely limited. The brigade leaders realized that if they wanted to win the hearts of the local people, they needed to begin by helping to provide for some of their most basic needs.

In the months to come, the Soldiers of 2nd Bde. worked to establish relationships with village leaders. They brought in medical support, providing more than 10,000 Iraqis with care. They worked with partners from the Iraqi police and army to create and man joint security stations, and local concerned citizens groups formed in villages across the region. Community members were employed to complete a wide range of projects aimed at building the infrastructure of the local villages.

MISSION EXTENDED

After seven months in Iraq, Commando leaders received word that the deployment would be extended to 15 months. Manns said that – at first – it was disheartening to many of the Soldiers.

“When you get extended, you take it in stride for the most part,” he said. “But to get this news when you are halfway through a deployment in an area this volatile – it was very difficult on the Soldiers.”

Manns said that, despite their initial disappointment, the Soldiers of 2nd Bde. showed an incredible level of resiliency.

“I’ve never seen a more professional group of Soldiers,” he said. “They came here to accomplish their mission, and they were going to do so no matter what chal-

SEE TRIANGLE, PAGE C6

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Triangle

Continued from Page C5

lenges they faced. They were a family and they rallied together. It was incredible to see.”

A few months later, the resiliency of that family was tested yet again.

In the pre-dawn hours of May 12, a team consisting of seven U.S. Soldiers from D Co., 4-31st Infantry, and an Iraqi soldier were ambushed while guarding a section of Route Malibu. Their attackers placed IEDs in the road in front and behind the two Humvees, cut the concertina wire, lobbed grenades into the vehicles and then swarmed in with guns blazing.

When reinforcements arrived, five of the eight Soldiers had been killed and three had been captured.

The search for Spc. Alex Jiminez, Pfc. Byron Fouty and Pvt. Joseph Anzack Jr. began immediately, with thousands of Soldiers involved, aided by special operations forces and helicopters from 3rd Infantry Division and 1st Cavalry Div.

Eleven days later, on May 23, Anzack’s remains were discovered in the Euphrates River, south of the area of the ambush. Fouty and Jiminez were still missing. In the months that followed, the brigade incorporated search efforts into every mission they conducted.

Finn said that throughout the search, the Soldiers of 2nd Brigade conducted themselves with a level of professionalism that further solidified the bonds with members of the local community.

“I think they expected us to react a lot differently,” he said. “The fact that the Soldiers – in spite of pain of losing their comrades – continued to show discipline and treat the Iraqi people with respect and courtesy – I think that had a profound impact on our relationship with them.”

For the remainder of the deployment, interdependence and communication between the Soldiers and the local population flourished. Citizens came to the Soldiers with information regarding insurgent movement. A tribal council of more than 30 leaders was formed to ensure that peace-keeping efforts would continue after the deployment came to a close.

By the time the 3rd Brigade Combat Team, 101st Airborne Div. “Rakkasans” took over operations in October 2007, violence in the region had declined drastically – a sure sign that the Commando Brigade’s efforts had made an incredible impact.

As redeployment approached and the realization set in that they would be going home without their missing brothers-in-arms, Kershaw said that he and Mahoney made certain that the Commando Soldiers knew that efforts to locate Fouty and Jiminez would continue.

COMING HOME

“We talked to every aircraft load of people as they were getting ready to leave the FOB in Baghdad,” he said. “We gave them the most up-to-date information we had, and that included information on how U.S. forces in the region planned to continue the search.”

Finally, on July 9, 2008, the Department of Defense announced that the bodies of Jiminez and Fouty had been recovered and were being returned to their families. Kershaw said that bringing the fallen back to be put to rest provided important closure for the families and the Soldiers of 2nd Bde.

“One of the hardest things for leaders is knowing that – especially in a combat situation like this – you cannot guarantee everyone will come home alive,” he said. “I can’t take back the loss that those families have experienced, but knowing that the Army was able to fulfill the promise we made – that we would bring all our



ARMY PHOTO

A Soldier from 2-15th Field Artillery Regt., 2nd BCT, 10th Mountain Div. (LI), searches for weapons caches in a palm grove near Mahmudiyah, Iraq, 17 miles south of Baghdad.

sons and daughters home – it meant a great deal to me, and I know it meant a lot to the families.”

LASTING IMPACT

Reminders of the deployment will forever be with the Commando Soldiers who served. The physical scars that many of them bear are an outward sign of the lasting impact, but the memories of fallen brothers-in-arms and the strength and resilience the Soldiers developed as they learned to thrive in the face of great adversity have had an even more profound impact, Finn said.

“Hardships shape you,” he said. “Your personal character is molded, and you become wiser as an individual and as a professional.

“I think that if you look at all the NCOs and officers who came out of that deployment, their experiences made them better people and better leaders. Over the course of the past 10 years, they have had an amazing impact in the lives of so many Soldiers,” he added.

When asked who the heroes of the deployment were, some said that it was the medics who treated casualties and kept the unit focused in the chaos that followed an IED attack. Others said that it was the senior leaders who consistently communicated the value that each individual – from the youngest private to the most senior Soldier – was an integral part of every mission. Finn said that, in his mind, every Soldier in the brigade displayed a level of resiliency and dedication that was nothing short of astounding.

“There was no one Soldier who did anything more or less heroic than the Soldier to the left or to the right,” Finn said. “Any time you deploy together and you share in hardship, there is going to be a bond, but the bonds that developed from that deployment are stronger than usual. We grew through those experiences, and I don’t think there is much that one Commando Soldier would not do for another.”

Kershaw said that as he looks back on the deployment and the work that the Soldiers of the brigade accomplished, he could not be prouder.

“In a situation where others may have given up or lost hope, they never faltered,” he said. “They redoubled their efforts, and not only did they continue



Sgt. Jon Beauvais and Sgt. Brian Nicoson, both assigned to A Co., 2-14th Inf. Regt., pay their respects to fallen comrade Sgt. Steven Packer during a memorial ceremony May 26, 2007, at Patrol Base Dragon, Iraq.

to meet the mission, they never gave up on making south Baghdad a better, safer place than when we arrived. Ten years

later, time has shown that it wasn’t just an aspiration of ours – we were able to play a part in making that happen.”



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NOVEMBER 23, 2017

SOMETHING FOR EVERYONE

Digital system allows customizable fitness

By **Jeremy Henderson**
Army Flier Staff Writer

Hectic schedules often leave little time for fitness, but Fort Rucker's physical fitness centers offer a service to help make a healthier, active lifestyle more attainable.

Well Beats, a service billed as a virtual presentation and live experience, offers a wide range of formats customizable with various intensity levels and time lengths through video instruction, according to Lori Ciranni, Fort Rucker sports, fitness and aquatics manager.

"Not everyone can spend one or two hours in the gym," Ciranni said. "We understand life can be busy, especially for military families. Well Beats allows patrons to find the format that works best for their fitness level and schedule."

"Participants can select the intensity level that works best for them," she added. "If you haven't been to the gym or worked out in a while, then Well Beats can help you get back into a routine. Maybe you are in good shape and simply want to push yourself to the next fitness level? This program can help you reach that goal."

People of all levels of fitness can find just the right program to fit their desired goals and challenges, Ciranni said.

"There really is something here for everyone," she said. "The program offers formats for many different age groups. It covers activities ranging from yoga and dance to weight training and cardio. If you are looking for a new fitness routine or a way to get back in shape, this program can help you find a method that works for you."

According to Ciranni, the program offers more than a dozen different fitness formats customizable to fit 20, 35 and 50-minute time frames. Formats will be updated quarterly.

"The ability to select different time lengths for the workout will allow everyone to find the time for fitness and to decide what works best for their individual goals," she said.

Group fitness schedules are available at the front desk of both PFCs or online at <http://rucker.armymwr.com/us/rucker/programs/fitness-centers/>.

For more information, call 255-3794 or 255-2296.



PHOTO BY JENNY STRIPLING

Patrons participate in a previous yoga class at Fortenberry-Colton Physical Fitness Center. Yoga is among the numerous class offered through Well Beats.

SAMPLE OF AVAILABLE FORMATS

FUSION

Class combines yoga and Pilates moves, with attention to breath, form, flow and body balance. Benefits include improved posture, joint flexibility and range of motion to ensure better movement and fewer injuries; reduced stress levels; focused mind and raised consciousness levels through controlled breathing; and increased toning, flexibility, and core strength that can alleviate back pain.

VIBE

Dance-based classes that combine various styles from Latin to urban, hip hop and more. Benefits include burned calories and improved coordination; developed self-expression and self-confidence; a fun, efficient total-body workout; and a variety of music and dance styles to help participants stay motivated.

STOMP

Step classes with easy to follow and inventive patterns that provide a total-body, cardio-driven workout. Benefits include a cardio workout that raises overall fitness level and while increasing heart and lung capacity; improved bone health and density; a great glute and leg workout that burns loads of calories for a leaner body; and an adjustable step so participants can choose intensity levels.

REV

Cycling classes that help maximize calorie burn and increase cardio and muscle endurance with a mix of sprints, climbs, intervals, drills, terrain and technique training. Benefits include interval training that increases cardiovascular fitness fast and helps burn maximum calories; routines that tone and shape legs, hips and glutes; and a no impact, low coordination and variable resistance to accommodate all fitness levels.

KINETICS

Multi-activity class that includes sport-style cardio intervals interspersed with resistance training circuits and muscle isolation work. Benefits include high calorie burn; routines that tone and shape the body while increasing strength through core conditioning work; improved heart and lung capacity as well as agility and coordination; combined strength and sports exercises to help raise overall fitness and stamina; and high and low-impact options so participants can decide on exercise intensity.

TKO

A fusion of martial arts disciplines, each class includes a combination of punches, kicks, strikes and techniques for a total-body workout. Benefits include a cardio fitness workout that increases heart

and lung capacity; a full-body workout that tones and shapes key muscle groups such as the core, shoulders and legs; calorie burning for a leaner body; an authentic martial arts workout that improves coordination, agility and joint stability; and "shadow" fighting that relives stress and builds self-confidence.

TRANSITIONS

Class offers a multi-level mix of cardio, resistance training, balance, mobility and awareness skills that can greatly benefit older adults. Benefits include improved overall fitness level and health; improved muscular strength and endurance; improved agility, flexibility, core stability, posture and balance; reduced risk of bone and joint degeneration; and weight loss through elevated calorie usage.

DEFINITIONS

Classes offer a focus on multi-dimensional and isolated total-body training utilizing the best of today's leading sculpt techniques. Benefits include balance, posture and core training that shapes, tones and defines; improved bone health and density; simple exercises using a variety of equipment that enables participants to determine their level of intensity; and improved muscular strength and endurance.



COURTESY GRAPHIC

TRICARE CHANGES:

Enrollments shifting from fiscal to calendar year

By **Jenny Stripling**
Lyster Public Affairs Officer

Starting Jan. 1, cost changes for TRICARE benefits transition from a fiscal year period to a calendar year period.

"Changing from a fiscal year (Oct. 1 – Sept. 30) to a calendar year (Jan. 1 – Dec. 31) makes the TRICARE benefit consistent with civilian health plans," said Capt. Alyssa Schlegel, chief of managed care at Lyster Army Health Clinic.

The change will largely affect those plans that have an enrollment fee and are currently billed by the fiscal year. This includes retirees and their family members in TRICARE Prime, TRICARE Retired Reserve, TRICARE Reserve Select and those in TRICARE Young Adult plans. This change is one of several changes that TRICARE is adopting in 2018, she said.

Enrollment fees apply to retirees and their family members enrolled in TRICARE Prime, those enrolled in the premium-based plans, and several others to include:

- TRICARE Young Adult-Prime Option;
- TRICARE Young Adult-Standard Option;
- TRICARE Retired Reserve;
- TRICARE Reserve Select;
- Continued Health Care Benefit Program (this will continue to follow a fiscal year cycle); and

SEE TRICARE, PAGE D3

'GET VACCINATED NOW'

DOD: Immunizations, antibiotics matter for patient safety

Department of Defense
Patient Safety Program

ROCKVILLE, Md. – As the temperature gets cooler, contagious illness like influenza begin to spread.

To help prevent illness in the first place, many awareness campaigns in November and December focus on the use of vaccines and antibiotics.

Antibiotic Awareness Week, National Handwashing Awareness Week and National Influenza Vaccination Week are a few campaigns that tend to trend in social media this time of year.

The proper use of both immunizations and antibiotics in the Military Health System plays a unique role in supporting military readiness by keeping beneficiaries safe through appropriate prevention and treatment strategies, at home or abroad.

As flu season approaches, MHS's Director of Quality Improvement Studies Dr. Diana Jeffery has advice for everyone: "Get vaccinated now."

Although the exact timing and strain make-up of every flu season is not precisely known in advance, medical officials know that the peak period typically begins in the winter-time. Nonetheless, Jeffery's advice to staying healthy this flu season is to get vaccinated one month ahead of peak season – usually January-February in North America.

Vaccinate all family members, not just the service member. There is even good evidence for vaccinating pregnant women, she said. Report vaccination administration to your primary care manager, especially if you get it on your own, as a way of documenting future benefit from protection and risk with exposures.

"It's up to all of us to be vigilant," Jeffery said. "We need to be mindful of the U.S. flu season, as well as sea-

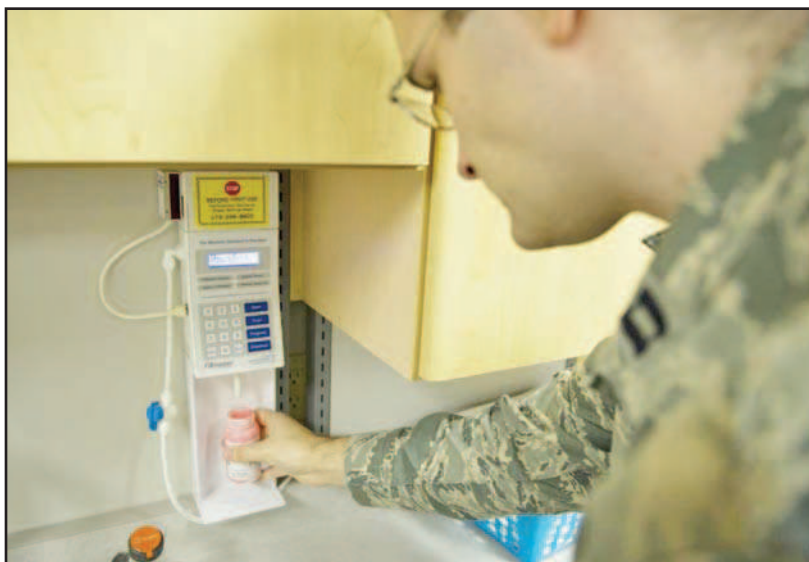


PHOTO BY AIR FORCE AIRMAN 1ST CLASS JOSEPH PICK

Air Force Capt. Kristofer Yaple, chief of pharmacy services for the 1st Special Operations Medical Support Squadron, mixes water with powdered amoxicillin for a prescription at Hurlburt Field, Fla., Jan. 10.

sonal variations where troops may be deployed."

Overall, immunizations prevent illnesses resulting from either a viral or bacterial infection which, without prevention, can lead to more doctor visits, medical treatments and time away from work.

"The influenza vaccine can help reduce the incidence of upper respiratory illnesses during flu season, which then limits unnecessary antibiotic use," explained Lt. Col. Paige Waterman, an infectious disease physician and co-chair of the DOD Antimicrobial Stewardship Working Group. "Vaccinations against pneumococcal pneumonia and H. flu, both bacteria, have also been shown to lower infection rates, especially among children. Before vaccines, these bacteria were becoming more resistant to usual antibiotic therapies. Vaccines have the double benefit of reducing both disease and antibiotic resistance."

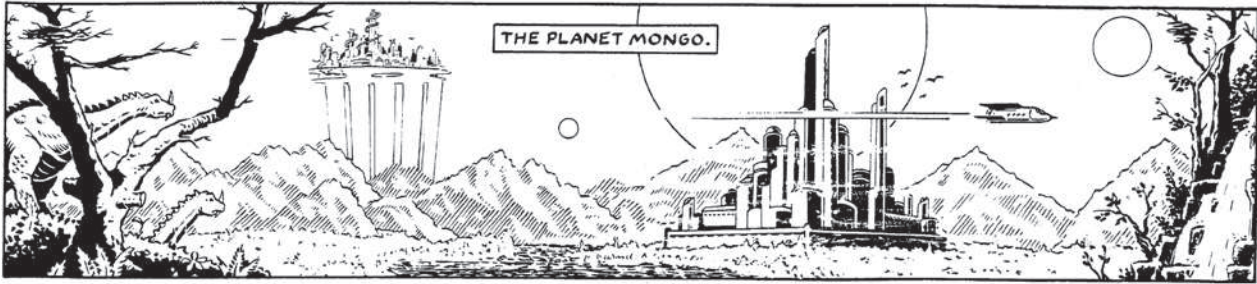
The MHS's Antimicrobial Stewardship Program is committed to

improving the understanding of appropriate antimicrobial use through surveillance of bacteria and antibiotic prescribing practices. Combined with DOD efforts to develop new diagnostics and therapeutics, the ASP aims to optimize patient safety through prudent use of antimicrobials and education of providers and patients.

"We're not the antibiotic police," Waterman said. "Instead, we are asking providers to consider both the risks and benefits of prescribing antibiotics, recognizing that risks from antibiotics can often outweigh benefits. Some physicians prescribe antibiotics up front to avoid patients returning for a second visit. However, the cost of rising resistance and serious antibiotic-associated diarrhea far outweighs the benefit of convenience. It's clear that we already over-prescribe antibiotics for a number of routine illnesses like upper respiratory infections."

SEE SAFETY, PAGE D3

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

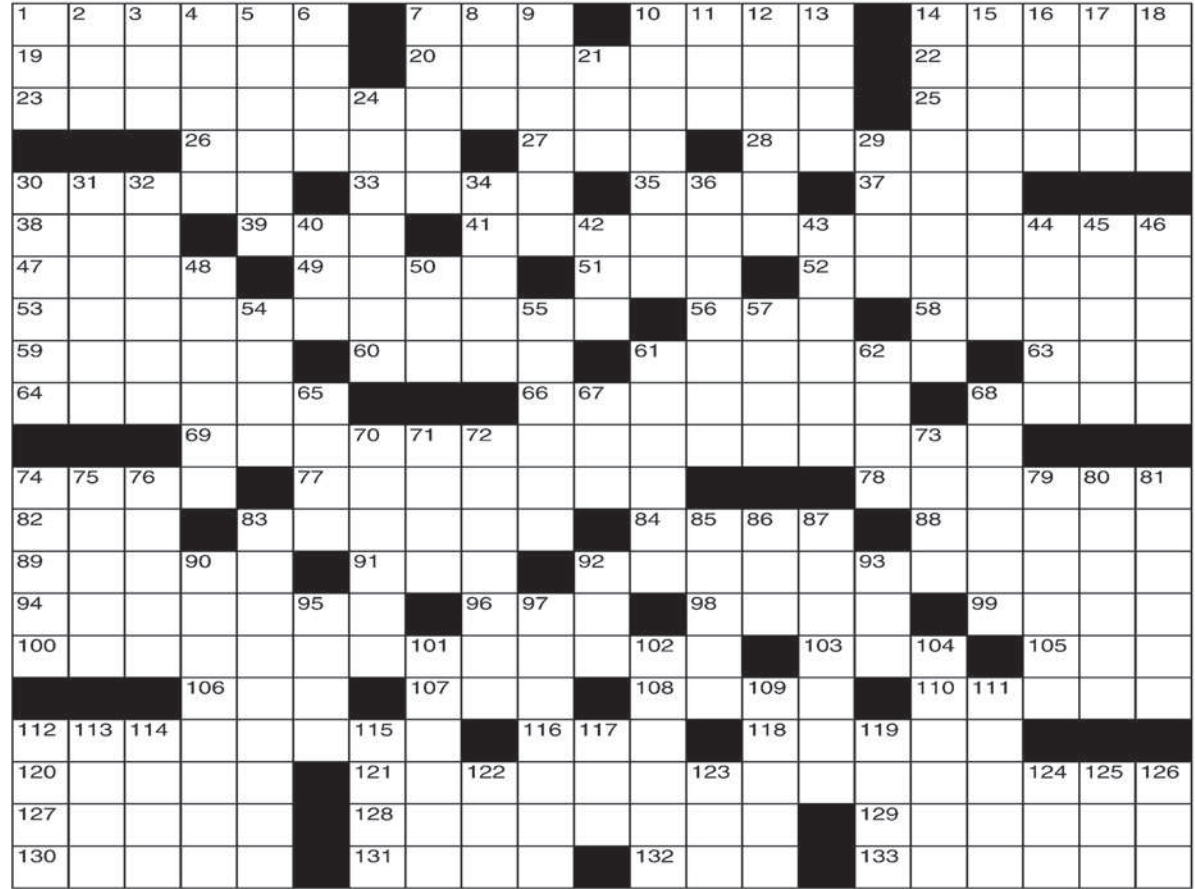
- COMICS: What was Superman's birth name on the planet Krypton?
- LITERATURE: Which poet wrote the line, "How do I love thee? Let me count the ways"?
- GEOGRAPHY: What is the capital of India?
- GAMES: In the game of checkers, how many pieces do you start with?
- U.S. STATES: Which state's nickname is The Old Line State?
- ANATOMY: What part of the brain regulates breathing?
- FAMOUS QUOTATIONS: What French statesman and military leader once observed: "Glory is fleeting, but obscurity is forever"?
- MOVIES: Who was the choreographer for the movie version of "West Side Story"?
- U.S. PRESIDENTS: What U.S. president lost two sons in war, the first in World War I and the second in World War II?
- LAW: What part of the Constitution deals with arrests, searches and seizures?

See Page D3 for this week's answers.

Super Crossword

BOXING CLASSES

- ACROSS**
- Racket string material
 - Mornings, in brief
 - Tip politely, as a cap
 - Foe
 - Goddess of the arts
 - Single guy
 - Cartoon art of Japan
 - Flip one's lid
 - Certain
 - Proportional relationship
 - Millennium ends?
 - Bottle plugs
 - Welsh pooch
 - Brit's baby buggy
 - "I think," to a texter
 - Former miler Sebastian
 - Rainbow part
 - Drake's genre
 - Small, aggressive fowl
 - 24-hr. sources of bills
 - Sorority letter
 - Bluto pursued her
 - Having ill will
 - Free-swimming, stalkless echinoderm
 - In addition
 - Big blender brand
 - "— Was a Lady" (Ethel Merman song)
 - Crystal ball user
 - Spring or fall
 - Discontinue
 - Martyr who's the patron of sailors
 - Made red-faced
 - 24 hours —
 - Rouse to action
 - Close kin, for short
 - Final deed
 - Walks pompously
 - Capote, to pals
 - Distill brine from
 - Put in a juicer
 - Fertiliser compound
 - "Crimewave" director
 - "... bug — feature?"
 - Wallow, as a pig in mud
 - Erase from memory
 - Crude
 - Kansas city
 - In — (testy)
 - Language of Chaucer
 - Gershwin's "Concerto —"
 - Prefix with propyl
 - Suffix with urban
 - Wormfish lookalike
 - Focal points
 - Aspiring attys.' exams
 - Make dingier
 - roll (hot)
 - Mizrahi of fashion
 - See 97-Down
 - Genre for a headbanger
 - Carried
 - Motorcycle attachments
 - Dwell too much (on)
 - Hog havens
 - Smell
 - Vote against
 - Word that can follow seven key words in this puzzle
 - Half — (latte order)
 - Ocean east of Ga.
 - Your, old-style
 - Knighted maestro Solti
 - One-sided
 - 1909-13 president
 - Detest
 - Risque West
 - Proposed arrangement
 - Mass per unit volume
 - Trite
 - City near Sacramento
 - Worry
 - Pest control option
 - Examines
 - Loathsome
 - Love god
 - "I'm game!"
 - Easter roast
 - Server
 - rewarders
 - Dos + seis
 - Vexes
 - Gulp down more than
 - Renovated
 - Die away
 - Toy dog
 - 1861-65 prez
 - Neither fish — fowl
 - Elected
 - Falsified, as a check
 - Kagan on the bench
 - Dweebish
 - Makes quiet
 - Mao — -tung
 - Hot-rod engine
 - PLO leader
 - Island with Interstate H1
 - Philosopher Jean-Paul
 - Chances
 - Eye rudely
 - Pen brand
 - Exuberant cry in Mexico
 - Downs a brew, say
 - Ruler of yore
 - Like escapees
 - Sicilian lava spewer
 - Play, as a guitar
 - Shiraz native
 - Put together
 - Edenic place
 - Most factual
 - Fights
 - Sounds after hang-ups
 - Nobelists
 - Root
 - Z (total)
 - Singer Etheridge
 - Doctor's field
 - 1914-18 conflict: Abbr.
 - Galloped
 - Stagger
 - With 120-Across, from square one
 - Sea nymph
 - Tribal illness curer
 - In a sauce of blazing liquor
 - Itsy- —
 - Italian for "pardon me"
 - Smidgens
 - Gershwin's "— Rhythm"
 - Goa garb
 - Really, really
 - JFK's home
 - "That's — blow"
 - Ruckus
 - History topic
 - Subdivision: Abbr.
 - "Kinda" suffix
 - Texas hrs.

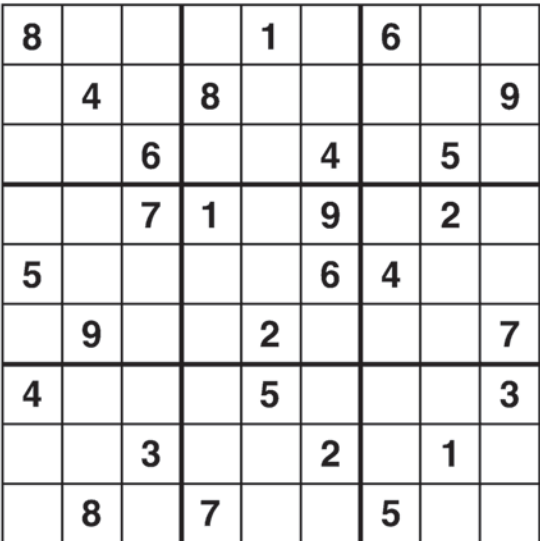


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See Page D3 for this week's answers.

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

Riddle Card

- What's the best way to turn people's heads?
- Why is a mousetrap like the measles?
- What's the cheapest feature of the face?
- Why are cowardly soldiers like butter?
- What animal keeps the best time?

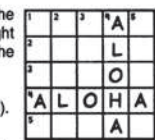
Answers: 1. Go to church late. 2. Because it is catching. 3. Nostrils; they are two for a scent. 4. Because it is melting, when exposed to fire. 5. A watchdog.

WHAT EUROPEAN CITY is hidden in the following sentence?

AT HARVEST TIME THERE WAS SO MUCH CORN WE HAD TO WEIGH THE BUSHELS IN KILOTON BATCHES!

THE "HELLO" AND "GOODBYE" PUZZLE! Can you find the four five-letter words to complete the word square on the right by using the definitions below? All words used must read the same across and down.

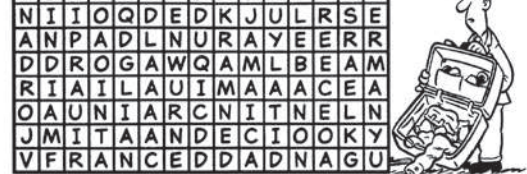
- Covers a "tidy" area.
- Member of violin family.
- To shove aside.
- A greeting or farewell (given).
- An emphatic denial.



Junior Whirl

by Charles Barry Townsend

GET OUT YOUR PUZZLER'S PASSPORT!



See if you can tour 22 countries in less than five minutes. Hidden in the diagram above are the names of various countries around the world. They can be found by reading up or down, or side to side. You'll even find them diagonally, going up or down. Letters can be used more than once. Listed below are the countries you're looking for.

ALGERIA	GREECE	JAMAICA
BELGIUM	INDIA	JORDAN
CANADA	IRAN	KUWAIT
DENMARK	IRAQ	LEBANON
ECUADOR	IRELAND	PERU
FINLAND	ISRAEL	POLAND
FRANCE	ITALY	UGANDA
GERMANY		

Wishing Well

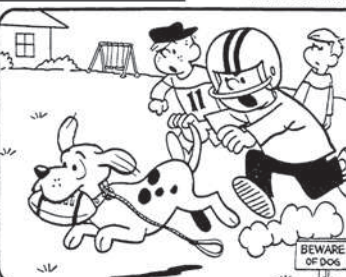
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the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

4	6	3	4	8	3	4	7	4	3	7	3	2
A	N	A	F	A	C	F	M	E	K	U	N	S
6	5	7	8	7	6	5	3	2	8	5	3	4
E	M	S	C	I	V	O	O	T	C	R	W	C
8	4	8	4	6	3	4	8	6	3	7	6	2
E	T	P	I	E	L	O	T	R	E	C	Q	A
7	8	4	2	5	6	4	5	2	5	4	2	3
E	C	N	R	E	U	S	T	T	I	A	A	D
2	3	5	7	3	5	3	7	6	8	5	7	3
N	G	M	N	E	E	M	J	I	H	T	O	I
4	5	7	8	7	3	6	3	4	2	5	8	2
W	O	Y	A	E	S	T	T	A	E	D	N	W
4	8	7	4	3	4	8	3	5	8	5	3	3
K	G	D	E	A	N	E	K	A	S	Y	E	S

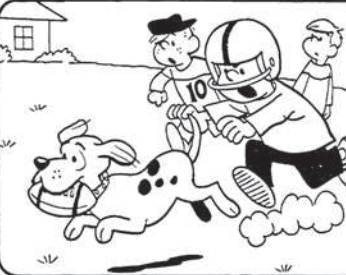
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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STATE OF MIND

Research supports meditation as a part of healthy living

Military Health Systems
Communications Office
Staff Report

SILVER SPRING, Md. — Lt. Col. Steve Zappalla was working in his cubicle at the Pentagon on the day terrorists flew a hijacked plane into the building. The force of the impact lifted him out of his seat and slammed him onto the floor.

He escaped with a concussion, but 22 of his workgroup colleagues were among 125 people in the building who died.

Zappalla, a combat arms officer, returned to the Pentagon only a few days after 9/11 to work out of a makeshift office. He tried to push the tragedy out of his mind, but “I had a lot of difficult emotions and didn’t know how to deal with them,” he said. “And my relationships with loved ones suffered.”

The father of six children retired in 2003. Still struggling, he started abusing prescription drugs and alcohol. He finally found help by taking friends’ advice to learn meditation.

“I’m less stressed, less anxious,” he said. “I’ve learned it’s OK for my mind to just be still.”

Meditation is an ancient spiritual practice that’s showing promise as a modern health innovation, as researchers discover meditating leads to brain changes that can have long-term physical and mental health benefits.

“Research has really picked up over the past 15 years,” said Army Capt. Stephen Krauss, a research psychologist and assistant professor in the Military and Emergency Medicine Department for the Consortium for Human and Military Performance, Uniformed Services University of the Health Sciences.

“There are a lot of findings supporting meditation and mind-body medicine overall,” Krauss said.

Meditation has many traditions and techniques, including mindfulness, transcendental, and Zen. Basically, it’s an exercise to train the brain to be calm and present, a “here-and-now” orientation with a non-judgmental sense of awareness.

Some meditators repeatedly intone “om,” a symbolic word of affirmation. Others mentally focus on a word or phrase, also known as a mantra, or simply on their own breaths.

Meditation can be done while sitting, lying down, or walking. When external noises, thoughts, and other distractions intrude, meditators should acknowledge them mentally, release them and then return to the original focus.

According to Krauss, the National Institutes of Health sparked meditation research by including it in studies of alternative medicines. The NIH’s National Center for Complementary and Integrative Health found that during meditation, measurable biological changes occur in body functions



PHOTO BY SPC. MARGARET TAYLOR
A Soldier with the 160th Signal Brigade meditates before duty at Bagram Air Field, Afghanistan.

that aren’t consciously controlled, such as breathing, heartbeat and digestion. These changes can help reduce stress and fatigue, lower blood pressure and strengthen the immune system, among other findings.

“It takes the body about three minutes to switch from an active response to a more relaxed response, and that’s when you start seeing meditation’s benefits,” Krauss said, adding that people who are the most anxious about it usually have the most to gain.

“Someone who has a hard time sitting still can do a moving meditation,” he said, such as walking a labyrinth. Krauss is ex-

ploring using the indoor labyrinth at the National Intrepid Center of Excellence in Bethesda as a mental health intervention for chaplains or behavioral health providers to offer service members.

Krauss said the NIH and Veterans Affairs have taken the lead on scientific inquiry, while the Military Health System is focusing on the most effective ways to incorporate meditation at military treatment facilities and in specific health and wellness programs.

Zappalla wasn’t an immediate fan of meditation. “There were 300 people sitting in silence in this big, open room,” he recalled of his first attempt, a free weekly community gathering in Washington, D.C. “I looked around and said, ‘Nah,’ and then left. But I knew there was something there for me because it felt like home, in a way. So I kept going back.”

Eventually, Zappalla stayed for the entire 30-minute session and since then, meditation has been an integral part of his life. He regularly meditates on his own and also attends occasional weekend or week-long group retreats.

“I’m a total believer in meditation,” he said, “because I know what it’s done for me.”

The Human Performance Resource Center offers tips for mindfulness meditation and a five-minute, guided meditation session at <https://www.hprc-online.org/articles/a-mindfulness-meditation-primer>.

TRICARE

Continued from Page D1

- US Family Health Plan.

If you’re in a plan now that requires enrollment fees, there a transition period continues through Dec. 31, so you won’t experience additional costs in 2017. During this time, you’ll continue to pay your enrollment fees. However, enrollment fees will be prorated for the three-month period and billed accordingly for enrollees who pay on a monthly or quarterly basis. If you pay enrollment fees on an annual basis, you’ll be billed for the fees to cover the three-month period and sent a billing notice for the annual fee for calendar year 2018.

TRICARE will extend payments (for example, catastrophic caps and deductibles) that usually reset on Oct. 1

through the end of the calendar year. Any enrollment fees you pay during the transition period will continue to count against the catastrophic cap until it resets Jan. 1. This means that if you reach your fiscal year 2017 catastrophic cap, you will not have additional out-of-pocket costs for authorized TRICARE-covered services for the last three months of the year. Regional contactors have discovered some errors in processing claims and are working aggressively to fix them. If you think you were charged a deductible in error, call your contractor.

On Jan. 1, new rules for deductibles and catastrophic caps will apply to some costs.

OF NOTE

- If you pay your enrollment fees by allotment, you don’t

need to do anything. You will continue to pay your enrollment fees automatically. Unless you cancel your allotment, TRICARE will continue to deduct enrollment fees starting Jan. 1. If you pay enrollment fees by electronic funds transfer (for example, debit card, credit card and electronic check) and are in an area where a new regional contractor will be delivering services, you will need to update your payment method with your new regional contractor in December.

Visit the TRICARE Changes page at <https://tricare.mil/> changes to learn more about the upcoming changes to your benefit. You can also stay in the know by signing up for email updates at <https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>. Take command of your health care by staying informed.

Safety

Continued from Page D1

In short, antibiotics do nothing to treat a virus and, in fact, can cause more harm. As a result, educational efforts for both patients and prescribers need to increase, Waterman says. Non-antibiotic symptom-targeting therapies have far greater benefits for viral diseases.

“As a health care system, however, we must be able to support return visits in the event clinical improvement does not occur in a reasonable time period,” Waterman said.

Although employed throughout the MHS, the DOD has never had a formal antimicrobial stewardship policy. In

2014, an Executive Order aimed at Combating Antibiotic Resistant Bacteria was issued and was followed by the CARB National Action Plan. In both, the DOD was required to develop a stewardship policy.

“Many military treatment facilities did have stewardship programs, but there was no coordinated effort,” Waterman said. “Antibiotic stewardship was just an additional duty for physicians or pharmacists. Unfortunately, with many competing priorities and expenses, the scope and impact of such programs were often limited.”

While pending final signature, the formal DOD instruction for antimicrobial stewardship will mandate all DOD MTFs stand

up a stewardship program. In draft form now is the corresponding implementation guidance document, which will aid facilities to put the policy into practice. Neither document is overly prescriptive, allowing for natural variability in disease, treatment, and prescribing patterns across the MHS, Waterman says.

The ASP Working Group is now receiving both antibiotic resistance (the disease-causing bugs) and antibiotic use data from collaborators at the Navy Marine Corps Public Health Center/Epi Data Center and the Army Pharmacovigilance Center, respectively. The ASP WG has tri-service staff to help MHS facilities identify trends and follow through with antibiotic stew-

ardship.

“It is too early to demonstrate the impact of the MHS’s antibiotic stewardship programs on readiness,” Waterman said. “We have baseline data and will be collecting more from across the MHS for evaluation – something never done before. With our federal government-wide coordination, it is an exciting time to see the whole picture and finally have a measurable impact on the health, safety and readiness of our MHS population.”

To learn more about Antibiotics Awareness Week and National Influenza Week, follow the DOD PSP’s Facebook page at <https://www.facebook.com/dodpatient-safety/>.

FORT RUCKER SPORTS BRIEFS

Deer season

The Fort Rucker 2017-2018 Deer Season has begun. Archery season continues through Feb. 10. Gun season continues through Feb. 10. Antlered bucks only, with three points or better on one side for both archery and gun deer season. For more information, call 255-4305.

Fort Rucker Big Buck Contest

Fort Rucker Outdoor Recreation hosts its Big Buck Contest through Feb. 10 during daylight hours. The entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and the buck must be harvested on Fort

Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a hunter education card.

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

Tactical Throwdown

The Fort Rucker Physical Fitness Center Tactical Throwdown’s fourth quarter challenge runs Dec. 4-8. The challenge for the fourth quarter is the tactical movement challenge. Participation in this challenge is free and open to all Fort Rucker active-duty Soldiers. Official attempts will be conducted during posted

dates and times, or by appointment with a functional fitness specialist.

For more information and a complete listing of the challenge rules, call 255-2296.

Rucker Gold Fitness Jump Start

The Fortenberry-Colton Physical Fitness Center will host its Rucker Gold Fitness Jump Start class Dec. 6 from 11 a.m. to noon. This class is designed for people who are over 50 who want to enhance their quality of life by learning how to become more physically active. Jump start will go over the basics of yoga, posture and cardiovascular programming. The instructor will lead

participants through movements, and answer questions on how to be stronger and improve health. Due to limited space, pre-registration is recommended.

To register or get more information, call 255-2296 or 255-3794.

Thursday Evenings on the Range

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

For more information, call 255-0089.

PUZZLE ANSWERS

Super Crossword

Answers														
CAT	GUT	AMS	DOFF	RIVAL										
ATHENA	BACHELOR	ANIME												
FLY	OFF	THE	HAND	LETS	SLOT									
	RATIO	EMS	STOPPERS											
CORGI	PRAM	IMO	COE											
HUE	RAP	BANTAM	CHICKEN											
ATMS	BETA	OYL	HOSTILE											
FEATHER	STAR	TOO	OSTER											
EADIE	SEER	SEASON	END											
STELMO		ABASHED	ADAY											
	LIGHT	A	FIRE	UNDER										
SIBS	LAST	ACT	STRUTS											
TRU	DESALT	REAM	NITRE											
RAIMI	ORA	WELTER	ABOUT											
UNLEARN	RAW	IOLA	APET											
MIDDLE	ENGLISH	INF	ISO											
ITE	EEL	HUBS	LSATS											
DISCO	LOR	ONA	ISAAC											
AGAIN	HEAVY	METAL	MUSIC											
BORNE	SIDE	CARS	OBSESS											
STIES	ODOR	NAY	WEIGHT											

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Kal-EI
2. Elizabeth Barrett Browning
3. New Delhi
4. 12
5. Maryland
6. Brain stem
7. Napoleon Bonaparte
8. Jerome Robbins
9. Teddy Roosevelt
10. Fourth Amendment



— 2017 CHEVY —
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