



He was staying with friends near Boston Common where anti-Israel demonstrations took place each week. Mast was also targeted by protesters when he made his sympathies for the Jewish state known. Mast grew up in a Christian household but was always proud of Israel, viewing it as a vibrant democracy and a friend of the U.S.

His work in counterterrorism only deepened his appreciation, as he worked with Israeli bomb disposal experts through the years. Like those who gave their all to assist wounded veterans, Mast wanted to give his all to help Israel. “I wanted to give my own blood and sweat and tears, I wanted to get to Israel to serve in my own capacity. I want to assist Israel militarily any way I can.”

He reached out to Israel’s consulate in Miami and made phone calls to see where he could help. Eventually, he found out about a program that would allow him to volunteer on an Israeli army base for a few weeks. Mast has reached out to some Israeli contacts to offer his bomb disposal expertise but he has no guarantee that he will work in the field. He’s willing to work in any field during his stint in Israel. “There’s nothing that I’m above doing, I’m happy to just help in any way I can.” A former soldier, Mast says he understands there are unglamorous that need to get done in the military. “Floors need to be swept, boots need to be cleaned, engines need to be maintained and things like that -if I can help with anything, I’m happy to do it.”

“I think we find the most worthy cause we can find, and we spend ourselves fully in them. I can’t go through life and say the best example I ever set for my kids was years ago when I was in the army, that the best thing I ever did for my country, for my brothers, for them, was back in the army. The best things I can do to set an example for my kids are in the future and will always be in the future.”

Mast says he’d like to run for congress in the near future. “I want to leave a legacy of standing up for freedom and justice, and what’s right. Life isn’t about eking out our minutes, it’s about making our communities, our families, our world the best we can.”

## 3-D printed prosthetics allow dog to run freely for first time

The idea of the prosthetics was first envisioned when Tara Anderson, director of product management at 3-D systems said “I had to try and help this dog.” Derby, the dog, was first given a cart, but it would limit his mobility. Then they designed a smooth curved prosthetic that fit perfectly to Derby’s short forearms. Derby was born with small forearms and no front paws.

Derby is able to run 2 to 3 miles every day and usually gets ahead of his owners when he goes for a walk. “The first time he was put on them, he just took off running, he was so happy.”

The design team started Derby with low prosthetics so he wouldn’t feel a drastic change of height. Slowly, they can adjust the height so it’s more fitting for his size. At first, the team had created a type of leg that looked like a pirates peg leg. But they were afraid that Derby would get stuck in the dirt when running. Then they thought of the round form, which adjusts better to his movement.

“This is what 3-D printing is all about,” Anderson said. “To be able to help anybody. A dog, person, whoever. ...there’s no better thing to be involved in.”

