

Veterans near and far flock to Fort Lee for Retiree Appreciation Day observance

SEE PAGE 5



# FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

October 4, 2018 | Vol. 78, No. 33

# THE HEAVY LOAD OF BATTLE

*Army ammo handlers vie for team-of-year title at Ord. crucible's annual competitive training event*

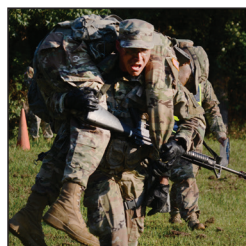


SEE PAGE 3

## QM BRIGADE BUILDS 'DAY ONE READY' WARRIORS

Advanced individual training students conquer tough physical, mental challenges while competing in quarterly Soldier Stakes competition

SEE PAGES 10-11



## ALU PICKS TOP PERFORMERS

Educator, Instructor of Year among awarded titles at university's annual ceremony

SEE PAGE 4

## FALLEN SOLDIER REMEMBERED

Street in Chesterfield County park named after Army hero who played soccer there

SEE PAGE 9

## MAMMOGRAMS WHILE YOU WAIT

Kenner Army Health Clinic service ensures easy access to breast cancer screenings

SEE PAGE 16



COMMANDER'S CORNER | HOLIDAY WEEKEND SAFETY



U.S. Army Photo

# Changing weather, daylight hours among elevated seasonal hazards

As we prepare to observe Columbus Day, the first extended holiday weekend of the new fiscal year, we are reminded that a new season of challenges to keep our military members, civilians and their families safe has begun.

The long weekend is a welcomed and much-deserved break from everyone's very demanding work and personal schedules, and I want you to enjoy it without accidents, serious injuries or loss of life.

Accident prevention is a continuous process. With the cooler and damper fall weather, new adverse driving conditions and challenges arise. Fall weather can often result in slick roads and foggy driving conditions. If traveling over this long weekend, be sure

vehicles are in safe working condition.

Additional safety measures are especially important for those riding motorcycles. With the changing weather and shorter daylight hours, bikers must ensure they are seen by other drivers and wear all required safety equipment.

This is the time of year that also marks the beginning of hunting season, which demands a high state of awareness and full compliance with local and state hunting laws. If you are planning on hunting this year, ensure you have taken all required courses and obtain all the proper licenses and permits.

To minimize our risks, we must exercise good common sense in all of our activities and manage risks using the Army Risk

Management process. To promote this, leaders will conduct safety briefings with their staff prior to the holiday weekend that focus on both on- and off-duty hazards (including recreational safety and motor vehicle safety).

Also, take this opportunity to begin preparations for winter hazards, starting with your vehicles. Conduct preseason inspections of heating units and fireplaces. Replace smoke detector batteries. Drain gas from yard equipment, and insulate water pipes if necessary.

As you prepare to depart for the holiday, I thank all of you for the remarkable things you do every day in support of our mission. Keep safety first and foremost in everything you do and have a great weekend!

Support Starts Here!

– Maj. Gen. Rodney D. Fogg, CASCOM and Fort Lee commanding general

# Mentor delivers message of proper dress, behavior

Pvt. Jimenez Nino from Victor Company, 262nd Quartermaster Battalion, holds up his completed Windsor-knotted necktie, showing a sense of accomplishment after being the first of his fellow Soldiers to finish the task during a unique training event titled "A Soldier and A Gentleman" recently. The quarterly male mentorship event was open to all company trainees to emphasize the significance of embracing their new roles as Soldiers while maintaining gentlemanly qualities. Retired Command Sgt. Maj. Willie L. Lee Jr., an Army Logistics University employee, was the instructor. The students also discussed off-duty conduct, proper shaving techniques, social media etiquette and proper civilian attire.



Contributed Photo



Commanding General ..... Maj. Gen. Rodney D. Fogg  
 Garrison Commander ..... Col. Hollie J. Martin  
 Public Affairs Officer ..... Stephen J. Baker  
 Command Information/Managing Editor ...Patrick Buffett  
 Senior Writer/Special Assignments ..... T. Anthony Bell  
 Production/News Assistant Editor ..... Amy Perry  
 Production Assistant ..... Ray Kozakewicz

To reach the Traveller Staff, call (804) 734-7147.

The Fort Lee Traveller is an authorized publication for members of the DOD, printed by Gatehouse Media Virginia Holdings, Inc., a private firm in no way connected with the U.S. Government, under exclusive written contract with U.S. Army Garrison, Fort Lee, Virginia. Contents of the Fort Lee Traveller are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison, Fort Lee Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army or Gatehouse Media Virginia Holdings, Inc. Everything advertised in this publication will be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation has been corrected.

# ON THE COVER



T. Anthony Bell

Pfc. Daniel Desena, 3rd Special Forces Group (Airborne), Fort Bragg, N.C., carries an ammunition can during the occupy and defend portion of the Ammunition Transfer Holding Point Team of the Year Competitive Training Exercise Sept. 25-28 at Fort Pickett. The annual competition brings together the Army's ammunition community "to train, evaluate and assess the most effective tactics, techniques and procedures." See story and more photos, Page 3.



# 664th EOD Company captures best ammunition handler crown

**T. Anthony Bell**

Senior Writer/Special Projects

Holding true to its higher headquarters' special designation, a First Team entry earned first place in the 2018 Ammunition Transfer Holding Point Team of the Year training exercise Sept. 24-28 at Fort Pickett.

The 664th Explosive Ordnance Disposal Company – part of the 1st Cavalry Division based at Fort Hood, Texas – beat out three other teams in the annual event pitting the Army's best ammunition handlers in a competition-style exercise designed to challenge their wits and competencies in a field environment.

"This was a great event," said 1st Sgt. Dameion Jones, first sergeant, Alpha Co., 832nd Ord. Battalion, and one of the event facilitators. "It provided us a snapshot of where we need to go in the future to create more relevant and realistic training at the schoolhouse to better prepare Soldiers for deployment."

Members of the 1st Cav. Div. team were Chief Warrant Officer 3 Vernon Wise, Staff Sgt. Harmer Prince, Sgt. Joshua Smith, Spc. Darrik Bell and Pfc. Edrick Hernandez.

In addition to the 664th EOD, an element of the 553rd Combat Sustainment Brigade, participants of the ATHP exercise included Alpha Co., 3rd Group Support Bn., 3rd Special Forces Group, Fort Bragg, N.C.; 8th Ord. Co., 246th CSSB, 3rd Expeditionary Sustainment Command, XVIII Airborne Corps, Fort Bragg; and the 23rd Ord. Co., 18th CSSB, 16th Sustainment Bde., Tower Barracks, Germany.

The teams comprised of 89B ammunition specialists and 89A ammunition stock control

and accounting specialists were required to complete several events over three days to include an Army Physical Fitness Test; road march; aircraft loading operations; ammunition identification; and occupy and defend an ammunition storage area.

Jones, who oversaw the defend and occupy event Sept. 25, said it was the most challenging for participants.

"It was very physical," said the ammunition specialist with a varied amount of experience in the ammunition management career field. "It required Soldiers to move the simulated munitions (ammo cans filled with water weighing roughly 20 pounds each) from one area to another. The participants were under duress because they knew they would come under simulated attack while they worked to segregate, store and maintain the ammunition."

Pfc. Dyllan Viquelia, a member of the 3rd SFG team, said the occupy and defend event was an eye-opener.

"It was very realistic and very hot outside, which made it even more challenging," said the Soldier who has been in the Army roughly 18 months. "It's definitely not something I do on a daily basis, but I'm really happy I got the opportunity to come out here and do this. I've definitely learned a lot."

Although the amount of participation was lower compared to past years, Jones said the exercise has many merits and does not require much change.

"Overall, I think it was a good training showdown and don't think there are many improvements it needs," he said. "I think, however, more people should be involved

SEE **ATHP EVENT**, page 15



Photos by T. Anthony Bell



(ABOVE) Pfc. Daniel Desena, 3rd Special Forces Group (Airborne), Fort Bragg, N.C., organizes ammunition cans during the occupy and defend event of the annual competition.

(LEFT) Pfc. Dyllan Viquelia, Pfc. Daniel Dasena and Staff Sgt. Sidney Jones representing the 3rd Special Forces Group (Airborne), move toward cover following a simulated attack.

(BELOW) Spc. Hunter Nelson, 3rd Expeditionary Sustainment Command, Fort Bragg, N.C., thrusts a post into the ground to secure concertina wire.







Amy Perry

Army Logistics University Distinguished Instructor honorees pose with members of the ALU leadership team after receiving recognition at a ceremony Sept. 26 in Bunker Hall's Green Auditorium. The standout winners are Maj. James C. Birk, educator of the year; Capt. Nicholas R. Greco, officer instructor of the year; Chief Warrant Officer 3 Armour W. Taylor III, warrant officer instructor of the year; Staff Sgt. Raymond Beria, NCO instructor of the year; and Dr. Marie P. Baugh, civilian instructor of the year.

## Distinguished Instructor Awards go to 17 ALU faculty members

### Amy Perry

Production/News Assistant Editor

Seventeen Army Logistics University educators received the coveted Distinguished Instructor Award during a ceremony in Bunker Hall's Green Auditorium Sept. 26.

The honorees are: Maj. James C. Birk, College of Professional and Continuing Education; Capt. James M. Bonin, Logistics Leader College; Capt. Nicholas R. Greco, LLC; Capt. Paul M. Guzman, LLC; Capt. Travis Rogillio, LLC; Chief Warrant Officer 3 Karen A. Algernon-Wallace, Technical Logistics College; CW3 Eric M. Christianson, TLC; CW3 Armour W. Taylor III, TLC; CW4 Wattana Viboolsittiseri, TLC; Sgt. 1st Class Fredrick A. Carpenter, Staff and Faculty Dept.; SFC Rosa L. Hinojosaposada, Staff and Faculty Dept.; Staff Sgt. Jason Q. Pham, Logistics Noncommissioned Officer Academy; SSG Yessica M. VanValkenburgh, Staff and Faculty Dept.; SSG Luis M. Villarman, LNCOA; Dr. Marie P. Baugh, Staff and Faculty Dept.; George J. Mekis III, LLC; and Eric L. Wagner, CPCE.

Five individuals also were singled out as instructors or educators of the year. Birk is the Educator of the Year. Greco is the Officer Instructor of the Year. Taylor is the Warrant Officer Instructor of the Year. Staff Sgt. Raymond Beria is the NCO Instructor of the Year

who also earned a distinguished instructor award in 2017. Baugh is the Civilian Instructor of the Year.

The latter individuals will represent ALU and Fort Lee at the Training and Doctrine Command level later this year. Since 2010 when the instructor recognition program began here, there have been nine ALU winners at the TRADOC level, with at least one nominee in each category.

Before the final five were announced at the recent ceremony, Michael K. Williams, ALU president, said he was excited to find out who earned those top spots.

"Our team keeps a tight lid on who wins," he said, "so I'm ready to find out those winners."

Williams said he is pleased to be part of the team that recognizes ALU's distinguished instructors, "all of whom have given their best" to the organization.

"ALU's premiere instructors and educators demonstrate a wealth of knowledge and understanding of the Army Learning Concept principles," he emphasized. "This is no small feat with roughly 310 instructors on our staff. The individuals (recognized today) represent our top five percent; clearly the best of the best."

Williams – along with Col. Jamal E. SEE **ALU AWARDS**, page 15

# NEWS BRIEFS

## Kenner Columbus Day Weekend Schedule

Kenner Army Health Clinic and Troop Medical Clinic 2 will be open Oct. 5 (training holiday) for patient care. Mosier Consolidated Troop Medical Clinic 1 will be closed that day. All clinic facilities and services will be closed Oct. 8 in observance of Columbus Day.

To schedule appointments, call the Kenner appointment line at 1-866-533-5242. To request authorization to visit an urgent care center after-hours or when the clinic is closed, call the nurse advice line at 1-800-TRICARE and choose option 1.

For an emergency, dial 911 or go to the nearest emergency room.

## VWM Art Contest

All students in Virginia are invited to participate in a World War I 100th Anniversary Student Art Contest. The Virginia War Memorial is a co-sponsor.

The contest is open to all elementary, middle and high school age students – public, private or homeschooled. Entries must be received by Oct. 18 and should address "How has World War I shaped Virginia and our world 100 years later?" One winner will be chosen from each age category and will receive a cash prize.

For details, visit <https://www.virginiawwiandwwii.org/armisticeart>.

## REAL ID Act Compliant Card Available at DMV

The Virginia Department of Motor Vehicles has begun offering Virginians the option to upgrade their commonwealth-issued driver's license or identification card to a REAL ID compliant credential.

Starting in the fall of 2020, federal officials will require a REAL ID state-issued driver's license or ID as identification to board a domestic flight or enter a secure federal facility. Drivers have ample time to obtain it.

For details, visit [dmvNOW.com/REALID](http://dmvNOW.com/REALID).

## Change to AWC Hours

Effective Oct. 15, the Fort Lee Army Wellness Center will change its hours to 7 a.m. - 4 p.m., Monday-Friday. The walk-in Bod POD Clinic will be open every Friday, 7:30-11:30 a.m. The clinic closes for lunch every day noon - 1 p.m.

The AWC is located in building 9205, Mahone Avenue. Services are available to active duty service members and their families (18 and older), military retirees and their spouses, and government civilian employees.

For details, contact Candace Lewis at 804-734-9925.

## New ID Card and DEERS Office Hours

Effective Oct. 9, DEERS will change its walk-in hours to 9 a.m. - 3 p.m., Tuesday and Thursday.

The new hours are aimed at increasing the amount of time of service for customers, decrease the wait time and retain the ability for scheduled appointments.

Customers may still schedule appointments online at <https://go.usa.gov/xPjbH> or at 804-734-7394. For details, visit [www.lee.army.mil/hrd/id.cards.deers.aspx](http://www.lee.army.mil/hrd/id.cards.deers.aspx).

## Exchange Army-Navy Game Ticket Sweepstakes

Twelve authorized Army and Air Force Exchange Service shoppers will win two seats to the 2018 Army-Navy Game through a sweepstakes until Oct. 26. The game is set for Dec. 8 in Philadelphia.

Shoppers who use their MILITARY STAR® card at any Exchange location or at [shopmyexchange.com](http://shopmyexchange.com) will automatically be entered in the sweepstakes. Travel and lodging are not included.



# Retiree Appreciation Day offers 'healthy slice of welcome home'

**Patrick Buffett**

Managing Editor

Hundreds of military veterans flocked to the Soldier Support Center Saturday for the annual Retiree Appreciation Day observance.

The RAD's overarching message is that anyone who has served in the Army is a "Soldier for Life," and as such, deserving to be kept abreast of community activities, pay and entitlement benefits, support services and more. The venue also provides valued services like ID card renewals, legal assistance and flu shots.

Opening remarks were provided by Col. Hollie J. Martin, garrison commander, and Maj. Gen. Rodney D. Fogg, CASCOM and Fort Lee commanding general. Both thanked attendees for their service and acknowledged their importance to the military community.

"We're here because of you," Fogg stated. "We stand on your shoulders and enjoy the pride of the nation because of your service. When I look back on my career, I remember the great Soldiers I've worked with for 31 years – officers, warrants and noncommissioned officers who are truly the backbone of the Army. They are individuals I can reflect upon and recognize how they shaped my career, and I can tell you that's what you represent to me and many others."

Fogg also assured the assembly that the gates of Fort Lee are always open to them. "We recognize the important role you play in our community, and we will support you with every available resource."

The RAD's featured speaker, retired Lt. Col. Maria G. Bentinck, is the deputy director of the Army Retirement Services Office in Crystal City near the Pentagon. In that capacity, she helps provide oversight of the transition assistance programs for military personnel approaching retirement and the support and information services made available to the nearly 870,000 retired members of the Army Family. In FY17,



(LEFT) Retired Lt. Col. Maria G. Bentinck, deputy director of the Army Retirement Services Office in Crystal City near the Pentagon, provides updates and discusses changes to benefits during her featured remarks at Fort Lee's Retiree Appreciation Day observance. Bentinck encouraged attendees to stay engaged in the Army's recruiting mission, noting that the telling of their stories will help America's younger generation understand the career- and leadership-building opportunities available while serving their country. (RIGHT) Maj. Gen. Rodney D. Fogg, CASCOM and Fort Lee commanding general, describes the influence of former officers, warrant officers and NCOs on his 31-year career. "We stand on your shoulders and enjoy the pride of the nation because of your service," Fogg said as he acknowledged the importance of prior military members.

she reported, another 32,000 Soldiers transitioned out of the active duty force, and the government paid over \$20 billion in retirement pay and survivor benefits and annuities.

"You can see by the numbers that we are many and considered to be the fourth component of the Army," she told the audience. "My message today is that our commitment to the service should not stop on the day we hang up the uniform. We don't become mere retirees, we become retired Soldiers, which is a big difference I hope you already feel or will realize after today."

Bentinck is adamant about retirees staying engaged with the military community.

"Your mission has changed, but your duty has not," she bluntly stated. "What we want you to do now is to hire and inspire. If you have a lead on a job ideally suited for a veteran, pass that information along.

Make those connections. You also can help our recruitment efforts by reaching out and telling others about your experiences."

On that point, she later noted how views about the military among the younger population today are largely shaped by the movies and video game industry. As a result, they're not seeing the career- and leadership-building opportunities offered by the Army. Retired Soldiers, she said, can volunteer for speaking engagements and team up with local recruiting offices to "get the stories out" about what the military did for them.

The obligation to "stay engaged" also includes staying informed. Bentinck said it's important for retired Soldiers to know what the Army is doing and what's going on at local installations like Fort Lee. She touted the retirement newsletter *Army Echoes* and its associated website [retireenews.org](http://retireenews.org), both of which are managed by her office. Those in



Patrick Buffett

need of assistance, she said, should start with the Retirement Services Office locations at each major installation as they offer a "working knowledge" of VA benefits, have information about available services and can assist with referrals to the agencies that help military retirees.

Bentinck also highlighted recent changes to health benefits during her talk. She placed a great deal of emphasis on the Tricare dental and vision plan coverage that will expire at the end of this year.

"As a replacement, you have the opportunity to enroll in FEDVIP, the Federal Employee Dental and Vision Insurance Program," she elaborated. "The cost will vary depending on the type and level of coverage desired, so what I'm encouraging you to do now is go to the website ([tricare.benefeds.com](http://tricare.benefeds.com)) to look at the plans and figure

SEE RAD OBSERVANCE, page 15



## RECOGNIZING CIVILIANS | SPOTLIGHT

# Carl L. Brown

**Hometown:** Resided in Williamsburg before entering the military

**Length of federal service:** 31 years (including military service)

**Job title:** Logistics Management Specialist

**Job duties:** “Development of sustainment training products for Transportation, Quartermaster and Ordnance. Perform tasks primarily oriented toward sustainment school training. Prepare products to identify capabilities and requirements as related to support and sustainment operations including strategic, operational, and tactical sustainment.”

**What do you love most about your job?**

“The direct impact it has on the overall training of Soldiers and leaders.”

**What do you consider your greatest achievement?** “Consistently being placed in positions to directly or indirectly influence various groups of people.”

**You were recently recognized for your professional, dedication and off-duty volunteerism – how did it feel to earn the**



Amy Perry

**award?** “It was humbling and a bit uncomfortable. I don’t volunteer for recognition, I do it because I believe that is one of the reasons God allows me to remain here. Also, as most of my volunteering is a collective effort with the Fort Lee Alumni Chapter of Kappa Alpha Psi Fraternity, Inc., all of those members should be recognized as well.”

**What kind of volunteering do you do?** “Relay for Life (cancer research). Saint Jude (children’s cancer research). Football coaching. Mentoring young men. Feeding the homeless, including veterans.”

**Why do you volunteer?** “Because I believe volunteering is one of the most selfless acts you can provide. Time is precious and irreplaceable. To willingly give of your time in support of someone or something else says a lot about you as a person.”

**What do you expect from your leaders?** “Guidance, commitment and loyalty.”

**Where would you most like to live?** “Anywhere, as long as it is with Leona (his spouse).”

**When and where were you happiest?** “I am always happiest when I am in the company of my family and friends.”

**Do you have any pet peeves?** “Long explanations drive me crazy ... just say it! Telling me you are going to do something and not doing it also bothers me a lot.”

**Which historical figure do you most identify with?** “I have too much respect for the accomplishments of historical figures such as Barack Obama, W.E.B. Dubois, Martin Luther King, Muhammad Ali and others

to identify myself with any one of them.”

**What is your marked characteristic?** “Always smiling and being upbeat.”

**What do you consider to be your spirit animal and why?** “The raven because it represents the mysterious. It is a dark, intelligent animal that is very complicated to figure out. However, the Raven’s soul is filled with creative energy.”

**What is your greatest fear?** “I don’t have any fears. I am covered by the grace of God.”

**What is your greatest extravagance?** “Pound cake.”

**Which talent would you most like to have?** “Playing a musical instrument.”

**What’s your motto?** “No Excuses ... Just Results!”

**Who is your role model?** “My mother and my wife; they are the epitome of strength and endurance.”

**What is it that you most dislike?** “Negative people.”

**What is something people would be surprised to know about you?** “That I do get angry.”

**What are your future aspirations?** “I am looking forward to an early retirement.”

– Compiled by Amy Perry

## LNCOA students support local VFW

Ordnance Soldiers from the Logistics Noncommissioned Officer Academy, Class 91B 18-017, Army Logistics University, pose after completing a community service project for Hopewell VFW Post 637 recently. The Soldiers trimmed trees, cut grass and cleared areas around a fishing pond as well as two campsites to allow VFW members and their families to fish and camp safely at its recreation area in Prince George County. Staff Sgt. Joel Demillo, small group leader, and James Cooper, civilian instructor, noted that several students related how “it is an honor to give back” to veterans and their families. “As a member and senior vice commander of the VFW,” he added, “it was my honor to work with this fine group of NCO’s, and their service is greatly appreciated by all of the members of our post.”



Contributed Photo



## WHEN YOUR CHILD IS FINDING IT HARD TO COPE, WE ARE HERE TO HELP



### ACUTE CRISIS STABILIZATION - Adolescents, Ages 11-17

- Intensive treatment programs designed to provide stabilization
- Substance Abuse/ Dual Diagnosis

### RESIDENTIAL TREATMENT CENTER - for Boys and Girls, Ages 11-17

- Structured residential treatment for pervasive emotional and behavioral issues
- School licensed by the Virginia Department of Education

*Our staff of psychiatric nurses, mental health specialists, school teachers, case managers, activity therapists, and the patient's personal psychiatrist work together to help the patient*



TRICARE Certified

Behavioral Healthcare Specialists

**(866) 546-2229**

**PROVIDING BEHAVIORAL HEALTHCARE FOR FORT LEE SERVICE MEMBERS & FAMILIES**

24 Hours A Day • 7 Days A Week • *Take a Virtual Tour:* [WWW.POPLARSPRINGS.COM](http://WWW.POPLARSPRINGS.COM)

## FULL-SERVICE DERMATOLOGY CLINIC




### Paladin Dermatology

#### OUR SERVICES

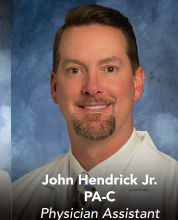
- Adult + Pediatric Dermatology
- Skin Cancer Screening + Treatment
- Reconstructive Surgery for Skin Cancer
- Acne
- Psoriasis
- Atopic Dermatitis/Eczema
- Warts/Molluscum
- Contact Dermatitis
- Acute + Chronic Rashes
- Acute + Chronic Infections
- Chemical Peels
- Botox
- Dermal Fillers

Our experienced clinical team of providers all work together to provide each patient with comprehensive care, meeting all dermatologic needs in our brand new facility.

ACCEPTING MOST INSURANCE PLANS: **Including Medicare, Medicaid, TriCare + More!**

NOW  
ACCEPTING  
NEW PATIENTS

Call to make  
an appointment



EASY ACCESS • AVAILABLE APPOINTMENTS • WALK-INS WELCOME

44 A Medical Park Boulevard, Petersburg, Virginia 23805

804.324.4511 • [www.PaladinDerm.com](http://www.PaladinDerm.com)

EXTENDED HOURS: **Monday, Thursday + Friday: 8am - 5pm**  
**Tuesday + Wednesday: 8am - 8pm**



# EMD NOTICE: parts washer violations

The Fort Lee Environmental Management Division conducts regular hazardous material audits to comply with federal, state, Army and permit requirements. The most frequent violation found on the installation pertains to parts washers/weapons cleaners.

These large, red units are used in motor pools, maintenance shops or locations where removed equipment parts frequently require solvent cleaning. Some of the recording findings on the Installation Corrective Action Plan include trash and even sporting equipment stored inside the cleaning basin, use of unauthorized chemicals other than the solvent contained in the enclosed system and lids left open while not in use. All ICAP findings are briefed to senior leadership.

Cold cleaning solvent tanks are regulated by federal, state and Army regulations. Violations of any requirements can result in a fine of \$37,500 per day, per violation. Magnetic signs located on each parts washer/weapons cleaner provide proper use guidelines and regulatory requirements such as the following:

- The solvent cleaning unit cover must be closed when not in use.
- Cleaned parts must drain for at least 15 seconds or until dripping stops.
- Waste solvent must be stored in closed containers and must not be disposed of or transferred to another party; no more than 20 percent can evaporate into the atmosphere.
- Waste solvent must be disposed of by reclamation (or incineration) at an authorized on-post facility or outside service. Do not spill or pour solvents into sewers or sink drains.
- Only non-halogenated solvent cleaners will be used.

EMD personnel perform multiple site visits during the year to ensure shops are compliant. Frequent offenders may have the unit removed in order for the garrison to be compliant with regulations and to avoid environmental liability. Be attentive and ensure the operating requirements are being performed to minimize the emissions of volatile organic compounds into the air everyone breathes.

# Sport Clips of Colonial Heights

1907 Southpark Blvd | Colonial Heights, VA 23834  
Southpark Shopping Center



**YOU WATCH SPORTS WE CUT HAIR**  
Open Sundays Until 6:00 PM

— *Introducing* —  
**ONLINE CHECK IN**  
**SAVE TIME ON YOUR NEXT VISIT!**



Local, Community Based Salon Participating In:

- Help A Hero Military VFW Fundraising
- St. Baldrick's Foundation
- Red Cross Blood Drives

TRY IT ON YOUR NEXT VISIT:

**SPORTCLIPS.COM/**  
**CHECKIN**

HOURS: SUN 10-6 MON-FRI 10-8 SAT 9-6

**804.479.3014**



NEW & USED MOTORCYCLES & ATV'S
SALES FINANCING PARTS • SERVICE

Family Owned & Operated Since 1975
www.kenscycle.com

**The Pros at Ken's Cycle Center**

Weather doesn't matter...we have a bike for all riders ~ beginners to expert.

**Personal & Courteous Customer Service**  
The way it should be.

WE SERVICE WHAT WE SELL & OTHER BRANDS AS WELL

**MAINTENANCE TROUBLESHOOTING MAJOR REPAIRS**

Mention This Flyer for **SPECIAL PRICING!**

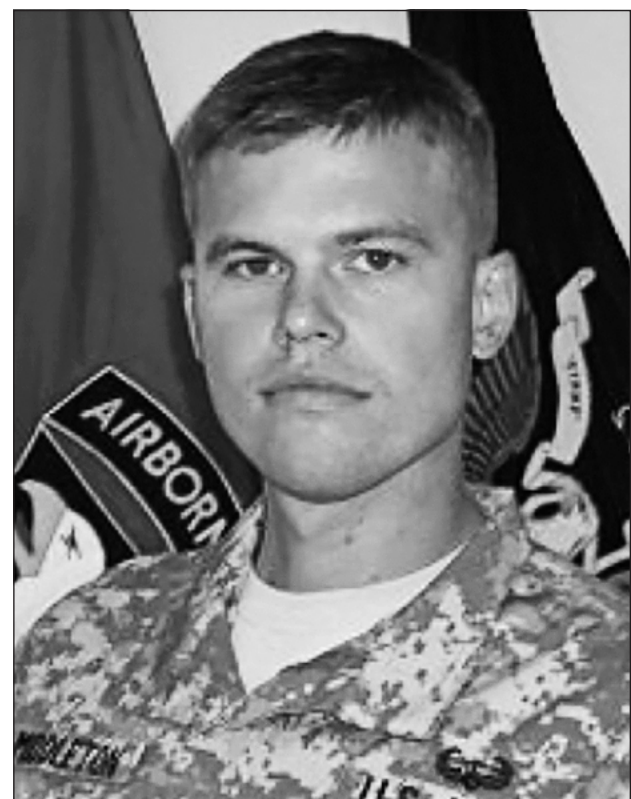
501 East Nine Mile Road • **804.737.7803** • Highland Springs, VA

**HOURS** Tuesday - Friday 9am-6pm • **E-MAIL** kenscycle@gmail.com





Contributed Photos



Chesterfield County leaders join family and friends of fallen Soldier, Cpl. William Kyle Middleton, in a round of applause after the unveiling of a new street sign reading Kyle Middleton Way. The ceremony took place Sept. 21 at Huguenot Park on the northwest side of the county. Cpl. Middleton, pictured above in uniform, was assigned to the 101st Airborne Division and serving in Afghanistan at the time of his death.

# Chesterfield street dedication honors service, sacrifice of Army corporal

CHESTERFIELD COUNTY – Community leaders and government officials joined family and friends of fallen Soldier Cpl. William Kyle Middleton at a street dedication ceremony here Sept. 21.

A road in Huguenot Park located on the northwest side of the county was officially named Kyle Middleton Way, honoring the heroic young man who graduated from L.C. Bird High School and played soccer on the sports field nearby. Middleton was a graduate of Old Dominion University. He worked in the Norfolk area before joining the Army in 2009.

At the time of his death, Middleton was

assigned to Alpha Company, 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, based at Fort Campbell, Ky. He had been deployed to the Kandahar Province in Afghanistan for about six months when he lost his life on Nov. 22, 2010, during an insurgent attack on his unit with an improvised explosive device. He is interred at Arlington National Cemetery.

Middleton is a Bronze Star Medal and Purple Heart recipient. His other awards and decorations for meritorious service include the National Defense Service Medal, Afghanistan Campaign Medal, Global War

on Terrorism Service Medal, NATO Medal, Army Service Ribbon, Air Assault Badge and Combat Infantryman Badge.

After his death, battle buddies expressed their admiration for Middleton, specifically pointing out his devotion to duty, commitment to fellow Soldiers and compassion for the people of Afghanistan.

Family members and hometown acquaintances remembered Kyle as fierce competitor on the soccer field. He started playing at an early age, even traveling to Europe to compete, and longed to play professionally until a knee injury sidelined him. Following his death, a donation was made by his family to

FC Richmond Soccer Club to build a pavilion in his honor at the Huguenot Park soccer fields. His name will now mark the road leading into that area.

“It’s just fitting for this sign to be on a road that leads to Kyle’s Pavilion in Huguenot Park where he played soccer growing up,” said his stepmother Diane Middleton during the ceremony. “It just could not be more perfect.”

In remarks at the event, Leslie Haley, vice chair of the Chesterfield County Board of Supervisors, Midlothian District, expressed her pride of the moment. “Naming this road in honor of Kyle is a fitting memorial both to his love of this country and commitment to military service,” she said. “Young people and their families will see Kyle’s name and remember him with gratitude for his bravery.”

– Chesterfield County and Staff Report



(CLOCKWISE FROM BELOW)

• Drill Sgt. Raymund Ubaldo helps adjust a competitor's protective mask prior to the start of the 23rd Quartermaster Brigade Soldier Stakes here Sept. 22.

• Pfc. Joseph Bland reassembles an M16 rifle during the competition.

• Running to the next testing station, a team demonstrates its ability to continue operations in a contaminated area. The "increased rigor" of the brigade's training program, according to its senior leaders, will better ensure its Soldiers arrive at their first duty station "day one ready."



# DAY ONE READY

Photos by Patrick Buffett

**Patrick Buffett**

Managing Editor

## 23rd Brigade Soldier Stakes showdown a test of troop tactics, teamwork, tenacity

Spc. Briana Lumbert thought the question was "silly."

"Why am I out here doing this on a Saturday morning?" she responded. "My answer to that is why not?"

"In this environment," she further observed, "you have to take every opportunity to learn. This is something our leaders and the whole brigade put together for us to better ourselves and build the skills we'll need when we go out into the Army. So, why wouldn't anyone take this opportunity to gain knowledge and give 100 percent? Why seems like a silly question to me."

The Romeo Company, 262nd Quartermaster Battalion, Soldier and 92-Whiskey water treatment specialist advanced individual training student was among the volunteer participants of the 23rd QM Brigade's latest Soldier Stakes challenge here Sept. 22.

Six teams – two from each of the Dragon Brigade's three student battalions – set out on a three-and-a-half-mile course dotted with seven event stations presenting physically and mentally demanding tasks and requiring teamwork and good communication

skills for successful completion.

"We're adding rigor to the AIT environment," Command Sgt. Maj. Lisa Haney, Dragon Brigade CSM, said of the event. "Our mission is to build that day-one-ready Soldier; the individual who will show up at their first unit of assignment not only ready to successfully perform their (military occupational specialty) but also the basic warrior tasks and battle drills that make them operationally ready."

Soldier Stakes, Haney pointed out, "amps up" the process. To prepare for competition, teams conduct repetitive rehearsal drills with their platoon sergeants and are fully aware that they'll be competing against the clock and will incur time penalties if tasks are performed incorrectly or out-of-specified sequence.

"To be successful, they have to develop that muscle memory and the ability to think through problems on the spot," Haney said. "These are the types of Soldiers who are able to quickly adapt to different environments right out of the gate from their AIT assignments. We're also giving them that rigor so if they have to go out to combat, they have the basic skills and confidence to survive."

The midway point of the Soldier Stakes course was where teamwork and tenacity were tested most. Task one: react to a chemical attack by donning protective masks within nine seconds and continuing their patrol for another quarter mile before being given the "all clear." Task two: carry a battle buddy and all of his or her equipment

SEE **DAY ONE READY**, page 19



(CLOCKWISE FROM ABOVE)

• Spc. Kenny Mendez carries his Victor Company, 262nd Quartermaster Battalion, battle buddy Pvt. Girandi Dilone across a course roughly the length of a football field.

• Spc. Briana Lumbert from Romeo Company, 262nd Quartermaster Battalion, checks for wounds on simulated casualty. The tested task also included using a radio to submit a nine-line medevac report.

• Working as a team, competitors of the 23rd Quartermaster Brigade Soldier Stakes make their last push toward the finish line while carrying a hefty training dummy on a litter.

• Teams from the 262nd Quartermaster Battalion react to the announcement of their winning performance.



# New fitness test ensures Soldiers are physically ready for field duty

WASHINGTON – The Army’s most important weapon system is Soldiers. To overmatch the enemy in multi-domain operations, they must demonstrate superior physical fitness levels required for combat.

“At the end of the day, we need personnel who are deployable, lethal and ready,” elaborated Secretary of the Army Mark Esper during his talk at a recent Defense Writers Group breakfast in the nation’s capital.

Ensuring troops are physically conditioned for the fight is the goal behind the new Army Combat Fitness Test. According to developers, it will improve lethality, transform the Army’s physical fitness culture, reduce preventable injuries and associated attrition, and enhance mental toughness and stamina.

The age- and gender-neutral ACFT is part of the Army’s evolving Holistic Health and Fitness system to generate lethal Soldiers who are physically ready and mentally tough. Implementation of the new test, and how it will nest into the H2F, will be the focus of a Warriors’ Corner during the Association of the United States Army’s annual meeting in Washington, D.C. The “Role of ACFT in the Holistic Health and Fitness System” takes place Oct. 8, 5:15-5:45 p.m., in the Walter E. Washington Convention Center.

“The ACFT will ignite a professional cultural change in Army fitness and become a cornerstone of individual Soldier combat readiness,” said Maj. Gen. Malcolm Frost, commander of TRADOC’s Center for Initial Military Training.

Frost will be featured at this event with CIMT’s research physiologist Whitfield “Chip” East on hand as a subject matter expert. (CIMT is the Army’s H2F proponent.) Frost will outline the road to the ACFT, how it nests into H2F, how physical fitness is a readiness enabler, and the fielding of an updated Physical Readiness Training field manual that will be renamed Holistic Health and Fitness (FM 7-22).

The ACFT role in H2F also will be the



U.S. Army Photo by Sean Kimmons

During a pilot run-through of the Army Combat Fitness Test, Pfc. Alex Colliver, foreground, pulls a 90-pound sled across a 50-meter course, simulating the strength needed to pull a battle buddy out of harm’s way in a hostile situation. The six-event ACFT will soon replace the three-event APFT. Anticipated benefits include a stronger fitness culture across the formation and reduced injuries that contribute to military attrition.

subject of TRADOC’s Army Exhibit kiosk during the AUSA meeting Oct. 8-10. Subject matter experts will be on hand and attendees can use ACFT equipment to test their abilities on several of the ACFT events.

## Background

The Army announced in July the ACFT will become the physical fitness test of record no later than October 2020. The test complies with the 2015 National Defense Authorization Act without differential standards or evaluation by gender.

Direct work on the ACFT started in 2013 with an empirical study of high physical demands for common Soldier tasks. Extensive scientific work by the Army Research Institute of Environmental Medicine and CIMT validated specific physical fitness test events

that measure all components of fitness relating to combat physical requirements. Those components are muscular strength and endurance, power, speed, aerobic endurance, agility, balance, flexibility, coordination and reaction time.

Pilot testing took place 2017-2018 when the program was originally titled the Army Combat Readiness Test. The development team used the pilots to validate the order and direction for the individual events to ensure the ACFT can be used Army-wide.

The ACFT events include the three-repetition strength deadlift; standing power throw; hand release push-up; 250-meter sprint, drag, carry; leg tuck; and 2-mile run.

## Implementation

ACFT implementation began Oct. 1 with

Army-wide field tests. Within the next year, approximately 60 battalion-sized units representing active, Reserve and National Guard will take a not-for-record ACFT. Mobile training teams will conduct site visits and provide training to master fitness trainers at each participating unit.

During field testing, the Army will collect feedback from the field, procure and field ACFT equipment, and validate test administration instructions, minimum time standards and current scoring. The data will support future policy-related decisions such as potential alternate events for Soldiers with physical profiles.

The Army also will determine whether to administer the test based on unit occupational physical demands or by a Soldier’s military occupational specialty. Approximately half of the units participating in the field test will use unit-type scoring and the other half will use MOS scores.

Scoring is based on three levels: Black with heavy MOS physical demands, such as infantry and armor; Grey with significant MOS physical demands, such as military police and combat medics; and Gold with moderate MOS physical demands, such as logistical specialists and fire control repairers.

## Preparation

Army Chief of Staff Gen. Mark Milley did not mince words regarding the ACFT’s level of difficulty when he spoke at the National Guard 140th General Conference and Exhibition in New Orleans last month. He urged Soldiers “across the board” to start preparing.

“Do. Not. Wait. This test is hard,” Milley said.

The Army recently released an ACFT field testing manual and training guide with exercises from FM 7-22 to help Soldiers effectively prepare for the test anytime and anywhere. Soldiers should already be training in the FM 7-22 strength and conditioning requirements, East said.

“The test measures all components of fitness, and the best way to do well on the test is to train and prepare all of your body’s energy and performance systems,” East added. “That means not only working right, but eating right, resting right and being mentally prepared.”



## Signing event promotes Fire Prevention Week



Ray Kozakewicz

Sparky the Firedog prepares to sign the 2018 Fort Lee Fire Prevention Week Proclamation after Col. Hollie J. Martin, Fort Lee garrison commander, affixed her signature to the document Sept. 27 at the Multi-Purpose Child Development Center. Command Sgt. Maj. Vittorio F. DeSouza, garrison CSM, also is pictured assisting in the ceremony as one child watches. Five other youngsters as well as staff members from the center and military members attended the early afternoon ceremony. The children and staff were given fire caps and many took advantage of the opportunity to meet Sparky. "Look. Listen. Learn" is the theme of the Oct. 7-13 observance. The proclamation notes, in part, "The majority of U.S. fire deaths (4-out-of-5) occur at home each year. Fort Lee residents should identify places in their home where fires can start and eliminate those hazards. They should install smoke alarms in every sleeping room and in common living areas on every level of the home." A variety of fun and educational fire safety activities are slated for children and other Fort Lee community members throughout October by the Directorate of Emergency Services.

Will you  
**ESCAPE**  
in  
Time?



Team Building • Date Night  
Family Entertainment  
Birthday Parties

Current Escape Rooms Include:  
**Jekyll & Hyde**  
**Clue**  
**Mad Tea Party**  
**Freak Show**

Enjoy the Challenge!

Can you Escape? Test Your Wits!  
New, Exciting & Fun - Escape Rooms  
60 Mins, Non-scary, interactive & out of the box thinking

30+ 5 Star Reviews ★★★★★

Discounts for all Military & Dependents  
Family Fun • Team Building • Military Ice Breakers

**Book your Escape Room Today**



**804-203-5434**

104 North Sycamore St.  
PETERSBURG, VA 23803

www.escapeoldtowne.com



## Strosnider Chevrolet Fall Into The Best Deals In Town

5200 Oaklawn Boulevard Hopewell VA 23860 • (804) 446-0376



**2014 CHEVROLET CAMARO LT**  
3K, 1 Owner  
**\$20,900**

2013 Dodge Challenger RT, Automatic, 64K	\$17,500	18480A
2014 Chevrolet Camaro LT, Automatic, Black	\$14,750	18405A
2015 Mazda 3 Grand Touring	\$16,500	18635A
2016 Toyota Camry LE, Automatic, AC	\$15,300	18586P
2016 Chevrolet Sonic LT, Automatic	\$11,850	18592P
2016 Chevrolet Cruze LT	\$14,000	18596P
2016 Toyota Corolla LX, Automatic	\$12,650	18589P
2017 Chevrolet Impala LT, Mocha	\$17,750	18641P
2018 Chevrolet Malibu LT, 1 Owner, 3K Miles	\$21,800	18644P

**2017 CHEVROLET TAHOE LT**  
36K  
**\$48,000**



2012 GMC Yukon Denali XL Loaded, AWD	\$24,300	17745A
2013 Ford Edge Limited AWD, Limited	\$14,250	18609A
2014 Ford Escape SE SUV	\$13,999	18588P
2014 Buick Enclave AWD, Leather	\$23,250	18524P
2014 Hyundai Tucson, 1 Owner	\$14,750	18201A
2015 Chevrolet Trax LT, AWD	\$14,750	18624P
2015 Chevrolet Tahoe LTZ 4WD, 1 Owner	\$39,950	18625A
2015 Honda CRV AWD, LX	\$17,299	18587P
2015 Cadillac SRX Luxury	\$22,899	18463P



**2005 GMC SIERRA**  
4WD, only 46K  
**\$13,900**

2000 Ford Ranger, Only 68K, Automatic, AC	\$8,750	18563P
2003 Chevrolet Impala, Automatic, AC, V6	\$4,950	18126A
2003 Chevrolet Silverado 4WD, Automatic, AC	\$8,450	18193A
2006 Chevrolet Impala, 1 Owner, V6, Automatic	\$7,450	18635A
2007 Chevrolet Impala Power Group, Automatic, AC	\$5,950	18470A
2007 GMC Sierra 5.3 Crew, 6" Lift	\$12,500	18342A
2007 Honda Fit Sport, Automatic, Hatchback	\$7,900	18595P
2011 Chevrolet Traverse LT Power Group	\$9,700	18471A
2012 Nissan Pathfinder LE	\$10,490	17695A

**2011 CHEVROLET SILVERADO 3500**  
34K  
**\$27,500**



2008 Dodge Dakota Quad-cab, 4WD, 60K	\$14,900	18345A
2010 Chevrolet Silverado 4WD, LTZ, EXT	\$16,175	18109A
2010 Dodge 1500, Only 36K, SLT, Crew	\$17,750	18565P
2012 Chevrolet Silverado LT EX-cab, 4WD	\$24,750	18561P
2014 Chevrolet Silverado LT 4WD, Crew	\$27,400	18599P
2014 GMC Sierra 4WD, SLT, Crew	\$30,900	18343P
2014 Ram 1500, Automatic, AC, Quad-cab	\$22,999	19017A
2015 Chevrolet Silverado LT, Leather, 6.2L, 30K	\$34,750	17639P
2015 Chevrolet Silverado 2500 Ex-cab, Long Bed	\$28,500	18485P

PB-00389665

Price excludes Title, Tags, Tax, and Processing Fee \$399. Good thru 10/15/18





Get ready for holiday gatherings with stylish new shades and save.

REBATES STARTING AT  
**\$100**  
on qualifying purchases\*

SEPTEMBER 22 – DECEMBER 10, 2018

*100 Reasons to be Merry*

GET READY FOR THE SEASON WITH A HOLIDAY CLASSIC: HUNTER DOUGLAS WINDOW FASHIONS.



Make your home a little merrier with beautiful window treatments you'll enjoy long after the holidays are over. Plus, get a \$100 rebate on qualifying Hunter Douglas purchases, 9/22 through 12/10/18.\*

TUES - FRI 10-5, SAT 10-2  
3701 BOULEVARD, COLONIAL HEIGHTS, VA  
(804) 639-2510 • WWW.CABINCREEKVA.COM



\*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/22/18-12/10/18 from participating dealers in the US only. Offer excludes HD Origins™ and Nantucket™ Window Shadings, a collection of Silhouette Window Shadings. Rebate will be issued in the form of a prepaid reward card and mailed within 4 weeks of rebate claim approval. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. See complete terms distributed with reward card. Additional limitations may apply. Ask participating dealer for details and rebate form. (Copyright symbol) 2018 Hunter Douglas. All right reserved. All trademarks used herein are the property of Hunter Douglas of their respective owners. 18Q4NBSICI  
PB-00388995

# LIBERTY FIREARMS & SURPLUS

**USED GUNS** FIREARMS \* AMMUNITION MILITARY SURPLUS \* SUPPLIES

<ul style="list-style-type: none"> <li>• Smith &amp; Wesson SW99 40 S&amp;W \$339.95</li> <li>• PA USA Wharhog .45ACP \$499.95</li> <li>• LWI Jencho Polymer 9mm \$399.95</li> <li>• Glock 19 Gen 4 w/ns \$449.95 SOLD</li> <li>• Springfield xd40 Tactical 40 s&amp;w \$399.95</li> <li>• Springfield xd 9 Tactical \$399.95</li> <li>• Smith &amp; Wesson MP9L \$499.95</li> <li>• Sig P250 \$399.95</li> <li>• Helwan Bigader 9mm \$299.95</li> <li>• Keltec P11 9mm \$199.45</li> <li>• Para Ordinare 16.40 LDA 40sw \$759.95</li> <li>• Kahr Pm40 Stainless 40 sw \$579.95</li> </ul>	<ul style="list-style-type: none"> <li>• Kahr P380 4mags \$519.95</li> <li>• Japanese Military Revolver 9mm \$799.95</li> <li>• Ruger American 9mm \$379.95 SOLD</li> <li>• Springfield 1911A1 w/compensator FDE \$599.95</li> <li>• Smith &amp; Wesson 22A1 22LR \$259.95</li> <li>• Berretta V22 NEOS 22LR \$229.95</li> <li>• Hi-Point JCP 40SW \$149.95 SOLD</li> <li>• Taurus PT 92AF wood grips 9mm \$359.95</li> <li>• Rock Island Armory M1911 A1-FS .45acp \$399.95</li> <li>• Springfield XD 45SS \$399.00</li> </ul>	<ul style="list-style-type: none"> <li>• Springfield 1911A1 .45acp \$499.95</li> <li>• FIE Cowboy 22cal \$129.95</li> <li>• Rock Island Armory 206 Stainless wood grips \$289.95</li> <li>• Smith &amp; Wesson Bodyguard \$299.95</li> <li>• Ruger LCP11 Never fired \$259.95</li> <li>• Smith &amp; Wesson 13.1 357 \$449.95</li> <li>• Smith &amp; Wesson 64-5 38 Special \$449.95</li> <li>• Smith &amp; Wesson 29-3 44m \$899.95</li> <li>• Smith &amp; Wesson 642-1 38+P Never fired \$379.95</li> <li>• Smith &amp; Wesson 642-2 38+P Never fired Crimston Trace \$599.95</li> </ul>
--	---	--

**804.541.2770**

442 South 15th Avenue, Hopewell, VA 23860 • www.Liberty-Firearms.com

HOURS: Monday ~ Friday 10am-6pm Saturday 10am-3pm

Not a complete list, come in for full inventory of used guns

<p><b>!! The Scays Have Fallen !!</b> <b>Scyy Pistols</b> CPX1- \$229.95 W/Safety CPX2- \$219.95 W/O Safety -Any Color-</p>	<p><b>Taurus G2C</b> \$212.63 Black \$225.28 SS Slide</p>	<p><b>Taurus G2S</b> \$229.95</p>
<p><b>Omni Hybrid</b> 5.56mm Pistols \$399.95</p>		

**HOPEWELL Pawn & Loan**

WE BUY & SELL Gold & Silver Jewelry Electronics Coins • Tools Firearms Military Surplus CD's • DVD's & More...

804.541.2770 • 442 South 15th Avenue • Hopewell, VA 23860

**NEW!**

# SUPER SLAM™

FOR A LIMITED TIME ONLY

**2 BUTTERMILK PANCAKES • 2 EGGS**  
**2 BACON STRIPS • 2 SAUSAGE LINKS**  
**HASH BROWNS**

**\$5.99**

Upgrade your meal with **NEW! PUMPKIN PANCAKES\* • OPEN 24/7**

\*Does not include flavored topping. © 2018 DFO, LLC. Printed in the U.S.A. At participating restaurants for a limited time only. Selection and prices may vary. While supplies last. No substitutions.

Visit one of your local Denny's:  
5111 Oaklawn Blvd. • Hopewell, VA • 804-452-2712      801 South Ave. • Colonial Heights, VA • 804-504-8012

**20% OFF**  
ENTIRE GUEST CHECK

One coupon, per table, per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's restaurants. Selection and prices may vary. Only original coupon accepted. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. © 2018 DFO, LLC. Printed in the U.S.A. Offer valid for dine in only. Not valid for online orders. Offer ends 11.3.18

88880716

**\$5.00 OFF**  
ANY CHECK OF \$20 OR MORE

One coupon, per table, per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's restaurants. Selection and prices may vary. Only original coupon accepted. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. © 2018 DFO, LLC. Printed in the U.S.A. Offer valid for dine in only. Not valid for online orders. Offer ends 11.3.18

88880719

**20% OFF**  
ENTIRE GUEST CHECK

One coupon, per table, per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's restaurants. Selection and prices may vary. Only original coupon accepted. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. © 2018 DFO, LLC. Printed in the U.S.A. Offer valid for dine in only. Not valid for online orders. Offer ends 11.3.18

88880716





T. Anthony Bell

Warrant Officer Raymond Navarro, 3rd Expeditionary Sustainment Command, Fort Bragg, N.C., explains layout procedures to his Soldiers during the Ammunition Transfer Holding Point Team of the Year Competition Sept. 25-28 at Fort Pickett. Navarro, the team leader of five young Soldiers, approached the competition with the intent of teaching his charges, saying it's less about the competition and more about learning. The layout event, one of several testing the skills of Soldiers in the ammunition handling career field, required participants to draw out features and arrange facilities used in an ammunition transfer and holding point using a sand table, figurines and miniatures.

## ATHP EVENT

continued from page 3

and the event should be expanded. This is a very good event and gives us a very good picture of where we are."

The ATHP was the second leg of this year's Ordnance Crucible, a series of events

designed to "assess Soldiers' teamwork and critical thinking skills as they apply technical solutions to real world problem," according to the goordnance.army.mil website. The EOD Team of Year competition took place at Fort A.P. Hill in June. The Combat Repair Team ToY was cancelled this year, but the next iteration is scheduled for April 2019.

## ALU AWARDS

continued from page 4

Wigglesworth, ALU commandant; Chief Warrant Officer 4 Cindy E. Frazier, TLC dean; and Command Sgt. Maj. Jerome M. Smalls, LNCOA commandant – presented the awards to the distinguished instructors. After the initial recognition, those selected as the top instructors and educators of the year were announced.

Each year, the names of those selected are a closely guarded secret within the university, and this year was no different. Baugh – who

earned the top civilian instructor nod – said it was a complete surprise to her.

"I was very shocked," she said. "One of the other civilians I was up against, he's a phenomenal instructor. I've peeked into his classes before, and I was certain he was the one who was going to win."

Birk – who earned the educator of the year title – said it was a hard process that included an essay, classroom evaluations and a board, among other qualifiers.

"It was a really grueling process," he said, "but I think this process makes all of us better instructors."

## RAD OBSERVANCE

continued from page 5

out what's right for you. Check with your dental care provider to make sure they accept the new coverage as well."

The open enrollment season for FEDVIP is Nov. 12 - Dec. 10. Those who do nothing by Dec. 31, Bentinck emphasized, will lose dental and vision coverage as of Jan. 1, 2019. "There is no automatic enrollment," she said, "so anyone who is retired or about to join those ranks needs to take action if they want to avoid losing their insurance. There won't be another opportunity until the open enrollment season at the end of 2019."

Offering final words of advice before concluding her presentation, Bentinck said all members of the military family eligible to do so must vote in every election.

"Our voices need to be heard," she added. "In addition to voting, we can call and write emails to demand that our congressional representatives support our military. As members of this community, we need to do everything we can to ensure our needs are at the forefront of government policy."

Other features of the RAD included a veterans organization area with representatives from various organizations like the VA, Army Women's Museum, VFW, American Legion, and others on hand. In one hallway, the Family and MWR marketing team provided information about recreational opportunities on post including the annual Oktoberfest celebration set for Oct. 13. The health fair area provided information about available tobacco cessation and nutrition classes, on-post veterinary services and what's offered at



Patrick Buffett

Sgt. 1st Class Franchesca Brown, Garrison and 217th Military Police Detachment noncommissioned officer in charge, recites the poem "Old Glory" during Fort Lee's Retiree Appreciation Day observance Sept. 29 at the Soldier Support Center.

the Fort Lee Army Wellness Center. In the lobby of the Soldier Support Center were booths occupied by health coverage providers and other vendors who regularly support the retired Soldier community.

Military veteran Frankie Thomas, who was a staff sergeant when he concluded his 13 and a half years in uniform, was ecstatic about the many offerings. "I love it," he declared. "Every year, this event gets better and better. For me, it's not just the wealth of information that's provided, it's also the opportunity to get out and meet folks. I really enjoy doing that because I get to reconnect with the military community."

An attendee browsing the health fair area offered similar sentiments. "I really feel great, and I feel proud," said the 20-year retiree who worked in human resources during her time in uniform. "It gives me peace of mind knowing there are all these people here on post and in the local community who are enthusiastically supporting us as we get older. It's a good reminder that you're still valued and a welcome member of the military community."

*We Now Have* **CONDO APARTMENTS**

**LUXURY** *starting at \$850 / month*

**Fully Furnished with All Utilities Included,  
as well as 62 Hotels Suites**

**BAYMONT**  
INN & SUITES  
5380 OAKLAWN BLVD., PRINCE GEORGE, VA 23875  
**452-0022**

- TDY Welcome • Extended Stay Discount
- Military Discount
- Deluxe Continental Breakfast Includes 2 Hot Items
- Free Laundry and Fitness Center • Outdoor Pool
- Meeting & Banquet Rooms Available



**KENNER CONNECTION** | BREAST CANCER AWARENESS MONTH

# Health clinic offers self-registration system to promote regular mammogram screenings

Since October is Breast Cancer Awareness month, women should plan to schedule their annual screening mammogram. At Kenner Army Health Clinic, female beneficiaries can visit the Department of Radiology to register for a self-requested screening mammogram. They will receive a questionnaire to complete and a radiology team member will determine eligibility for a self-requested mammogram.

This program can help most beneficiaries receive access to mammography services without having to first make an appointment with their primary care provider.

Patients meeting pre-screening guidelines for self-requesting services with no current complaints or issues related to their breasts will be scheduled for a mammogram appointment. The results will be forwarded to their assigned primary care provider.

Screening can help find breast cancer early when the chance of successful treatment is highest. **The following are the two most commonly used methods to screen for breast cancer:**

- A mammogram is a low-dose, low-energy x-ray exam of the breasts. It can detect abnormalities even when there are no signs or symptoms present. Current American College of Radiology guidelines recommend all females, age 40 or older, receive an annual screening mammogram. Some women with certain risks factors may need to have a screening more often.
- During a clinical breast exam, a doctor looks at and feels the breasts and under the arms for lumps or anything else that seems unusual.

The American Cancer Society and the American Congress of Obstetricians and Gynecologists agree on some basic recommendations for breast cancer screenings that can be found by visiting [www.cdc.gov/cancer/breast/index.htm](http://www.cdc.gov/cancer/breast/index.htm) and [www.cdc.gov/cancer/breast/basic\\_info/symptoms.htm](http://www.cdc.gov/cancer/breast/basic_info/symptoms.htm).

All women should be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away. All women, regardless of age, should perform monthly breast self-awareness exams.

It is important to make providers aware of any changes in the breast such as a lump or dimpling of the skin. It is equally as important to maintain an open dialogue with health care providers and as a team to make health care decisions while considering provider recommendations.

Also, talk with health care providers about risks based on family history, genetic background or other factors that may change screening schedules. Patients currently experiencing symptoms in their breasts – lumps, masses, pain, skin changes and drainage – need to immediately contact their provider or call for an appointment to be seen right away. Finding a breast change does not necessarily point to cancer, however, one should report any changes to a doctor as soon as they are found to determine the need for additional testing.

**The following are some additional tips to keep in mind for**



Metro Creative

Current American College of Radiology guidelines recommend all females, age 40 or older, receive an annual screening mammogram.

**breast health:**

- Keep a record of where the last mammogram was done and be able to provide the doctor's office with a phone number to help access records.
- Make sure to sign a records release. Most doctors' services don't "automatically" send the report back to a Kenner primary health care provider.
- Make appointments for preventive screening during your birth month as a way to remember the date.
- Be informed and know your family history.

For more information or to schedule an appointment, stop by Kenner's Radiology Department, which has moved into building 8202, on the corner of 25th Street and B Avenue, or call 804-734-9118.

*-Kenner Health Clinic*

## Transportation Artifact of the Month

This United States/United Nations/Republic of Korea blood chit is on display at the U.S. Army Transportation Museum at Joint Base Langley-Eustis. The blood chit is a notice carried by military personnel and addressed to any civilians who may come across an injured, lost or incapacitated armed services member – such as a shot-down pilot. As well as identifying the force to which the bearer belongs as friendly, the notice displays a message requesting the service member be rendered every assistance. This particular blood chit was worn by Lt. Col. C. Miguel Duncan Jr. during the Korean War. The Transportation Museum is located at 300 Washington Blvd., Besson Hall. The facility is open Tuesday - Saturday, 9 a.m. - 4:30 p.m. Group tours are available if arranged in advance. For more information, call 757-878-1115.



Contributed Photo

## HOW FAR DO YOU WANT TO GO?

 **A promotion.**  **A transition.**  
 **A new career.**

**Central Michigan University**  
at Fort Lee and online

More than 155 Generals and Admirals have earned CMU degrees. **You can too.**

**Your future starts today!**



- » [cmich.edu/FortLee](http://cmich.edu/FortLee)
- » 804-732-6082
- » [FortLee@cmich.edu](mailto:FortLee@cmich.edu)

Commercial sponsorship does not imply endorsement by the Department of Defense, U.S. Army or Fort Lee. CMU is an AA/EO institution, providing equal opportunity to all persons, including minorities, females, veterans and individuals with disabilities (see [cmich.edu/OCR/E](http://cmich.edu/OCR/E)). Fort Belvoir, Fort Lee, Joint Base Myer-Henderson Hall, Pentagon Central Michigan University is certified to operate in Virginia by SCHEV, 101 N. 14th St., Richmond, VA 23219. 3733899 8/18



# LINDSAY'S AUTOBODY & PAINTING, INC.



**804.262.1435**

Fax: 804.262.6120

- **Free Estimates**
- **All Insurance Claims Welcome**
- **LIFETIME Warranty on All Repairs**

**“If you're a complete WRECK... Call Lindsay's!”**

**8715 Oakview Avenue  
Richmond, VA 23228**

**OWNER Rickey Lindsay  
lindsaysautobody@verizon.net**



## **Ashley Taylor MARKET LEADER**

NMLS#: 873804

direct: 804.922.3975

[ashley.r.taylor@movement.com](mailto:ashley.r.taylor@movement.com)

[movement.com/ashley.r.taylor](http://movement.com/ashley.r.taylor)



**MOVEMENTMORTGAGE**



9100 Arboretum Pkwy, Ste 350, Richmond, VA 23236 | VA-MLO-23995VA | Movement Mortgage, LLC supports Equal Housing Opportunity. NMLS ID# 39179 ([www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org)) 877-314-1499. Movement Mortgage, LLC is licensed by VA # MC-5112. Interest rates and products are subject to change without notice and may or may not be available at the time of loan commitment or lock-in. Borrowers must qualify at closing for all benefits. "Movement Mortgage" is a registered trademark of the Movement Mortgage, LLC, a Delaware limited liability company. 8024 Calvin Hall Rd, Indian Land, SC 29707. CPID 6436 | Exp. 02/2019 | [www.movement.com](http://www.movement.com)



# FORT LEE TRAVELLER

# Classifieds

**Kanpai**  
JAPANESE STEAKHOUSE & SUSHI BAR  
5303 Oaklawn Blvd. | Hopewell, Va 23860

*Family Owned and Operated for over 28 years!*

*We would love to host your celebration or birthday*

**LUNCH MENU SERVED:**  
Monday - Saturday 11:30 am - 2 pm

**DINNER MENU SERVED:**  
Monday - Thursday 4:30 am - 9:30 pm  
Friday - Saturday 2 pm - 10:30 pm  
Sunday - 12 pm - 9:30 pm

**CALL FOR RESERVATIONS**



804-541-8853 | WWW.KANPAIHOPEWLL.COM

**BRAZILIAN BEAUTY**  
804-510-4708

**BEAUTY SPECIALS**

Medium box Braids- \$125 (mid-back) Hair included  
Large box Braid- \$100 (mid-back)  
Crochet Braids- \$75 • Crochet Hair- \$85  
Children- \$30 (age 3-10) • Children- \$40 (age 11-13)  
(Clear beads provided 10 extra for beads)  
Lemonade Braids (elbow length) Hair included  
Medium- \$90 • Small- \$120  
Feed in- \$15per Braid  
Basic sew-in with natural leave out \$90  
Quick Weave- \$65 (HAIR NOT INCLUDED)  
Senegalese Twist- \$125 Hair included  
Loc Maintenance- \$60  
(2inch or less new growth)

12135 Chalkley Rd., Chester Va, 23831  
Contact Monica

**Elite**  
Nails and Spa  
298 Southpark Mall, Colonial Heights  
Professional and Excellent Full Service Nail Salon and Spa

- Nails • Waxing • Massage • Skincare • Eyelash Extension
- Permanent Make-Up • Expert Body Waxing

**10% OFF ALL SERVICES ACTIVE DUTY MILITARY ANY DAY**  
**10% OFF ALL SERVICES RETIRED, DEPENDENTS**  
**MONDAY - THURSDAY**

Monday-Saturday 10:00 am - 9:00 pm  
Sunday 12:00 pm - 6:00 pm

Visit our website for a complete list of our services  
www.elitenailsandspa.com • 804.504.0123

Reach more than 10,000 active duty military, civil service employees, retirees, their spouses and the civilian community.

**DEADLINE Reader & Display: Thursday 4:00pm (week prior)**

**CONTACT: Susan Irgens**  
susanlou.irgens@gmail.com  
757-477-7104

When you purchase or sell a home with **JAY EISCHEN**

You will receive up to a **\$1,500.00 back** (on purchase price of \$250,000)

Call Jay for details  
804 687-0144

www.jayeischen.com

601 South Park Blvd  
Colonial Heights VA

LONG & FOSTER REAL ESTATE  
CHRISTIE'S INTERNATIONAL REAL ESTATE



**Water Front Home - On 2 Acres • \$419,500**

Located in Surry County, a quick 25 minute drive from Fort Lee. Private James River beach, 4 bdrm, 2 full/ 2 half baths. Formal DR, LR, study, family room, eat in kitchen, zoned heat and air. Detached garage.

**Call Catherine Correll Walls- Broker**  
757-294-9100 • ccorrell@tni.net

**VIRGINIA HOME AND LAND CO.**  
SURRY COUNTY, VA

Specializing in Surry County Farms, Waterfront & Residential Real Estate

**3204 Clay Street Hopewell \$159,900**

Cute 4 bed, 3 bath rancher Utility/laundry room and separate living/family rooms. Beautiful hardwood floors throughout the home along with the 2 wood-burning fireplaces. Home has discrete handicap accessible ramp and full bath with accessible shower/tub.

Kiersten.godwin@gmail.com

**INGRAM ASSOCIATES**  
Real Estate Company  
3302 Oaklawn Blvd. Hopewell, VA  
804-458-9873

**Kiersten Godwin**  
(804) 712-3679

Gated community located atop Cumberland Plateau in Middle Tennessee, Eagle Ridge Properties of Long Branch Lakes is the place that will capture your heart. There are several lots still available including lake front, lake view and others. This unique location is serenely set apart from traffic and crowds, charming small towns and golfing are a short drive away. Shopping, dining and healthcare needs are close at hand. There is a helipad for emergencies.

Picture yourself in the morning on horseback and the afternoons with a rod and reel, as life here unfolds at your pace. Envision and build your new dream home or your summer getaway home here. The equestrian center was designed to be among the finest anywhere. You will be near a local apple orchard with 8 varieties of apples, a few miles from Fall Creek Falls State Park, and we share a common border with Bledsoe State Forest. As the brilliant sun filled days where the leaves show their vibrant colors, you can't help but see the stewardship of the land.

The natural beauty and premier amenities make Eagle Ridge Properties at Long Branch Lakes a decidedly rare opportunity for you. Two covered bridges, hiking trails, boat docks, pavilions, swimming pool, 60 miles of horseback riding trails within 3 miles of the barn, nature walks, tennis, basketball, kayaking or canoeing, dog park, playground, pond fishing, and lunch by a lake or at the General Store await you.

**MLS Listings are available for Eagle Ridge Properties and others upon request. Please call now for additional information and to make your arrangements to visit.**  
**Call Beth or Don at: 423 881 5208 or 931-254-1959**



# CALENDAR

## LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

### Benefit Sale | Oct. 6

A Benefit Sale to assist Mercy Mall of Virginia will be held Oct. 6, 7 a.m. - 1 p.m., at Ironbridge Church, 10900 Ironbridge Road, Chester.

The items available will include Christmas and home décor items, unique gifts and more.

For details, visit [mercymallva.org](http://mercymallva.org).

### Vets in the Vineyard | Oct. 6

The 4th annual Gauthier Vineyard – Veterans in the Vineyard – event is set for Oct. 6, noon - 5 p.m., at 5000 Farmers Drive, Barhamsville in New Kent County.

The event will honor military veterans and their families and will include live music from the Code Blue Grass Band, food and more. Active duty military, National Guard, Reserves, veterans and family members will be guests at the event.

For details, contact [brandon.hughes.353@gmail.com](mailto:brandon.hughes.353@gmail.com) or [fgwickersham@vsecorp.com](mailto:fgwickersham@vsecorp.com).

### School of the Musketeer at Henricus | Oct. 6-7

Henricus Historical Park will host School of the Musketeer, presented by The Kingdom of Lucerne, Oct 6-7 at 251 Henricus Park Road, Chester.

Participants can stay overnight at the recreated Citie of Henricus and spend the weekend learning about military and civilian life among the first colonists of the New World. Instructors and other support personnel will provide an interactive environment of 17th-century culture. The cost is \$35. Registration is required.

For details, visit [www.kingdomoflucerne.com](http://www.kingdomoflucerne.com).

### Pleasant View Open House | Oct. 6

An open house is scheduled for Pleasant View School Oct. 6, 11 a.m. - 4 p.m., at 18431 River Road, Chesterfield County. The event is free.

Built in 1930, this one-room schoolhouse

was designated a county Historic Landmark in April 2017. The facility represents early 20th century African-American education during the segregation era in the county. The event will include tours and information on its history.

For details, call 804-751-4946 or visit [www.chesterfieldhistory.com](http://www.chesterfieldhistory.com).

### Express Oktoberfest Celebration | Oct. 13

The Fort Lee Express Gas Station will hold an Oktoberfest and Fall Celebration, Oct. 13, 1:30-4 p.m.

The event will include prizes, giveaways, a Monster Truck and Red Bull Car, vendors and more. Admission is free. This event is for those 18 years and older.

For details, contact Manuela Willis at 804-861-8081 or [willisman@aafes.com](mailto:willisman@aafes.com).

### Fort Lee Oktoberfest | Oct 13

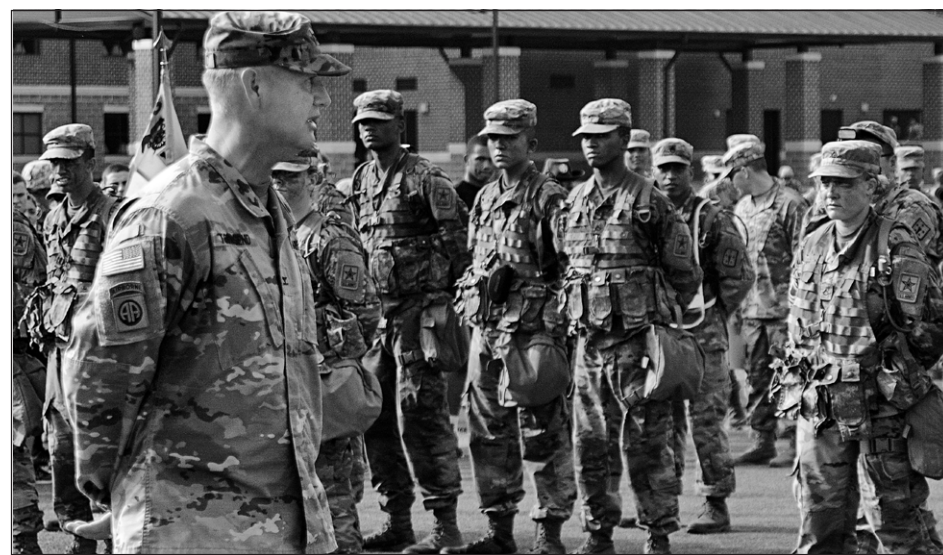
Tickets are on sale for the annual Fort Lee Oktoberfest set for Oct. 13, 5-10 p.m., at the Lee Club. The event will be a festive evening filled with German music, food and dancing.

Family and MWR's 21st annual Oktoberfest celebration is open to the public. The Original Elbe-Musikanten German Band will entertain, and the Hirschjaeger Dancers will perform German folk dances. In addition, children can enjoy a free KidZone outside on the lawn.

The cost to attend for adults is \$7 until Oct. 5 in advance and \$9 at the door. Children 12 and under will be admitted at no charge. Advanced admission tickets can be purchased at the Leisure Travel Office, Cardinal Golf Club, the Fort Lee TenStrike Bowling Center or at the Lee Club Soup and Salad Lunch.

People also can reserve a limited-edition 2018 Fort Lee Oktoberfest 28-ounce Commemorative Mug for \$28 that includes the mug, event admission and the first pour in the mug.

For details, visit <https://lee.armymwr.com/calendar/event/oktoberfest/2586115/31583>.



Patrick Buffett

Col. Greg Townsend, 23rd Quartermaster Brigade commander, congratulates the 36 student participants of the Soldier Stakes competition here Sept. 22 during closing remarks. He reminded them of their duty to be trained and ready to fight for as long as they wear an Army uniform, and how they had already set themselves apart by volunteering to compete.

## DAY ONE READY, continued from page 11

down the approximate length of a football field. Task three: React to an enemy attack – convincingly initiated with a body-jarring grenade simulator – and commence tactical movement through a heavily wooded area, keeping “heads on a swivel” to seek out enemy activity. Task four: Submit a radio report.

Lumbert reflected on those challenges and others along the course, noting how Soldiers can keep moving forward if they trust their military training and “count on their battles.”

“I love my teammates, and I’m proud of my leadership,” said the 24-year-old who hails from Boston. “I respect our drill sergeants, our company sergeants and all of my instructors. They just want to see us do well and put everything into making sure we achieve the goals we set for ourselves. If that doesn’t motivate you, then I don’t know what will. When you’re in an environment like this with people like this, it just gets you going.”

Pfc. Alex Lagares, a 266th Quartermaster Battalion competitor who hails from San Juan, Puerto Rico, was equally motivated as the event came to a close.

“I’m so proud of my team and the way we worked together,” he said. “Every day after experiences like this, I’m convinced more and more that this is my calling. I’m always happiest during these moments.”

The motivation to be the best Soldier he can be is personal, Lagares added. Part of it is destiny – many members of his father’s family spent time in uniform, and his stepdad is a company commander at Fort Drum, N.Y. He further recognizes the importance of setting himself apart from his peers.

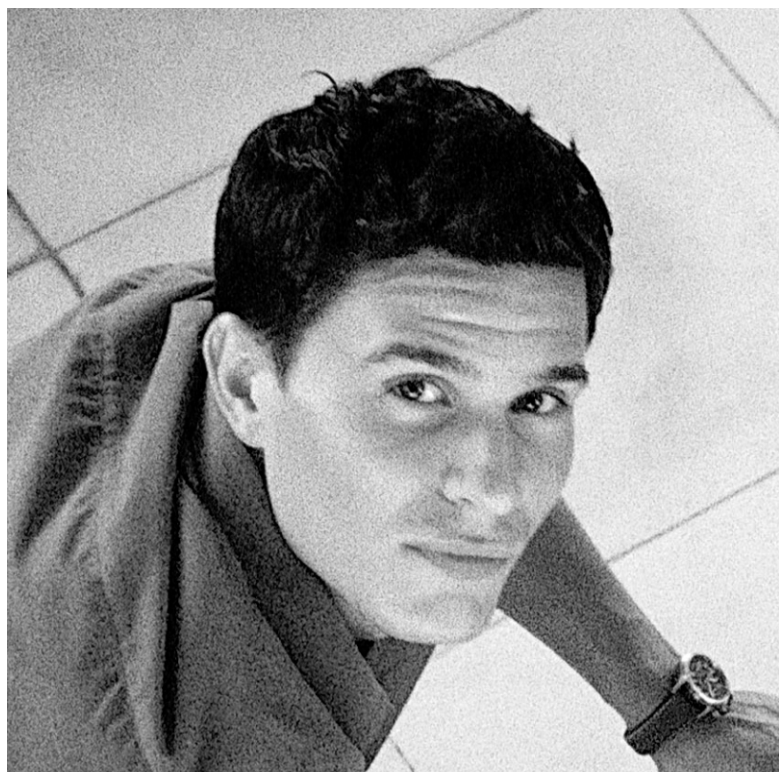
“As a 92-Golf culinary student, I see competition all of the time ... the best chef, the best kitchen, the best person at preparing a dish,” Lagares explained. “An event like this is how I can set myself apart from others while helping them at the same time because I’m going to go back to the company and tell them everything I did and what we need to learn and do to be better Soldiers.”

That, he summarized, is part of the meaning behind being a Day One Ready Soldier. “It’s just like it sounds ... being ready for everything and anything. Expecting the unexpected. You get there by doing the training and challenging yourself every day.”

The teams fielded by the 262nd QM Battalion won the Soldier Stakes. All but one of those individuals received an Army Achievement Medal in recognition of their participation. Lumbert was awarded an Army Commendation Medal for her demonstrated leadership. Certificates of appreciation were presented to each member of the runner-up battalion teams.



# Change Your Life. Change Your Career.



**Get The Skills You Need To Step  
Into the Computer Industry.**

Learn Valuable IT Skills in Just 3 Months!

**In Demand:** Network Support &  
Information Security Professionals

Your Security Clearance + Validated IT Skills  
= Higher Paying Choices

Hands-On Instructor-led Courses

**Enroll Now! Be part of the solution. Start your IT career today.**

Military Personnel & Dependents welcome.

SCHEV Certified • Job Placement Assistance

Approved for Veterans Education Benefits, MYCAA & GI Bill

**New Horizons Computer Learning Center of Richmond, Virginia**

**7501 Boulders View Drive, Suite 325 • Richmond, Virginia 23225**

**(804) 327-8680 • [Careers4vets@nhrichmond.com](mailto:Careers4vets@nhrichmond.com)**

**[www.nhrichmond.com](http://www.nhrichmond.com)**



**New Horizons<sup>®</sup>**  
Computer Learning Centers