



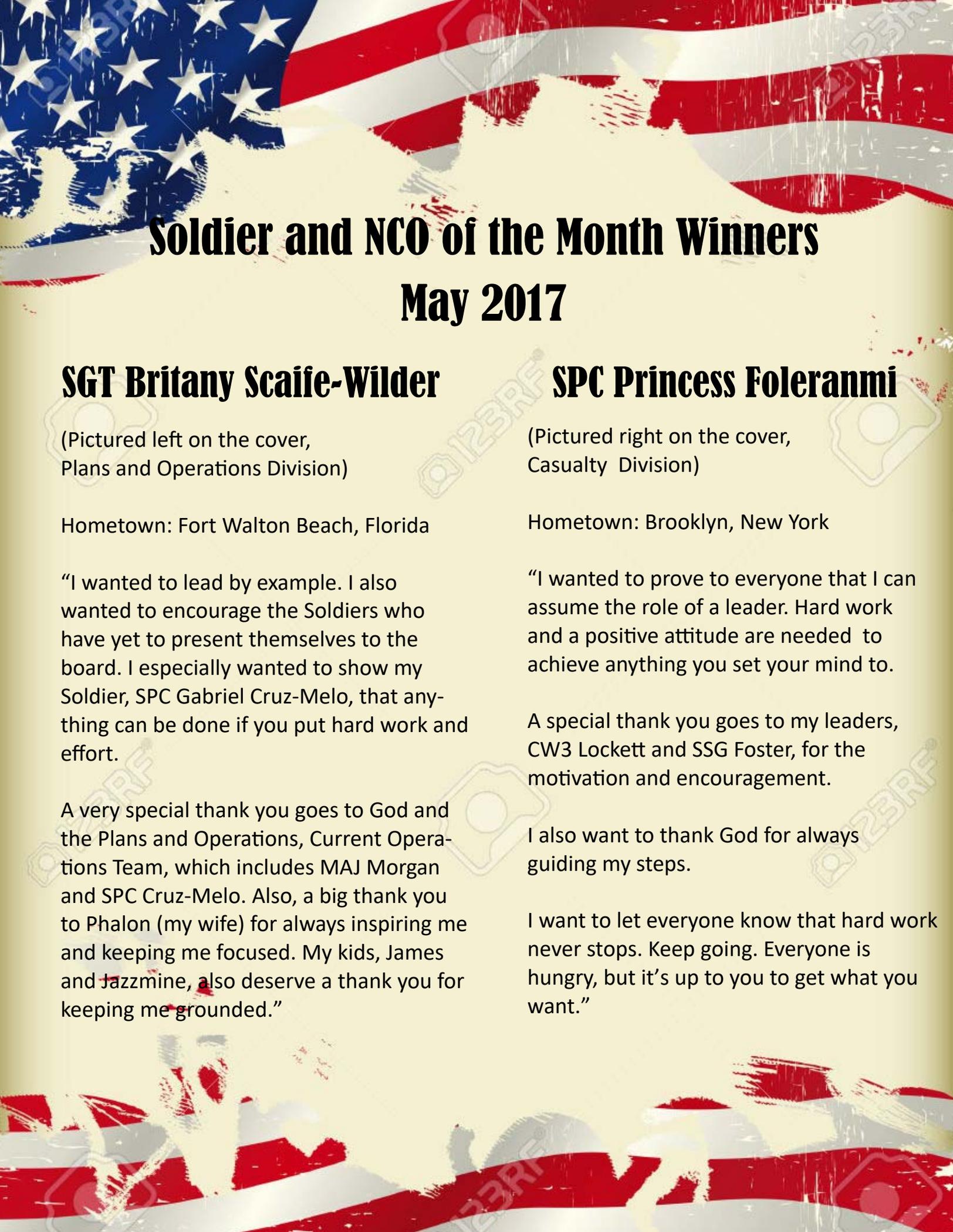
THE SHIELD

The Official Newsletter of the 14th HRSC
Second Edition, May 2017

<https://www.facebook.com/14thHumanResourcesSustainmentCenter>



PicturePics



Soldier and NCO of the Month Winners

May 2017

SGT Britany Scaife-Wilder

(Pictured left on the cover,
Plans and Operations Division)

Hometown: Fort Walton Beach, Florida

“I wanted to lead by example. I also wanted to encourage the Soldiers who have yet to present themselves to the board. I especially wanted to show my Soldier, SPC Gabriel Cruz-Melo, that anything can be done if you put hard work and effort.

A very special thank you goes to God and the Plans and Operations, Current Operations Team, which includes MAJ Morgan and SPC Cruz-Melo. Also, a big thank you to Phalon (my wife) for always inspiring me and keeping me focused. My kids, James and Jazzmine, also deserve a thank you for keeping me grounded.”

SPC Princess Foleranmi

(Pictured right on the cover,
Casualty Division)

Hometown: Brooklyn, New York

“I wanted to prove to everyone that I can assume the role of a leader. Hard work and a positive attitude are needed to achieve anything you set your mind to.

A special thank you goes to my leaders, CW3 Lockett and SSG Foster, for the motivation and encouragement.

I also want to thank God for always guiding my steps.

I want to let everyone know that hard work never stops. Keep going. Everyone is hungry, but it’s up to you to get what you want.”

Camp As Sayliyah Female Basketball Team



Congratulations on a winning season!

SGT Briseida Gamez

SGT Gracie Head

SPC Ricca Johnson

1LT Katie Lehmann

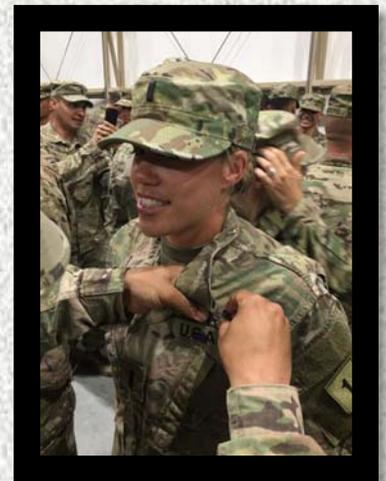
Air Assault Graduation: Congratulations!

20 April 2017

Camp Beuhring, Kuwait



SPC Marquis Jones



1LT Katie Lehmann



Qatar Color Run

28 April 2017



“I like to challenge myself and this was the perfect opportunity to do so. I also want to thank the rest of the 14th HRSC Soldiers who came out and participated. We’re a family and events like these show it.”

- SSG Pearce-Fuggent, Personnel Accountability Team

PROMOTIONS AND RE-ENLISTMENTS



We congratulate our very own on their recent promotions and re-enlistments:

- **CW3's Sanchez's Promotion to CW4 (pictured far left)**
- **SGT Adams's Re-Enlistment for 4 More Years (pictured centered)**
- **MAJ Henderson's Promotion to LTC (pictured far right)**

Congratulations!



Powerlifting Meet

SGT Briseida Gamez

1st Place

135 lbs and Under Division

25 June 2017



SGT Gamez's Statistics:

Height: 61 inches

Weight: 123 pounds

Event Performance:

Squat: 115 pounds

Bench: 85 pounds

Deadlift: 175 pounds

Pages of Poetry

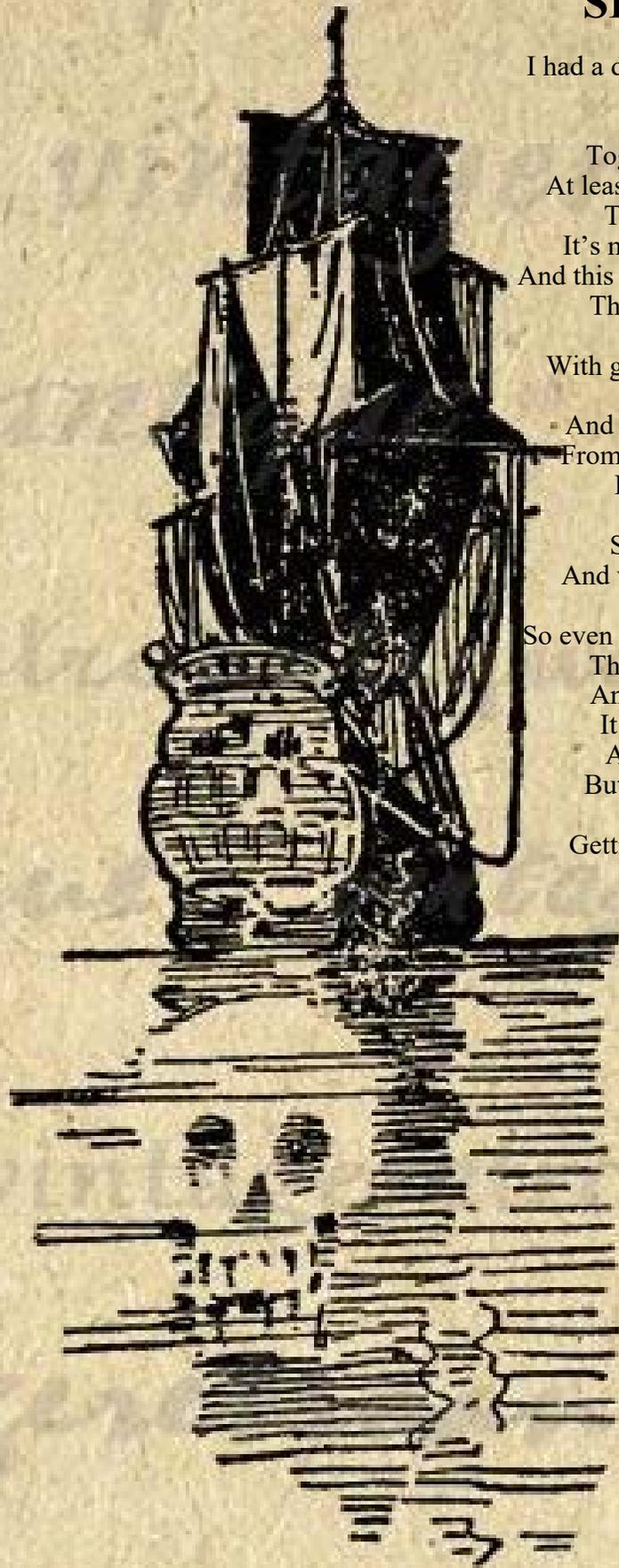
UNTITLED

Have you ever been so broken that you couldn't feel pain no more?
I have,
And fighting your past aint easy bro,
But you would think it was,
From the facade that I put on and the smile that I show,
Like life is all happy like an effn Disney show,
But I aint never had that,
Everything that I got I had to fight for I even got the scars on my back,
To show it,
If you aint know it,
You'd probably think that my life was perfect,
Not that I was so hungry that I thought about snatching purses,
I thought about breaking laws just to get some ramen y'all,
Didn't want no summer vaca out of the fear that I might starve,
See school was my escape,
A little heavenly get away from the hell which I was placed,
Have you ever been so down you thought you were laying in your grave?
And to make things worse you felt all alone,
Trying to hide from the world the hell you called a home,
And you try to find a release so you start writing poems,
And people ask what they're about not really knowing,
What they've asked,
And then poems aren't enough so you start writing songs,
And those two together finally resurrect your soul,
And that all fine but my heart was still froze,
Until that day god sent me,
A wingless angel.



SINKING SHIP

I had a dream and i tried to make it be,
You and me,
Fit perfectly,
Together we will always be,
At least that's how i thought it'd be,
Then i was hit by reality,
It's more like it was beating me,
And this relationship between u and me,
This boat that was cruising,
Has ran into a storm,
With giant waves that are crashing,
Into it,
And as i lean over the side of it,
From nearly falling off this ship,
I realize the name of it,
And it's the titanic,
So it was bound to sink,
And we were bound to never be,
Together for eternity,
So even though i gave u the best of me,
This thing is a sinking ship,
And it's time to abandon it,
It was good well it lasted,
And it hurts me to say it,
But this will be our last kiss,
Because I'm,
Getting off this sinking ship.....



Dear Matty,

I have less than 60 days left in theater and have yet to accomplish my fitness goals. What should I do?

- *The Special Sergeant*

Special Sergeant,

Good job with your desire to reach your ambitions. It's never too late!

There are a couple of things you will have to do if you want to achieve your desired goals.

- **Diet:** Experts say that the key to abs is 80% effort in the kitchen, 20% in the gym. By cutting out sugar, complex carbs, and processed food, you will significantly decrease your waist line. I would recommend staying away from soda, white bread, pasta, alcoholic beverages, and pizza. And more importantly, Ali the cake-man! Also, drink water, plenty of water! Protein, fruits and vegetables, and water should help you achieve your goals.
- **PT:** I recommend you exercise at least 30-45 minutes every day before you redeploy. If you incorporate walking/running/biking/swimming, you will significantly burn calories. Before you know it, you will be able to fit that romper you ordered from Amazon.
- The most important thing you need to be aware of is... **SAFETY FIRST!** We are entering the hottest months of the year and we would hate to see you at the TMC due to heat exhaustion. Do not starve yourself—just make healthy choices!

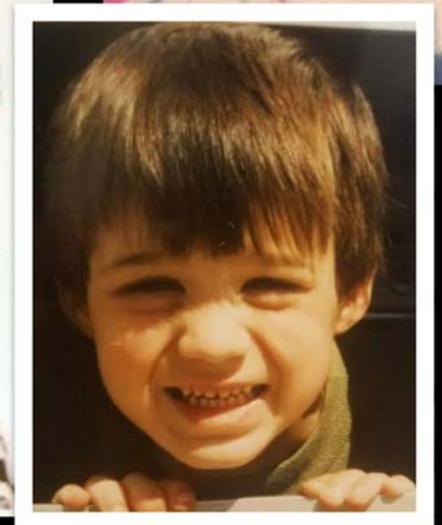
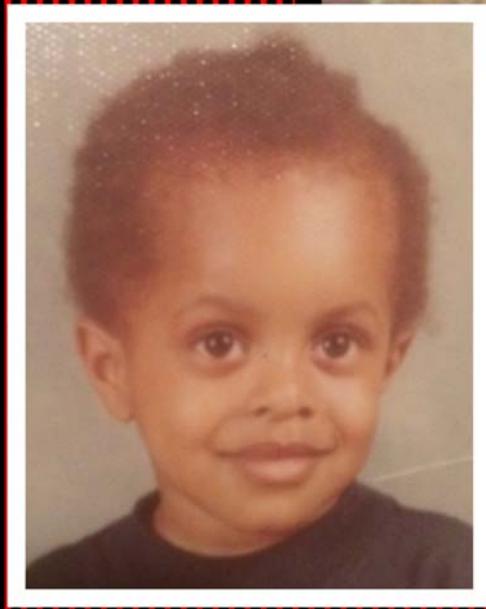
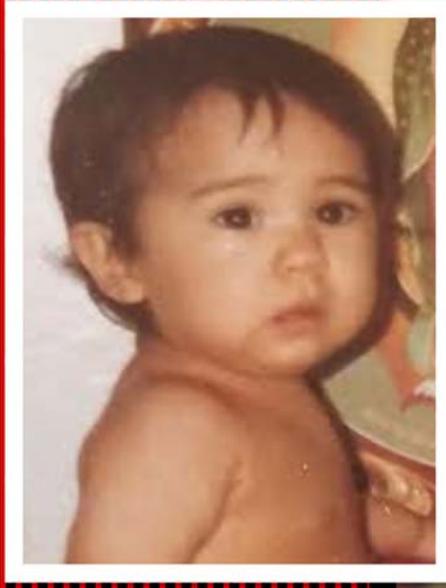
GET OUT THERE AND SWEAT!

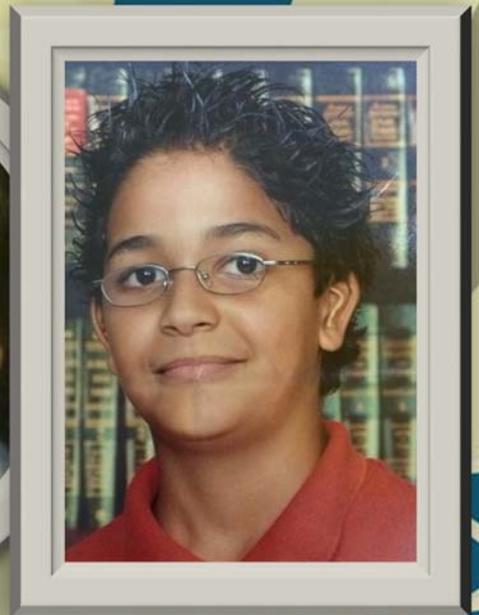
Matty

Matthew J. Jones
Postal Operations Division NCOIC
Advice Columnist



THROWBACK!





THROWBACK

