

Women's History
Month event set
for March 22 at
Lee Theater

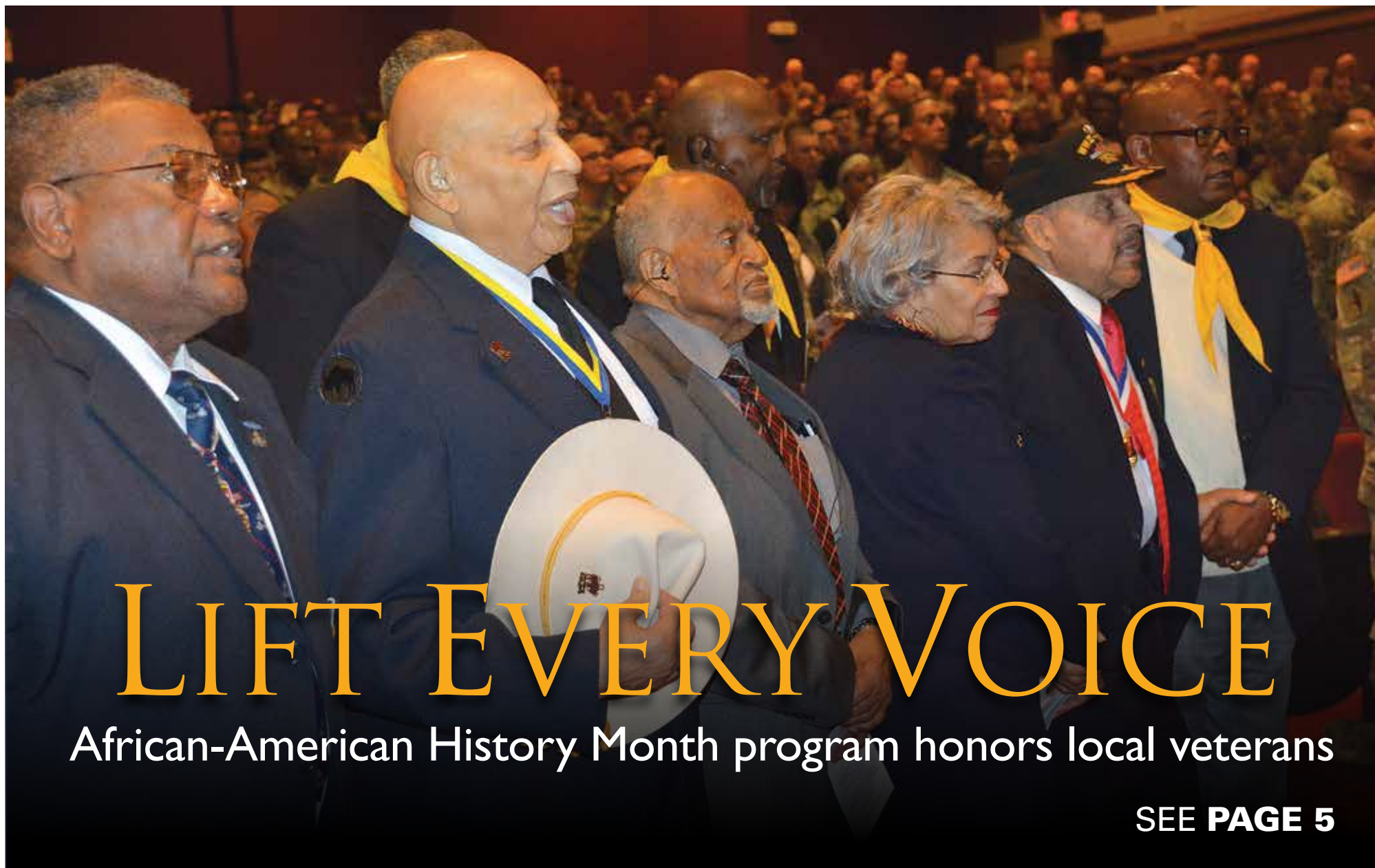
SEE PAGE 4



FORT LEE TRAVELLER

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LIFT EVERY VOICE

African-American History Month program honors local veterans

SEE PAGE 5

CULINARY COMMUNITY SET FOR CHEF THROWDOWN

Food aficionados from near and far will converge here March 9-15 for the 43rd Joint Culinary Training Event



SEE PAGE 3

POLICY CHANGES

The Department of Defense moves to implement rules designed to increase deployment eligibles

SEE PAGE 6

BUDGET BOOST

Increased funding should provide additional services, relief from previous shortfalls

SEE PAGE 11

LEE IN PICTURES

'In Your Face' photo feature returns with a story-telling mix of images from around the installation

SEE PAGE 12-13

EDITORIAL | HOME SELLING TIPS

Small details make big difference for shoppers in real estate market

Scott Morgan

Contributing Writer

Selling a home can be overwhelming and stressful, particularly when complicated by circumstances like a saturated location with many properties on the market and/or a tight time window to complete the transaction because the owner is relocating elsewhere.

Oftentimes, the key to moving the process along – and thus relieving the frustration – is any upgrades that will grab the attention of potential buyers. Many immediately assume significant property improvements will cost thousands of dollars, but that's not necessarily true. Sometimes, it's just a matter of putting polish on the product. The following are

a few tips I always offer to my home-selling clients:

Exterior presentation is crucial. Home sellers only get one chance to impress a potential buyer, so make it count. The outside of the house is first thing seen. Enhance its beauty with a freshly mowed yard, trimmed bushes, and a clean and open driveway. Pressure washing vinyl siding or putting a fresh coat of paint on wood structures is an effective, low-cost upgrade. A thorough visual inspection of the entire exterior structure is imperative. Focus on windows, gutters, shutters, roof and front door, looking for anything that's damaged, extensively worn or inoperable.

Make the interior sparkle and shine. A clean home that smells good makes all

the difference when a potential buyer walks in the door. Carpeted areas should be professionally cleaned or replaced if heavily soiled or worn out. Clean interior walls, patch holes from picture hangers and other mounted items, and consider a fresh coat of paint, which most buyers immediately notice. Those still residing in the home when it's being shown should ensure it's spotless and organized from top to bottom.

Think of the home as a product. Making the sale comes down to a price and beauty contest. The owner's job is to make sure his or her property is the best product on the shelf. Let go of individual style and emotional ties, and present the home in a manner that appeals to the masses. Get rid of the clutter and have the mindset that less is more when selling. Keep everything simple and neutral.

Condition is important. Get a home inspection and make repairs as necessary. Ignored maintenance issues can come back to haunt previous owners. Virginia is a

buyer beware state, meaning purchasers are expected to practice due diligence by getting a home inspection of their own. During this process, roof leaks, electrical problems, mold and termites in the crawl space can create a bad impression that may reduce property value or cause the buyer to back out. Minor do-it-yourself or hired-handyman repairs in advance can pay big dividends in the end.

Home sales require a team effort. Everyone in the family must participate in keeping the home show ready. Cleaning up clutter, making beds, removing trash and organizing cabinets and closets will make all the difference if maintained until the house is sold.

Ultimately, it's important to remember that home shoppers are less likely to buy an unattractive or unimpressive product. Sellers must polish up their property in order to achieve the quickest, and hopefully top-dollar, sale as possible.

(Scott Morgan is a retired sergeant major now working with Napier Realtors ERA in Colonial Heights.)

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Spouse shares lessons learned after binge-watching Olympics

Lisa Smith Molinari

Contributing Writer

Two weeks ago, I obliviously parked my posterior in its well-worn spot on the sofa to watch the opening ceremonies of the 2018 Winter Olympic Games. I eagerly looked forward to the coming days of nearly round-

the-clock coverage, the pageantry of ice skating competitions and the thrilling moments when athletes would eek-out a split-second win on the slopes.

It was a different time then. I had no idea what "a double Michael Chuck," "a hog line," or "a Bellman spin" were. That

education would come from the obsession of meticulously recording every broadcast and gawking at a screen while ignoring my family responsibilities, my marriage and my personal hygiene. The immersion tactic taught me the language of Olympians, which I will now pass on to you.

Most sports lingo is fairly straightforward. Speed skating, alpine and cross-country skiing, ski jumping, hockey and sled-

ding events use terms that are simple for laypeople to decipher from the comfort of their lounge furniture.

While watching the luge, bobsleigh and skeleton for instance, we might hear familiar terms such as "track," "sliders," "curve," "wall" and "ice." Skeleton, by the way, is not so-named because hurling oneself down an ice chute head first at 80 miles per hour might very well rip flesh from one's bones,

as I once quipped. It is a variation of the luge that has been part of the Olympics since 1928. As for scoring in any sledding event, even the densest of us knows the fastest one to cross the finish line with flesh intact wins.

Figure skating, however, is a sport where comprehension of terminology can get a bit murky. The basic premise is to com-

SEE OLYMPICS, PAGE 8



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ON THE COVER



Amy Perry

Several local veterans who were honored at the Black History Month observance Feb. 15 in the Lee Theater sing "Lift Every Voice and Sing," often referred to as the Black American national anthem. For more, see Page 5.

Military culinary training event kicks off March 9

Amy Perry

Production/News Assistant Editor

Marinated grilled tenderloin with red currant au jus, rack of lamb crusted with macadamia nuts or brisket with caponata sauce aren't items you'd see a military chef creating, but the annual culinary event here is anything but typical.

Those types of dishes and many more can be seen at this year's 43rd Joint Culinary Training Event. The weeklong affair features the best military culinary chefs as they train and earn American Culinary Federation medals.

The JCTE officially starts March 9 with the Armed Forces Chef of the Year and runs through the award ceremony on March 16. The public days are March 10-15, 9 a.m. - 4:30 p.m., at MacLaughlin Fitness Center. Each day will military culinary

arts at its finest with team table displays, live cooking (student teams, nutritional categories, etc.) and various demonstrations of desserts and entrees.

The public also gets an opportunity to taste some of the meals the culinary chefs create during the Military Hot Food Kitchen Competition.

"The MKT event definitely draws the most interest," said Chief Warrant Officer 4 Joseph Wisniewski, Joint Culinary Center of Excellence Advanced Culinary Division chief and team manager of the U.S. Army Culinary Arts Team. "Visitors get to experience a three-course meal for a great price. Menus should be posted on our Facebook soon."

This year, there will be 45 tickets available per team, with three teams competing each day. The tickets are \$5.60 – same as a dining facility meal ticket – and

are sold on a first-come, first-served basis. Tickets will go on sale at 11 a.m. each day.

For those who can't spend the entire week at the fitness center, there will be live streaming of the JCTE, Facebook updates and use of the Knowledge network to post updates. Daily medal counts also will be loaded to www.facebook.com/army.culinary.

This year's training event will also feature an international cooking competition, a master's competition and an enlisted aide competition, among the various live cooking challenges.

"I am very excited about the event," said Wisniewski. "I have participated every year as a competitor since joining the Army in 1998 with exception of missing a few for deployments, schools and other missions. I look forward to seeing all the creativity that our service members can produce."



File Photo

Cpl. Gregory Becker, Fort Campbell, Ky., carefully places a glaze while plating his desert submission for the Armed Forces Chef of the Year portion of the 2017. Military Culinary Arts Competitive Training Event. The public portion of the 2018 event, renamed Joint Culinary Training Event, runs March 10-15, 9 a.m. - 4:30 p.m., at MacLaughlin Fitness Center.

Program a conduit for workers facing challenges

T. Anthony Bell

Senior Writer/Special Projects

Mary Claiborne is quite clear about what she does in her capacity as an employee assistance professional with the U.S. Army Garrison's Employee Assistance Program.

"I don't solve problems for people, but I try to get them to look at their problems and help them decide how they should precede," said the licensed therapist and social worker. "I am more of a conduit."

Problems coming across her desk include those involving a need for child care, job loss, retirement, family issues, and physical and behavioral

health – anything affecting employees' performance in the workplace, she said.

"Our mission is consulting with management and supervisors in dealing with performance problems with their employees and assisting employees with any problems that may affect their ability to do their jobs," she said.

The program is voluntary and largely confidential (unless there is an indication one may cause harm in some way), said Claiborne. Additionally, employees are not bound in any way to seek help or support from the EAP.

Supervisors can refer employees to EAP, or em-

ployees may make the decision to seek support on their own, said Claiborne, noting many come by for help with a variety of work and life challenges.

"For example, I worked with someone who lost her granddaughter," she recalled. "She was a high-functioning individual, but the weight of her situation became too much. She felt like she needed someone to talk to. Wherever people find themselves, they may make the determination they can't do it by themselves."

In addition to self-referrals, installation organizations may refer employees to EAP, said Claiborne,



File Photo

Claiborne

"and a lot of the time, referrals come from coworkers."

When a request for help is received, Claiborne said she assesses the individual's situation thoroughly to best determine who can best provide the needed

support.

"I look at the total picture, proceeding without the assumption employees show up because a supervisor said their performance is subpar," she said. "We want to try to understand what's going on; what does the individual see as the problem?"

"What the employees see may be totally different than what the supervisor sees."

Claiborne, a therapist who has worked in the civilian sector, has a background in social work. She has worked in private practice and has held previous positions as a licensed clinical social worker domestically and overseas.

The Surry County native also has worked in the substance abuse education and prevention arena.

Claiborne said her work with the EAP is somewhat rooted in the loss of her parents more than 30 years ago.

"That tragedy propelled me to accept my life's calling to be a helping agent," she said in a previous *Traveller* article. "I am deeply indebted to my parents for their fortitude and valuable life teaching lessons."

EAP offers assistance to all Department of the Army civilians and their family members. The services may include counseling, assessment and referrals to other agencies. For more information, call (804) 734-9693.



File Photo

Logistics Noncommissioned Officer Academy students speak about courageous trailblazing women during the 2017 Women's History Month observance at the Lee Theater. This year's event is set for March 22, 11:30 a.m.

WHM event set for March 22

Community members are invited to the annual Fort Lee Women's History Month observance set for March 22 in the Lee Theater. The event begins at 11:30 a.m.

The 2018 national theme for the observance is "Nevertheless, She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women."

The hosts are CASCOM and the 59th Ordnance Brigade. The 392nd Army band will perform.

The guest speaker for the observance will be announced soon.

"One of the features of the event will be a new video focusing on the Fort Lee Army Women's Museum," said 1st Lt. Kenia Hurtado, Echo Company, 832nd Ordnance Battalion, 59th Ord. Bde., who is a lead coordinator for the observance.

"During a recent Ordnance School weekend, Soldiers toured the museum," she said. "After the tour, they were interviewed for the video on their takeaways."

The event also will include two other videos.

A group of female Soldiers will wear and showcase uniforms of different time periods including Women's Suffrage, World War II, the more recent Women's Rights Movement of the late 1960s as well the current timeframe.

Hurtado noted, "We also will recognize the successes of female NCOs and officers with a connection to Fort Lee in-

cluding retired Gen. Ann Dunwoody, the first woman to lead CASCOM; Lt. Gen. Gwendolyn Bingham and retired Col. Shelly Richardson."

Dunwoody is the first woman in the military to achieve a four-star general rank. Bingham served as CASCOM chief of staff and Quartermaster general at Fort Lee. Richardson is a member of the first class of female cadets admitted to the U. S. Military Academy and served as the first president of Army Logistics University.

A group of girls from a local high school also will sing at the event.

The monthlong national celebration honors women who have shaped America's history and its future through their public service and government leadership. WHM is an off-shoot of International Working Women's Day that started in 1911. The first Women's History Week was observed in 1978. In February 1980, then President Jimmy Carter issued the first proclamation for a national weeklong observance honoring women. The first Women's History Month took place in 1987.

Everyone in the community is welcome to attend the Fort Lee observance, and it's open to the public.

For details, call (804) 734-8715.

— Staff Reports

NEWS BRIEFS

AER Kick-off Event | March 1

Fort Lee community members are invited to the annual Army Emergency Relief Campaign Kickoff set for March 1, 1 p.m., at the Lee Theater. The campaign celebrates the 76th anniversary of the fundraising initiative.

Col. Adam W. Butler, garrison commander, will host the event, and the program will highlight the theme "There For Those Who Serve." The guest speaker will be retired Lt. Gen. Raymond Mason, director, AER. Retired Command Sgt. Maj. Charles Durr, chief of assistance, AER, also will attend the kickoff. A special performance by the United States Army Silent Drill Team also is scheduled for the event. The campaign runs through May 15.

For details, call (804) 734-7952.

Adjustment to Mac Fitness Center Hours

The hours of operation at the MacLaughlin Fitness and Strength Performance centers will be adjusted in support of the 43rd Joint Culinary Training event. The public days for the JCTE are set for March 10-15, 9 a.m. - 4:30 p.m.

MacLaughlin will be closed for all exercise Feb. 26 - March 18. The SPC will adjust its hours during that time to the following - Monday - Friday, 5 a.m. - 9:30 p.m.; Saturday and Sunday, 8 a.m. - 4 p.m. Normal hours of operation at both facilities will resume March 19.

For MacLaughlin details, call (804) 734-5979. For SPC details, call 765-3070.

Public Can Vote on License Plate Design

The public is being asked to vote during the Virginia Department of Motor Vehicles "Take Action Against Distraction" license plate design contest through March 20.

Eight license plate design concepts created by Virginia high school students have been chosen for this final vote. The creator of the winning license plate design will receive a \$1,000 prize.

To vote, visit www.dmvNOW.com/vaplatecontest.

Registration for March OCS Reunion

Registration continues for the Army Officer Candidate School Alumni Association 2018 Reunion set for March 25-29 at the Columbus Marriott Hotel, 800 Front Ave., Columbus, Ga.

The event includes the Hall of Fame Induction Ceremony, an alumni banquet, the reunion dinner and presentation of the Patterson Award, demonstrations, briefings and more.

For details, contact Nancy Ionoff at (813) 917-4309 or visit www.ocsalumni.org.

FLASC Scholarship Deadline Approaching

The Fort Lee Area Spouses' Club is accepting scholarship applications for the upcoming academic year. Completed application packets should be post-marked by March 15.

Community Scholarships are open to everyone. Merit Scholarships are available to full-year members of FLASC with a GPA of 3.0 or above.

For details, contact Lydia Harding at flasc scholarship@gmail.com.

Women Veterans, Military Wives Support Group

A support group meeting for women veterans and military wives is scheduled every 2nd Saturday of the month, 10 a.m. - 1 p.m., at the John Musante Porter Library, 2001 Parkway Blvd., Stafford. The next day is March 10.

The free event offers resume writing and interview coaching, Christian counseling, information on VA benefits and programs, job announcements and more.

For details, visit www.leenc.org.



Photos by Amy Perry

(ABOVE) Michael Williams, Army Logistics University president, expresses his gratitude to retired Brig. Gen. Richard Dix, the guest speaker of the Black History Month observance, for participating. Williams and Dix have been friends for a long time, and Williams said he is ecstatic his old friend was able to share his story. (LEFT) Retired Army Col. Porcher L. Taylor Jr., right, is greeted by a Soldier after the Black History Month observance Feb. 15. For about a half hour after the event, Soldiers flocked the distinguished guests – primarily black Soldiers from the local communities – to snap some photos and hear about each one's careers. The program included historical vignettes about each guest and a recording that shared personal letters from them.

Community honors contributions of black Soldiers at observance

Amy Perry

Production/News Assistant Editor

Members of the Fort Lee community packed the Lee Theater to celebrate and honor the service of black Soldiers during the annual Black History Month observance Feb. 15.

The event – also referred as National African-American History Month – featured a special performance by Fort Lee Soldiers in which vignettes of several local military veterans paid tribute to their service. Additionally, six members of the Virginia State University Gospel Chorale sang “Lift Every Voice

and Sing,” a song widely regarded as the African-American national anthem.

The Army Logistics University and Defense Contract Management Agency hosted the event, along with the Equal Opportunity office.

Linda Galimore, director of the DCMA EEO office, said she was excited to partner with the Fort Lee organization to make the program more successful.

“It’s an opportunity to market DCMA to a much broader audience, and for us to gain exposure to our partner organizations,” she said. “We intend to continue partnering initiatives because of

the ability to leverage resources and stage much more elaborate events than any organization individually can organize.

“Today’s event was executed in an excellent manner,” Galimore continued. “The most heartwarming portion of the program to me was the tribute to Buffalo Soldiers and other veterans from the local area. The homage paid to them by the narrator during the event was a history-making moment. To see the reaction of the audience when they realized the Soldiers who had served so valiantly were in the audience and were being depicted by Fort Lee military members was extremely

impactful!”

The guest speaker was retired Brig. Gen. Richard Dix, who served from 1987-2017. During his speech, he quoted philosopher George Santayana as saying “Those who cannot remember the past are condemned to repeat it,” when talking about how important these types of observances are.

After acknowledging the special guests and several Buffalo Soldiers in the audience, Dix began telling his story of overcoming racism and segregation as a young boy and how he dreamed of serving in the military. As he got older and joined the service,

he said he liked telling others – especially black Americans – about military service and the opportunity it could afford them that civilian life didn’t.

“(I would) tell them, ‘if you were prepared, you could succeed and achieve, so when the opportunity afforded itself, you have to be ready,’” Dix said, “because leaders would eventually get around to diversity. Diversity is one of the cornerstones to the United States of America.”

After sharing several stories of heroic African-Americans, Dix said he wasn’t a fan of Black History Month.

“It should be celebrated every day,” he said, “So many great things have been done (by black Americans) when this country was grateful and when this country was ungrateful. But it was still done. We must celebrate where we came from and not forget it.”

SECDEF Mattis 'heartened' by NATO nations' increased defense budgets

Terri Moon Cronk

DoD News, Defense Media Activity

WASHINGTON – Global democracies are working together, Defense Secretary James N. Mattis said yesterday to reporters traveling with him as he wrapped up a European trip to reaffirm key partnerships and alliances.

The secretary's travels included meetings with defense leaders in Rome, taking part in this year's first meeting of NATO defense ministers in Brussels, attending the 54th Annual Munich Security Conference in Germany, and meetings with leaders and troops from U.S. European Command and U.S. Africa Command.

The Defense Department has three lines of effort that include creating stronger alliances by working by, with and through partner nations, Mattis told reporters.

To that effort, "NATO remains our No. 1 alliance," he said, adding that he was heartened at the ministerial by various nations' continued increased defense budgets.

"(Just) to look around that room and see 29 nations all working together ... you have to remember the fundamental strength of that alliance," the secretary said.

Visits to combatant command



NATO photo

Defense Secretary James N. Mattis and U.S. Ambassador to NATO Kay Bailey Hutchinson, left, conduct bilateral discussions with Bulgaria's Defense Minister Krasimir Karakachanov at NATO Headquarters in Brussels, Feb. 15.

Mattis called Eucom a "very focused outfit," and said his visit with troops and leaders there shows the "degree of rapport we maintain through thick and thin."

In his visit to Africom, the secretary discussed with leaders the elements supported across Northern and Sub-Saharan

Africa, and the Horn of Africa to stop violent extremists. It is by and through allies and partners there that those efforts continue, he emphasized.

At the 54th Munich Security Conference, Europe's largest security conference, the secretary said he saw a much stronger

European focus on defense.

Defense budgets climb

While many of the democracies at the conference are coming out of challenging economic times, he said, "you see the defense portfolios being raised everywhere."

Germany keeps a strong bal-

ance in its form of government between development and defense, Mattis said, adding that he endorses and supports it. "Americans continue to put out hundreds of millions of dollars a year, billions total, in development funding. [We] all do it our own way, but what you see, again, are democracies working together," he said.

Bilateral talks

The secretary said he held bilateral talks with the defense leaders of several nations, including Georgia and Ukraine.

"We stand with them on their territorial integrity," he said of those two nations. "Both of those countries have territory occupied by illegal Russian forces or Russian-supported forces. So, in both those cases, we stand with them in term of international law, in terms of strengthening their government-reform efforts, especially, in my case [where] I work with their ministries of defense."

Mattis said he appreciates those nations' "full-fledged" efforts.

"They came out from underneath Soviet domination. They went through the gathering of freedom without many of the internal controls that we in the West enjoy, and they're now having to go through the reform effort to try to put in place the kind of things that you and I take for granted," Mattis said.

"So we talked at some length about the reform efforts, and what we can do to assist them. We are very responsive to their needs. That's the way we do it," he said.





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SPOTLIGHT | RECOGNIZING CIVILIANS

RENEE' BROWN

Hometown: Newport News

Family: "One daughter who is deceased and three grandchildren."

Job title: Electronic Business Analyst at the Defense Contract Management Agency

How long have you served at DCMA and with the DOD? "10 years DCMA and 35 years DoD."

Job duties: "Writing policy for accountability property and internal use software. Accountable for all IT property equipment and internal use software. I joined the union in 2011 and became a Union Steward to make my work place a better place to work and to also help promote fairness and to also promote the opportunity for equality for promotions in my workplace."

How did you get started with the federal government? "I



entered the government in 1982 as a clerk typist."

How did you start working at DCMA? "I was hired at DCMA in September 2008."

Thoughts on your working environment: "I like to have processes in place, so I know what steps to take next."

Challenges of your job: "Fairness and opportunities for promotions."

Motivation for job: "Taking pride in getting it right the first time and helping people."

One thing you can't live without: "Pointed high heel shoes."

Favorite place to vacation: "Nassau and Paradise Island. They are beautiful places."

Pet peeve: "Liars. When someone is Not being able to admit you're wrong when you've made a mistake

Favorite book: "'Who Moved My Cheese' by Dr. Spencer Johnson."

Favorite quote: "If you do not change, you can become extinct."

Favorite food: "Spaghetti with meatballs."

Worst fear: "Snakes."

Talent: "Drawing and writing poetry."

Hobbies: "History buff and bird watcher."

Life lesson to share: "There are no mistakes, only lessons we need to master."

Someone you admire: "My mother. She taught me to never accept a wrong and to always search for right. She taught me that hard work never killed anyone and she also taught me to be a leader and never be a follower."

Qualities you admire in others: "Truthfulness and fairness."

What do you expect from your leaders? "Clarity of goals and objectives is essential for suc-

cess; opportunity, involvement, keep commitments, consistency, respect, honesty, constructive feedback, praise, and standing up for the team."

What is something people would be surprised to know about you? "I'm a licensed sheet metal mechanic."

Future aspirations? "Become involved in political arena."

- Compiled by Amy Perry

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Lesley Atkinson

General visits Lee clinics

Kenner Army Health Clinic Staff Sgt. Benjamin Proctor, left, from education and training explains to Brig. Gen. Erik H. Topping III, Regional Health Command-Atlantic deputy commanding general, on Feb. 14 about the SimMan 3G, which is an advanced patient simulation system used to facilitate training, during his tour of the Kenner facility. Topping's battlefield circulation visit to KAHC provided him a tour and opportunity to thank staff members for their service to Fort Lee. During his tour, he presented challenge coins to employees who have gone above and beyond. Topping also holds the position as the 26th Chief of the U.S. Army Veterinary Corps. He finished the tour by visiting the Fort Lee Veterinary Clinic.

A group of roughly 70 adults and children pose for pictures near the Pocahontas Island Black History Museum in Petersburg with curator Richard Stewart (right of center, kneeling and wearing a baseball cap) Feb. 3. Fort Lee's Liberty Chapel Gospel Service Men's Ministry hosted the visit that also included a stop at the Tractor Museum in Colonial Heights.



Contributed Photo

Ministry hosts museum visits

Liberty Chapel men's group engages community members with history lessons

Rendering positive Christian service through effective ministry outreach and community engagement in support of the Fort Lee Religious Support Office ministerial programs is the mission of the Liberty Chapel Gospel Service, one of several of Fort Lee's religious ministries engaged in supporting the spiritual wellness and resiliency of

military personnel, retirees, their families and the Fort Lee community at large.

On Feb. 3, the Liberty Chapel Gospel Service Men's Ministry hosted a historical outing in honor of African-American History Month. Specifically, the historical outing encompassed a visit/tour of the Pocahontas Island Black History Museum at 224

Witten Street, Petersburg. The outing consisted of more than 70 personnel, youth and adults alike.

Key features of the visit to the museum consisted of a profound lecture by the museum curator, Richard Stewart, a renowned orator and scholar in his own right. The visit to the museum also included an offi-

cial documentary and a tour of the museum facility.

As part of the outing, participants also were afforded the opportunity to visit and tour the first-rate Tractor Museum in Colonial Heights. This museum tour offered participating youth and adults the opportunity to see first-hand the lineage of tractors and other artifacts that

helped revolutionize agriculture in America since the late 1900s. Since agriculture is an integral part of America's economy (in excess of 65 percent of America's jobs are agriculture-related), it was deemed appropriate to take advantage of this group outing as a career broadening opportunity for the tour participants.

A key feature of this tour placed emphasis on promoting educational awareness among youth. In order to further promote our youth's enthusiasm and positive engagement with this event, all participating youth were encouraged to participate in a voluntary essay writing contest. Upon completion of the historical outing at the Pocahontas Island Black History Museum, interested youth were afforded an opportunity to prepare and submit a 1-2 page typed essay to designated officials of the LCGS Men's Ministry for evaluation and subsequent recognition. The essay topic was "The Price of Freedom – The Role (Importance) of Pocahontas Island in the Abolishment of Slavery in America!"

– Liberty Chapel

OLYMPICS | Learning to talk the talk of the winter games

Continued from page 2

plete a series of jumps, flips and spins for technical and style points. Simple enough, right? It's the moments when commentator Johnny Wier observes that a skater's "triple Axel, triple toe is under review" and she "finished her flying camel sequence with a haircutter," that have viewers scratching their heads. Then Tara Lipinski tells us that a skating pair "began their program with the dreaded twizzle sequence" and "lost grade of execution points for their death spiral." Huh? What's that about attempted murder with poisonous licorice?

With the benefit of binge-watching and a little help from Google, though, I learned each jump (Axel, Lutz, Salchow,

toe loop, loop, flip) is defined by how the skater launches and how many rotations are completed. Also, skating programs include a variety of turns and spins such as the Biellmann, flying camel, pancake, backscratch, shotgun, cannonball, haircutter, twizzle and death spiral. Fascinating, I know. Try to control your excitement.

The next winter event that sent me Googling was the snowboarding half-pipe. Most viewers know who Shawn "The Flying Tomato" White is, but when the commentators said he might attempt "a massive 18-foot, air-to-fakie with a stalefish grab followed by a switch stance McTwist and back-to-back 1440s," I checked to see if subtitles were available.

Snowboarders clearly do not speak English. Theirs is a colloquial language only understood by resort rats with bushy hair who say things like, "Let's shred first tracks in the powpow, Bro."

But there's a method to their madness. Olympic snowboarders earn points by catapulting themselves high above a 22-foot ice wall and executing complicated tricks. Each maneuver involves a specific series of moves with cryptic labels. Without getting into what "a beef curtains grab" or "a backside rodeo" are, the basic terms I learned were: wind up, hit, air, spins that range from one-to-four rotations, grab and stomp. 'Nuff said.

Lastly, with finals happening this weekend, I must say a word about curling – an obscure event involving bumpy

ice, lumps of rock, Swiffer sweepers, incoherent shouting and the oldest competitors at the games (Cheryl Bernard of Canada is my age, God bless her). With confusing terms – skip, bend, hack, hog line, house, button and hammer – and players screaming at each other – "Yup! Hurry hand! Right up! Right off! No line! Good line! Clean!" – it's no wonder the teams can't get sponsorships, and the players all have day jobs.

No one gets it. However, I learned that if you ignore the words, curling is essentially a simple game of shuffleboard. Giant shuffleboard. On weird ice. With brooms. And old people.

If you can't walk the walk, you gotta talk the talk, right?

Visit us online at www.fortleetraveller.com

ROCKS holds professional development seminar

The Fort Lee - Central Virginia Chapter of ROCKS, Inc. hosted a professional development seminar at the Army Logistics University featuring retired Brig. Gen. Richard Dix as the keynote speaker Feb. 14.

Dix expounded on the importance of career management techniques to ensure officers align their career objectives in a manner that is commensurate to reaching the pinnacle of their respective field. He provided a resource tool known as the "Career Management Book/Leaders Professional Book" that illustrates each aspect of an officer's career trajectory and hones in on type of assignments, evaluations, and includes metrics to incorporate family and spouse career aspirations.

The session culminated in a constructive question-and-answer portion, followed by a brief opportunity to network.

Officers walked away with the knowledge, tools and resources to not only take their career to the next level but also provide effective mentorship.

In closing, Dix noted, "it is incumbent upon officers as professionals to pay it forward."

ROCKS, Inc. is a tax-exempt nonprofit organization comprised of ROTC and military academy cadets, active duty, Reserve/National Guard commissioned officers and active duty, Reserve/National Guard component warrant officers and Department of Defense GS-12 and above civilians. The organization was formed to provide mentorship, professional development and social interaction to strengthen the officer corps. It began as a metropolitan Washington, D.C., organization with one chapter. Since then, it has steadily grown to a membership of over 1,150 members



Contributed Photo

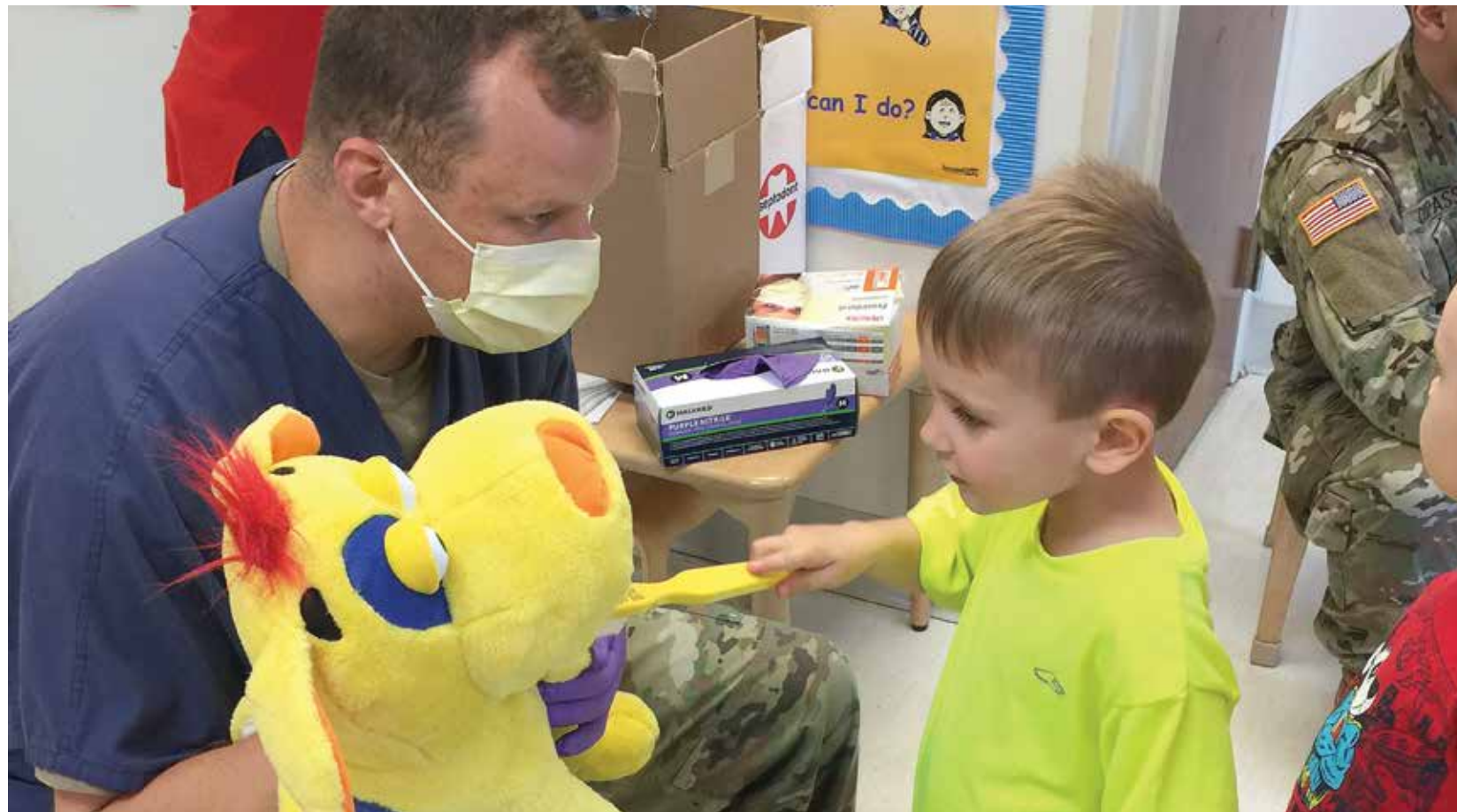
Retired Brig. Gen. Richard Dix addresses attendees during the Fort Lee - Central Virginia Chapter of ROCKS, Inc. professional development seminar at the Army Logistics University Feb. 14.

in 32 chapters and one interest group established worldwide. The organization has positioned itself as a leader in providing developmental guidance to members of

the Army officer corps and ROTC cadets. For details, visit www.rocksync.org.

— Staff Reports

Children's Dental Health Month focuses on outreach



Capt. Thomas Welnak, a dental health provider at Mosier Troop Medical Clinic 2, shows a child how to properly brush his teeth during a visit to a Fort Lee Child Development Center earlier this month. February is National Children's Dental Health Month and the post dental clinics conduct outreach activities to teach children to care for their teeth. The program this year reached 204 children at the Fort Lee and Defense Supply Center -Richmond CDCs.

Contributed Photo

‘Singin’ in the Rain Jr.’ opens March 9 at Lee Theater

The Lee Playhouse final KidKapers production of the 2017-2018 season opens with “Singin’ in the Rain Jr.” March 9, 7 p.m., at the Lee Theater, 1100 Mahone Ave.

Additional performances are set for March 10, 16 and 23 at 7 p.m., and March 10, 17, 18, 24 and 25 at 2 p.m.

This is a classic tale of how Hollywood as we know it truly began. This beloved musical follows the silver screen star Don Lockwood (Glen Meza) and his glamorous leading lady, Lina Lamont (Sam Preece) as film

begins to transition from silent to sound.

There’s just one problem – Linda’s voice is stuff of nightmares. With the help of Don’s best friend Cosmo (Jennifer Price) and an aspiring actress with a voice as sweet as her nature, Kathy (Katie Helm), they hatch a plot to rescue everyone’s favorite onscreen duo and save face onscreen and off.

Featuring a cast of 25 powerful young performers, “Singin’ in the Rain Jr.” will leave everyone wanting to put on their tap

shoes and join the glamour of old Hollywood at its finest.

Joining director Caroline Mincks in creating this charming production is set designer and technical director Joe Beaudet, sound designer John “Red” Redling, costume designer Kym Mincks, light designer Joe Beaudet, and stage manager and choreographer Khalila Roney.

For reservations or more information, call the box office (804)734-6629 or visit leeplayhouse.com.

– Lee Playhouse



Debra Beaudet

Posing during a recent rehearsal of “Singin’ in the Rain Jr.” are Jennifer “JP” Price as Cosmo Brown, Katie Helm as Kathy Selden and Glen Meza as Don Lockwood.



Contributed Photo

An officer in Basic Officer Leader Course tests the strength of a fellow officer to see where their body gives in and is the weakest. This is a good indicator of where a Soldier needs to work on setting their body properly and strengthening the specific muscles.

BOLC troops gain new fitness perspective

Sgt. 1st Class Jason M. Fineberg
NCOIC, Physical Therapy, Kenner Army Health Clinic

The meaning behind the word “readiness” is a top-priority for the U.S. Army today. According to Gen. Mark. A. Milley,

chief of staff for the U.S. Army, “readiness determines our ability to fight and win our nation’s wars.”

With readiness in mind, according to The U.S. Army Human Dimension Concept, TRADOC Pam 525-3-7, the Army has started to move to a holistic

health and fitness initiative to address the physical, mental, resiliency and emotional needs of the Soldiers and their family. This concept involves multiple avenues of approach to ensure Army forces are in a state of readiness. One method of aiding performance is educating Soldiers.

The Physical Therapy Clinic at Kenner Army Health Clinic works hard to get out to the units on Fort Lee and provide training that enhances a Soldier’s ability to perform the given tasks needed to do their jobs and accomplish missions. One of the ways the Physical Therapy Clinic provides performance education is by giving every new Basic Officer Leader Course a “Soldier Athlete” brief.

As the up-and-coming leaders of the American forces, these brand-new officers need to be ahead of the physical issues that plague many Soldiers in today’s Army. As officers, these Soldiers will be in charge of Soldiers within their units and have the opportunity to provide them with good quality training at the unit level. I believe our culture has become one that relies heavily on television and social media.

Many new Soldiers are not as fit as those that have come before them. There continues to be a rise in the amount of Basic Combat Training test failures.

According to Fort Jackson, studies conducted in fiscal 2006 and fiscal 2009 found in the year 2000 that 4 percent of

males and 10 percent of females failed the BCT test. The 2009 study found 34 percent of males and 47 percent of females failed. This test is given to every new recruit that goes to BCT. During the 2017 Medical Symposium, the Army Surgeon General’s Office stated that one in every 20 Soldiers fail the Army Physical Fitness Test and 13 percent of Soldiers are overweight.

The Soldier Athlete brief given to the Fort Lee BOLC class provides useful information to help with pain and to show proper form during movements necessary for daily duties with the Army. The Army Public Health Center states, in 2012 alone, about 50 percent of all injuries within the Army were lower extremity overuse injuries. These injuries include new BOLC Soldiers who may not know the correct way to perform an exercise or specific movement. It is because of this that injury rates are so high.

The class learns to understand the body’s responses to soreness versus pain. Pain should not continually be masked with medication. If it hurts when performing a movement, your body is telling you there is something wrong.

In the BOLC class, the officers learn a variety of tips to test body strength and keep workouts pain-free.

If any unit is interested in taking the class, contact the Physical Therapy Clinic at (804) 734-9200.

Funding will improve military Readiness, senior officers say

Terri Moon Cronk

DOD News, Defense Media Activity

While challenges face the Army, the service remains resolute in its mission to fight and win the nation's wars, Army Vice Chief of Staff Gen. James C. McConville told members of a Senate panel here Feb. 14.

The general appeared a hearing of the Senate Armed Services Committee's subcommittee on readiness and management support with the vice chief of naval operations, the Air Force vice chief of staff and the assistant commandant of the Marine Corps.

McConville said the Army is grateful for congressional efforts in the recent bipartisan budget agreement, which he said would fund Army readiness recovery through fiscal year 2019.

"Simultaneously recognizing we cannot fight tomorrow's wars with yesterday's weapons and equipment, we've enacted sweeping modernization reforms," he said.

"The establishment of cross-functional teams focus the Army's six modernization priorities, and the introduction of the Army's Futures Command will increase unity of effort, agility and accountability while building a more agile and lethal force," McConville added.

The general asked for continued help from Congress for timely, predictable and sustained funding to ensure the Army maintains its competitive edge and retains

the best-trained, best-equipped and best-fighting force in the world.

Marine Corps readiness

"The Congress and the people of our great nation expect a Marine Corps to be forward-deployed and forward-postured, ready and capable of rapid action to win our nation's battles," Marine Corps Gen. Glenn M. Walters, the assistant Marine Corps commandant, told the senators. Marine Corps readiness is essential to fulfilling this responsibility, he added.

"Our defense strategy now defines readiness as our ability to compete, deter and win against the rising peer threats we face," Walters said, adding that the Corps must modernize to achieve that definition of readiness.

"The support of Congress in passing the fiscal year 2017 request for additional appropriations provided a welcomed step toward correcting our readiness challenges," he said.

Air Force readiness

"As a new National Defense Strategy makes clear, great power competition has reemerged," said Air Force Vice Chief of Staff Gen. Stephen W. Wilson.

"Today our strategic competitors China and Russia are moving at a speed and scale unseen in recent history," Wilson told panel members. "We must counter that with sustained urgent action."

With help from Congress, the Air Force can accelerate building a more lethal force



Petty Officer 3rd Class Alex Corona

Navy Petty Officer 2nd Class Mariani Rivera signals that an aircraft is ready for launch on the flight deck of the aircraft carrier USS Theodore Roosevelt in the Persian Gulf, Feb. 4, 2018. Added military funding provided by Congress will enable the Navy and the other services to improve their lethality and effectiveness.

ready to compete, deter and win "any fight, anywhere," Wilson said.

"Aided by your funding in [fiscal year 2017], we've arrested the readiness decline," he said, noting that 3,300 airmen a year over the next five years will be added to the Air Force.

"We're also funding more flying hours and munitions, more equipment and parts, depots, training and our training infrastructure," Wilson said.

Navy readiness

The Navy "will aggressively and responsibly accelerate our readiness recovery plan to earn your trust," Navy Adm. William Moran, vice chief of naval operations, told the panel.

"Last year, members of Congress invested \$1.7 billion in Navy readiness," the admiral said. "We allocated every single penny of that critical investment to arrest the erosion we were seeing [in] FY '17 and previous years, and it put us on a

path in FY '18 to restore our most pressing readiness needs."

Instead of shutting down flight operations for several fleet squadrons, the Navy was able to continue operating and training its pilots and air crews, he said. The Navy also was able to begin addressing understocked spare parts and it's able to build a more effective workforce at aviation depots, the admiral added.

"That extra money also helped us recover a number of the deferred surface ship maintenance and modernization periods that allowed us to restock our munitions," Moran said. "We will be able to sustain the recovery you helped us jumpstart last year and grow and improve our lethality as a Navy."

Together, these changes will expand the margin of victory in any future fight, Moran told panel members.

"And it will move us closer to the Navy the nation needs," he said.

Lee Exchange supports readiness, resiliency with gear essential to a BE FIT lifestyle

As the Department of Defense shifts its focus to readiness, Soldiers at Fort Lee can count on the Army & Air Force Exchange Service to have their six.

At the Exchange and *ShopMyExchange.com*, Soldiers and their families can equip themselves with the tools needed to maintain a BE FIT lifestyle, including athletic apparel and footwear; strength

training and cardio equipment, and digital fitness devices – tax-free and at an average savings of 20 percent off.

Honorably-discharged veterans can also save on fitness gear and shop the Exchange's full online assortment by signing up for their lifelong online military exchange shopping benefit at *ShopMyExchange.com/Veterans*.

"As a partner in the Healthy Army Community initiative under the Office of the Secretary of Defense, the Fort Lee Exchange is dedicated to promoting readiness and resiliency among Soldiers and their families," said Eric Desveaux, Lee Exchange general manager. "With healthier restaurant and Express options and military-exclusive savings on top-tier fit-

ness brands, the Exchange is the one-stop shop for maintaining a holistic, BE FIT lifestyle."

Essential BE FIT gear offered by the Exchange in-store and online includes:

- Athletic apparel from name brands
- Athletic footwear from name brands
- Digital fitness accessories (more than 150 items online only).
- Digital watch devices with fitness tracking capability (nearly 20 online only).
- Hydration gear

The Fort Lee Exchange features an extensive BE FIT concept shop, where Soldiers can find athletic apparel and footwear located in one convenient spot. The shop, which looks and feels like major sporting goods stores, is part of a strategic initiative to bring top national brands to military shoppers at competitive prices.

The Fort Lee Exchange is at 300 A Ave., in building 1605. For information on how the Exchange can help military shoppers lead a BE FIT lifestyle, contact the Exchange at (804) 861-5970.

– Fort Lee Exchange

(FAR RIGHT) The “Lady Rough Ryderz” from Romeo Company, 262nd Quartermaster Battalion, pose for a social media photo during the opening moments of the Feb. 7 Intramural Sports Lady’s AIT Basketball Tournament at MacLaughlin Fitness Center. (RIGHT) Staff Sgt. Brandon Moomaw, a Tactical Power Generation Course instructor assigned to Delta Company, 832nd Ordnance Battalion, teaches a lesson in reading and following schematics recently in an Ord. School training bay. The “Spartan” Soldiers who complete the 91-Delta training will go on to play a vital role in the Army’s mission as they perform maintenance on power generation equipment, internal combustion engines and associated equipment in mobile and stationary power plants.



<https://www.facebook.com/832DOrdnanceBattalion>



<https://www.facebook.com/USAODS>

(ABOVE) Brig. Gen. David Wilson, Chief of Ordnance and commandant of the Army Ordnance School, tours a vehicle maintenance facility during a visit to Fort Stewart, Ga., earlier this month. Wilson attended briefings and engaged in discussion with representatives of the 632nd Support Maintenance Company and 24th Ordnance Company, 87th Combat Sustainment Support Battalion, 3rd Infantry Division Sustainment Brigade. Field visits provide an opportunity for CASCOM leaders to gauge the effectiveness of primary and advanced military training provided at Fort Lee. (RIGHT) Col. Greg Townsend, 23rd Ordnance Brigade commander, chats with student-Soldiers during a walkthrough of Water Training Division field exercise sites at Fort Lee last week. The colonel observed as the 92-Whiskey, water treatment specialist, troops applied lessons learned in the classroom. While talking to the Soldiers, the brigade leaders offered valuable perspectives on how the training they receive here will benefit the operational Army in the future.



<https://www.facebook.com/Water-Training-Divi>



IN YOUR FACE

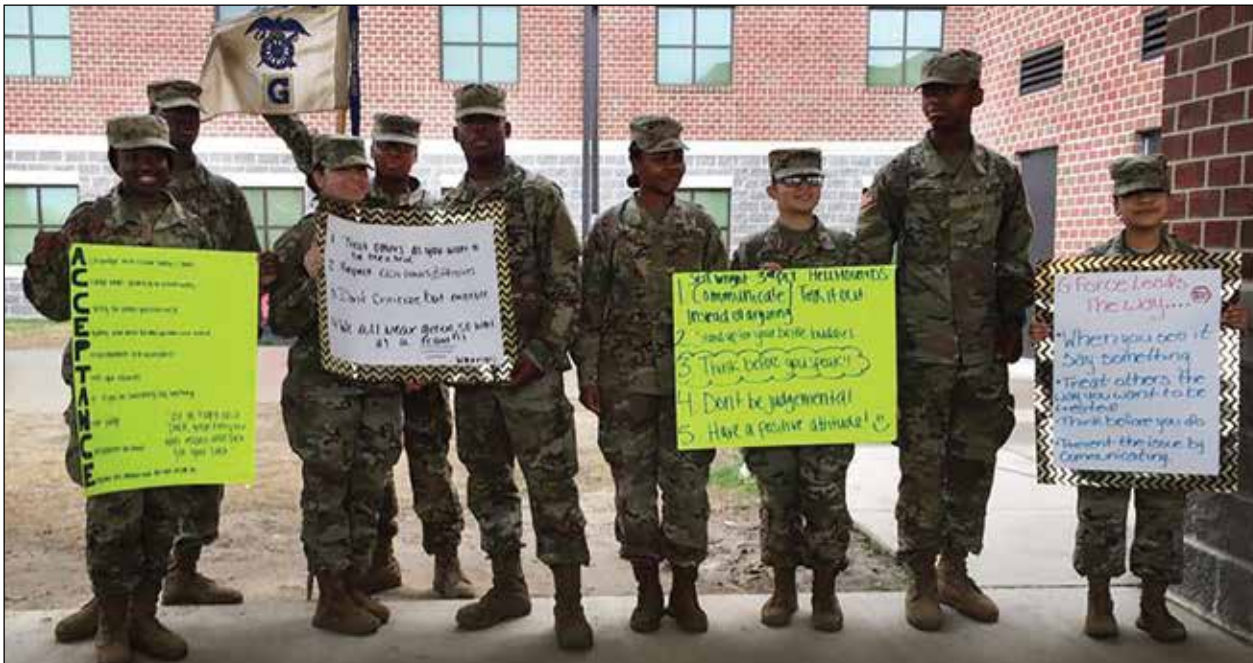
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<https://www.facebook.com/244thQMBN>



<https://www.facebook.com/FortPickett>



<https://www.facebook.com/244thQMBN>

(ABOVE LEFT) Soldiers from Golf Company, 244th Quartermaster Battalion, proudly pose with the posters they created for a "hip pocket" Equal Opportunity Program training session Friday in a covered formation area by their unit barracks. The "G-Force" trainers discussed the importance of communication, listening and the acceptance of diversity – all essential traits for members of the Army team. The location and spontaneity of the training demonstrated how leaders can productively use spare moments in their daily activities to rehearse and refresh important Soldiering skills. (ABOVE RIGHT) Lt. Col. Paul Gravely accepts the command flag for Maneuver Training Center Fort Pickett during a Feb. 3 ceremony at the Army National Guard-operated installation near Blackstone. Gravely replaced Col. Preston Scott Jr. Brig. Gen. Walter Mercer, right, Virginia National Guard Assistant Adjutant General - Army, presided over the exchange of organizational colors. The Troutville-based 29th Division Band provided music for the ceremony. (LEFT) Sgt. 1st Class Devon Mears, a 244th Quartermaster Battalion platoon sergeant, keeps a close watch on an advanced individual training Soldier performing weapons disassembly and reassembly steps as part of a platoon honors competition during the early morning hours of Feb. 9. It was among the closing activities of "Guardian Honor Week" when the battalion's four student companies compete for guidon streamer awards recognizing physical training, discipline, Soldier skill, leadership and overall excellence. The final morning's activities also included a battalion run led by Lt. Col. Daniel Horn and Sgt. Maj. JennyAnne Bright.

Showcasing photos from Fort Lee / local Facebook pages

Mattis: New policy cracks down on non-deployable troops

Terri Moon Cronk

DOD News, Defense Media Activity

WASHINGTON – The Defense Department has a “higher expectation” of deployability by its forces, Defense Secretary James N. Mattis said Saturday.

Speaking with reporters on a return flight from Germany to Washington, the secretary said the undersecretary of defense for personnel and readiness last week defined a problem that initially was brought to his attention by the Army, where “many non-deployables were on their rolls.”

Aside from combat-injured personnel who are in a separate category, Mattis said, the issue concerns service members “who are, just for one reason or another, not able to deploy with their units. It was a significant number, and the Army brought their concerns forward. The other services also highlighted (their) concerns.”

New policy

DOD’s office of personnel and readiness has “come out with a policy that if you’re not deployable for a year or more, you’re going to have to go somewhere else,” he said.

As an example, Mattis said, if 10,000 troops out of 100,000 are not deployable, that means 90,000 deploy more often to meet the same deployment standard.

“That’s unfair,” he said.



Staff Sgt. Nicholas Farina

KFOR Multinational Battle Group-East Soldiers run a 1000 meters during the physical fitness event for the German Armed Forces Proficiency Badge at Camp Bondsteel, Kosovo, Dec. 12, 2017. The Department of Defense is re-examining policies to make sure that as many Soldiers as possible maintain deployable status.

The secretary talked about a service member who is on his sixth deployment in 11 years.

“When that sort of thing happens, that brings sharply into focus that some people are carrying more than the share of the load that I want them to carry,” he said.

“They need time at home,” Mattis emphasized. “They need time with their families. We may enlist soldiers, (but) we re-enlist families. That’s the way it is. If

you can’t keep the family together, then you’re either going to lose the family or you’re going to lose the soldiers, and that’s a net loss for our society and for our military. (We) put a lot of training into people nowadays. So that policy is now out.”

Military must be deployable

The secretary said as he reviewed the services’ policies, they were already strong enough, “so some of this may

simply be more adherence to the current policy that we have; some of it may require an effort within the DoD, the Office of Secretary of Defense policy, that we put out for the department now,” he added.

“But the bottom line is, we expect everyone to carry their share of the load,” the secretary said, adding, “and sometimes things happen. People bust their legs in training or they’re in a car accident. We understand that.”

But DoD comprises a deployable military, which is a lethal military that aligns with its allies and partners, he said.

“If you can’t go overseas (and) carry a combat load, then obviously someone else has got to go. I want this spread fairly and equitably across the force.”

The only exemption is for those who have been injured in combat, he noted.

“If they were wounded in combat, and they want to stay in and they’ve lost their leg or something like this, and they can’t be a paratrooper anymore, then we’ll find a place to use them. That’s a special category. They’ve earned that special status,” Mattis said.

“Otherwise, you’re either deployable, or you need to find something else to do. I’m not going to have some people deploying constantly, and then other people who seem to not pay that price to be in the U.S. military,” he said.

Remembrance trip to U.S. Capitol



Contributed Photo

Soldiers from Romeo Company, 262nd Quartermaster Battalion, participated in a morale trip to the U.S. Capitol Feb. 16 in remembrance and honor of President’s Day. Ruff Ryder trainees were able to participate in a tour of the building and learn about the U.S. Capitol and the U.S. Congress while visiting the U.S. Capitol Visitors Center, a large underground addition to the United States Capitol complex. Located below the East Front of the Capitol and its plaza, between the Capitol building and 1st Street East, the complex contains 580,000 square feet of space below ground on three floors.

Army bobsled team to jump into action during Olympics this weekend

David Vergun

Army News Service

PYEONGCHANG, South Korea – Four-man bobsled competition this weekend will be one of the final medal events of the PyeongChang Olympics, and it will culminate years of training for four Army athletes.

Sgt. 1st Class Nathan Weber practiced for the winter games while deployed in Afghanistan last year, while Sgt. Justin Olsen, Sgt. Nick Cunningham and Capt. Chris Fogt were already training with the U.S. National Team.

“Every free moment I had, I’d be in the gym or I’d be running sprints or pushing sleds,” Weber said of his tour in Afghanistan.

The Special Forces medic even ran laps around the forward operating base during a mortar attack.

“You can say I’m a little bit of an adrenaline junky,” Weber said, explaining with a smile that the mortar attack raised his adrenaline levels and helped him clock a faster time than ever before.

This week Weber will be pushing a new bobsled across the starting gate at the Olympic Sliding Center along with two fellow Soldiers in the same sled.

The big four

Three-time Olympian Fogt, who earned a bronze medal at the last games in Sochi, will be the sled’s brakeman. Another threepeat Olympian and gold-medalist from the 2010 Vancouver games, Olsen will drive the sled.

Olsen, at 6-foot-2 and 235 pounds, is Team USA’s largest bobsled pilot.

“For bobsled, you have to be fast and big and strong,” Fogt said. “The bobsled weighs about 400 pounds. You have to get that thing going from zero to as fast as you can ... in a short period of time.”

Fogt himself is six feet and 205 pounds while Weber is six feet and weighs 223 pounds. The fourth



U.S. Army World Class Athlete Program

U.S. bobsled racers, including Maj. Chris Fogt and Sgt. Justin Olsen, compete in the World Cup at Park City, Utah, November 2017. Fogt and Olsen were both named to the U.S. bobsled team that will compete in the 2018 Winter Olympics.

member of their bobsled team is civilian Carlo Valdes, 6-foot-2 and 220 pounds. He played wide receiver for the UCLA football team a year before moving to track and field and earning prominence throwing the javelin.

Their new 400-pound sled was tested earlier this year at the Olympic training center in Lake Placid, New York, before going on the World Cup circuit. The team of four placed ninth in Koenigssee, Germany, Jan. 18 as they qualified the sled for the Olympics.

“We’ve made some advancements with this new sled,” Olsen said. “Overall it’s just a larger sled. It allows for a bigger team to be relatively hidden inside the sled and be more aerodynamic. I’m one of the larger pilots on tour and with the four-man, you can’t really tell that.”

NASCAR and remembrance

Olsen compared bobsled to the NASCAR racing circuit, due to the importance both place in aerodynamics, vehicle design and maintenance. In fact, the sled in

which Olsen earned his Olympic gold medal in Vancouver was designed by former NASCAR racer Geoff Bodine.

That sled, Night Train, was driven by the late Steven Holcomb. So was Night Train 2, the sled in which Fogt earned bronze four years ago in Sochi.

Holcomb himself was a former Army World Class Athlete Program, or WCAP Soldier who broke a 60-year drought for Team USA in four-man bobsled when he snagged gold in Vancouver. The last USA Olympic gold in that sport had been in 1948.

Holcomb was a member of the Utah National Guard from 1999 to 2006 when he began having health issues and almost went blind. Even after his vision improved, he felt that the sight issues had enabled him to “feel” the bobsled course better than other pilots.

He was found dead in his room at Lake Placid May 6, 2017, with a diagnosis of fluid in his lungs. This year USA bobsledders have

dedicated their performance in PyeongChang to Holcomb’s memory.

Mentor and role model

Weber feels resilience is one of the most important qualities he brings to the team. He’s had to overcome a number of obstacles to make the Olympic team, he said.

“Aside from having to train while running missions and being deployed, it’s not always easy walking into a new place where you’re working and tell the people ... ‘hey, I want to do this absolutely crazy thing because I think I can go to the Olympics.’”

Weber is a member of the 10th Special Forces Group at Fort Carson, Colorado, and said leaders there have given him tremendous support and allowed him time to train in bobsled.

While going through the Special Forces Q Course about eight years ago, Weber picked up a magazine and read about fellow Soldier Olsen winning a gold medal in bobsled and it inspired him to take up the sport.

Later, Olsen became his mentor and role model. “I joke with him all the time: If he’s going to scrape his knee on the way into the sled, I’m like OK, I need to scrape my knee on the way into the sled,” Weber said.

Now he’s pushing the sled right behind Olsen.

“Having him be the reason that I came into the sport and now being in the sled with him at the Olympics, it’s 100 percent unreal,” Weber said. “It’s come full circle and it’s awesome.”

Weber was actually in back of the bobsled when Olsen made his first run as a pilot three years ago, moving up from brakeman to driver. “He believed in me,” Olsen said.

“He just got back from a deployment, and he was right in the back of the sled, torn hamstring, he didn’t care,” Olsen said.

Weber said nothing will stop him from competing.

“Anything can happen and I’ll get out there and perform the next day,” he said. “It doesn’t matter what it is.”

Veteran leadership

Weber feels Fogt brings veteran leadership to the team.

“He got us so fired up at the line, it was absolutely incredible,” Weber said of the captain at the starting gate in Koenigssee. “He really helps bring out the best in everybody on the team.”

Fogt, a military intelligence officer, deployed to Iraq for a year after competing in the Vancouver Olympics. He said the work ethic there and elsewhere across the Army translates well to sports.

He believes hard work is the biggest factor to success in the Olympics. Athletes, like Soldiers, must keep trying to improve themselves, he said.

“What the Army has taught me the most is mental toughness,” Fogt said. “There’s times you’re in the field, there’s times you don’t eat for a couple of days, there’s times you don’t sleep.”

He went to the National Training Center at Fort Irwin, California, twice. “You don’t shower for 15 days, you eat maybe one hot meal a day and you realize that your body can do it,” Fogt said.

“Brand new privates came to NTC and it was easy to see them grow and develop while in the box,” he said. You realize the mental toughness, that you can do hard things if you put your mind to it -- and bobsled is the same way. The support that the Army gives us is huge.”

World-class athlete program

Both Fogt and Olsen said that without the support the Army provides, they wouldn’t be able to compete.

“WCAP allows for us to train pretty stress-free and do our sport,” Olsen said. “I think that’s one of the reasons why we’ve got myself as a medalist, Chris Fogt’s a medalist from Sochi and hopefully we can keep that medal train rolling.”

Olsen said he’s glad to have the opportunity to wear the uniform and represent Soldiers around the world. “We just hope that we can make Soldiers proud,” he said.

Commitment to readiness includes beefed-up BCTs, says Secretary of the Army Esper

David Vergun

Army News Service

WASHINGTON – Three months ago when Dr. Mark T. Esper became secretary of the Army, he said he would focus on two enduring priorities during his tenure.

First, he committed to making sure that Soldiers, their Families, and civilians are well cared for, led, trained and equipped. Secondly, Esper wants to ensure everyone commits to Army Values, particularly leaders, who should treat everyone with dignity and respect.

Esper spoke on these priorities at a media press briefing Feb. 15 at the Pentagon.

One of the ways to ensure Soldiers are equipped to handle high-end threats from nations like China and Russia, he said, is to make brigade combat teams more lethal. The Army has been doing that in a variety of ways, including converting infantry brigade combat teams to armored BCTs, he said.

Additionally, those BCTs are being beefed up with more



Spc. Daniel Parrott

Secretary of the Army Mark Esper has made it a priority of his tenure to ensure that Soldiers are manned with the best training and equipment in order to succeed on the battlefield. BCTs are becoming more robust with additional equipment such as short-range air defense, indirect fire support, and various upgrades like more lethal firepower for Strykers, Esper said.

Soldiers, thanks to Congress providing additional funding for manning levels and equipment.

Besides that, BCTs are becoming more robust with additional equipment such as short-range air defense, indirect fire support, and various upgrades like more lethal firepower for Strykers, Esper said, noting that he was recently

with Soldiers in Germany during a Stryker live-fire exercise.

BCTs are also now receiving more munitions and replacement parts, he added.

While it is very important for Soldiers in those BCTs to be training with partner nations, it's also important to get a good return on investment in the process, Esper

noted. The Army, in consultation with the joint staff, is looking at its far-flung, worldwide commitments to determine where it might be able to consolidate, he said.

Currently, Soldiers are being deployed a lot more than they were four or five years ago, and at some point, that impacts readiness in a negative way – meaning fatigue and time away from Families, the secretary noted.

Funding assessment

Esper had praise for the fiscal year 2019 budget that was recently released and said he has asked lawmakers to always provide budgets that are “predictable, adequate, sustained and timely.”

With regard to “timely,” he said the appropriation process that takes place in Congress eats up many months of each fiscal year, so when authorization is finally granted, it's too late to spend for modernization, training or classroom seats.

If he was given one wish to ask of lawmakers, Esper responded that his would be “to allow me to

spend O&M money over a period of two fiscal years,” which smooths out the spending curve. Operation and maintenance is currently the largest portion of the budget after military personnel.

Green in, pink out

Esper was asked a number of other questions, including what he thinks of bringing back the World War II-era “Pink and Green” uniform.

He noted that the sergeant major of the Army was its biggest cheerleader and that he too is on board with the idea. A decision should be made by summer, pending congressional approval, which Esper said he thinks he has.

The secretary recalled his own 21 years Army service, which included 10 years on active duty in the 1980s and 1990s.

Back then, Soldiers were not too fond of the “Green” uniforms, he said. Soldiers were happy to see them phased out later on.

“It's difficult to explain the pride Soldiers take in their uniform appearance,” Esper concluded. “It really makes a difference in terms of pride, confidence and esprit de corps. It's those intangibles that make a difference in combat.”

Army aims to match Soldiers' talents with best MOS, says G-1

David Vergun

Army News Service

WASHINGTON – The Army is working hard to determine Soldiers' knowledge, skills, abilities and preferences, and use those metrics to get the best military occupational fit for them, said Lt. Gen. Thomas C. Seamands.

Doing so will surely benefit the Soldier as well as optimize Army readiness, he said.

Seamands, the G-1 deputy chief of staff, testified Feb. 14 before the Senate Armed Services Subcommittee on Personnel. The general told lawmakers the Army is now piloting a talent assessment program that will identify talent and match it to Army requirements.

For example, this past summer at the Aviation Captain's Career Course at Fort

Rucker, Alabama, junior captains completed a battery of talent assessments, which provided them with individually-tailored feedback on where their talents align with the requirements of the Army's various career specialties.

Likewise, junior captains at the Field Artillery Captain's Career Course at Fort Sill, Oklahoma, are currently conducting a similar talent assessment, he said. The pilot program finishes this spring, and the Army plans to expand the assessment program to include additional career courses over the next two years.

“Our goal is comprehensive visibility of all our Soldiers' knowledge, skills, abilities, and behaviors to best fit the right person in the right job at the right time,” he said.

SEE TALENT, PAGE 18



Sgt. Maricris C. McLane

Mortar men with 1st Battalion, 26th Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, from Fort Campbell, Kentucky, conduct live fire exercise during Network Integration Evaluation 17.2, July 14, 2017 Dona Ana Range Complex, New Mexico. The Army aims to match Soldiers with the best MOS in order to best benefit the individual Soldier and optimize total readiness.



CYBER TOPS LIST OF THREATS TO U.S., DIRECTOR OF NATIONAL INTELLIGENCE SAYS

Staff Sgt. Timothy Moore

Jim Garamone

DoD News, Defense Media Activity

It's a measure of the growth of cyber and America's vulnerability to it that the cyber threat was at the top of the list of worldwide threats the director of national intelligence chose to highlight at a Senate Select Committee on Intelligence hearing Feb. 13.

Daniel Coats also covered Russia, China, Iran, North Korea and terrorism, but he led with the cyberwar that nations, organizations and sometimes individuals are fighting against the United States.

"We face a complex, volatile and challenging threat environment," Coats told the senators. "The risk of interstate conflict is higher than any time since the end of the Cold War – all the more alarming because of the growing development and use of weapons of mass destruction by state and nonstate actors. Our adversaries, as well as the other malign actors, are using cyber and other instruments of power to shape societies and markets, international rules and institutions, and international hotspots to their advantage."

Competition for technological superiority

The United States is in competition for technological superiority, Coats said, noting that adversaries "seek to sow division in the United States and weaken U.S. leadership."

Nonstate actors, which include terrorists and criminal syndicates, exploit weak state capacity in Africa, the Middle East, Asia and Latin America, to cause instability and violence within states and among states. A part of many of these malign actors is their use of cyber, the nation's top intelligence official said. "Frankly, the United States is under attack – under attack by entities that are using cyber to penetrate virtually every major action that takes place in the United States," Coats told the panel. "From U.S. businesses, to the federal government, to state and local governments, the United States is threatened by cyberattacks every day." Russia, China, Iran and North Korea pose the greatest cyber threats, he said, but others use cyber operations to achieve strategic and malign objectives.

"Some of these actors, including Russia, are likely to pursue even more aggressive cyberattacks with the intent of degrading our democratic values and weakening our alliances," the intelligence chief said. "Persistent and disruptive cyber operations will continue against the United States and our European allies, using elections as opportunities to undermine democracy, sow discord and undermine our values."

Other threats

China also uses cyber to enable espionage and attack capabilities to support its national security and economic priorities,

Coats said. "Iran will try to penetrate U.S. and allied networks for espionage and lay the groundwork for future cyberattacks," he added. "And North Korea will continue to use cyber operations to raise funds, launch attacks and gather intelligence against the United States."

Weapons of mass destruction is No. 2 on Coats' list of threats. "Overall, state efforts to modernize, develop or acquire WMD, their delivery systems or the underlying technologies constitute a major threat to the United States and to our allies," he said.

Coats called North Korea the most volatile and confrontational threat. "In addition to its ballistic missile tests and growing number of nuclear warheads for these missiles, North Korea will continue its long-standing chemical and biological warfare programs, also," he told the senators.

Russia and China are expanding and modernizing their WMD arsenals, he said. "Iran's implementation of the Joint Comprehensive Plan of Action, the JCPOA, has extended the time it would take to develop a nuclear weapon from several months to about a year, provided Iran continues to adhere to the deal's major provisions," he added.

Pakistan is developing new types of short-range tactical nuclear weapons, Coats said, and Syria has used chemical weapons in its civil war. Nonstate actors would love to get their hands on chemical weapons and

Army Staff Sgt. Matthew Malesinski, right, 201st Cyber Protection Team network security analyst, talks with his team during a cybersecurity audit of the 1st Combat Communications Squadron's tactical communications kits at Ramstein Air Base, Germany, March 16, 2017.

are trying to get biological weapons, he pointed out.

The terrorism threat

Terrorism remains a threat and runs the gamut from ISIS and al-Qaida to Lebanese Hezbollah and other affiliated terrorist organizations. Iran is a major state sponsor of terror groups.

The United States is not immune, Coats said, noting that individuals have "self-radicalized" and launched attacks against their fellow citizens.

"ISIS' claim to having a functioning caliphate that governs populations is all but thwarted," Coats said. "However, ISIS remains a threat and will likely focus on regrouping in Iraq and Syria, particularly in ungoverned portions of those countries, enhancing its global presence, championing its cause, planning international attacks and encouraging members and sympathizers to attack their home countries."

SEE **THREAT**, PAGE 18



Petty Officer 2nd Class Ryan Harper

Navy Seaman Dorsey Cadette assigned to the guided-missile destroyer USS Stethem, points out a smoke signal during man-overboard training while conducting routine operations in the South China Sea, July 10, 2017. Stethem was on patrol in the South China Sea supporting security and stability in the Indo-Pacific region.

TALENT | Army seeks 'best fit, right person in the right job at the right time'

Continued from page 16

One way to get that visibility is the Integrated Personnel and Pay System-Army, or IPPS-A, which will transform the Army's legacy personnel system to a 21st century talent management system, he said.

The IPPS-A will enable the Army to manage all 1.1 million Soldiers across the total force in a single, integrated personnel and pay system that will directly impact the readiness of the Army and improve the lives of Soldiers, Seamands said.

Also, IPPS-A will provide a full end-to-end audit capability to ensure Army personnel and pay transactions are compliant with the law, he noted, explaining that IPPS-A "integrates software that creates distinct roles and permissions by individual positions, sets business processes, segregates duties, and generates system alerts when changes are made."

Those are all things Seamands said are not possible with current Army personnel systems.

Initial implementation of IPPS-A will start with the Pennsylvania Army National Guard in October 2018, he said.

Soldier for life

In addition to finding the right jobs for Soldiers while they're in the service, the Army is also committed to ensuring their successful transition to the right civilian jobs upon separation, Seamands said.

Each year, about 100,000 Soldiers transition from the Army via either retirement or separation, he said.

"Our mandate here is clear – we must continue to focus on preparing our Soldiers for transition to productive veterans across our respective communities," the general told lawmakers.

The Army's Soldier for Life strategic outreach program has connected more than 1,000 private and public organizations to transitioning Soldiers and spouses, resulting in increased educational and employment opportunities for Army veterans and their families, he said.

According to the Department of Labor, Soldier for Life efforts assisted in reducing the veteran unemployment rate to 3.7 percent for fiscal year 2017, along with the lowest amount of unemployment compensation for veterans in 17 years.

"We as an Army continue to enhance our policies and procedures for transitioning Soldiers and have ensured commanders understand that they must ensure their Soldiers attend VOW Act-mandated briefings," Seamands concluded.

"In the end, it is in the Army's and our nation's best interest to ensure Soldiers transition successfully back into our communities. They are better able to become productive citizens as well as important ambassadors for the Army who can positively affect the propensity for others to serve."

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THREAT | U.S. under attack in cyberware from other nations, organizations, people

Continued from page 17

Al-Qaida also will remain a threat, Coats said, telling the senators that the organization remains intent on attacking the United States and U.S. interests abroad.

The space domain

Space is another combat domain now, and Russia and China will continue to expand their space-based reconnaissance, communications and navigation systems in terms of numbers of satellites, breadth of capability and applications for use, the director said. "Both

Russia and Chinese counter-space weapons will mature over the next few years as each country pursues antisatellite weapons as a means to reduce U.S. and allied military effectiveness and perceptions of U.S. military advantage in space," he told the panel.

Russia is using a variety of capabilities short of war to assert its presence, Coats said. "President [Vladimir] Putin will continue to rely on assertive foreign policies to shape outcomes beyond Russia's borders," he added. "Putin will resort to more authoritarian tactics to main-

tain control amid challenges to his rule.

Russia uses these tools – including the cyber weapon – because "it's relatively cheap, it's low risk, it offers what they perceive as plausible deniability and it's proven to be effective at sowing division," he said. "We expect Russia to continue using propaganda, social media, false flag personas, sympathetic spokesmen and other means to influence, to try to build on its wide range of operations and exacerbate social and political fissures in the United States," he added.

The director said Russia sees past actions against the United States as successful and that it views the 2018 U.S. midterm elections as a potential target for Russian influence operations.

China also is seeking to expand its regional influence and to globally shape events and outcomes, Coats said. "It will take a firm stance on its claims to the East China Sea and South China Sea, its relations with Taiwan and its regional economic engagement," he told the senators.

China also intends to use its "One Belt, One Road" initiative to increase its reach to geostrategic locations across Eurasia, Africa and the Pacific, he said.

In Afghanistan, the capital city of Kabul continues to bear the brunt of the Taliban-led insurgency, as

demonstrated by recent attacks in the city. "Afghan national security forces face unsteady performance, but with coalition support, probably will maintain control of most major population centers," the director said. "Complicating the Afghanistan situation, however, is our assessment that Pakistan-based militant groups continue to take advantage of their safe haven to conduct attacks in India and Afghanistan, including U.S. interests therein."

Iran will remain the most prominent state sponsor of terrorism and an adversary in the Middle East, especially in Iraq, Syria and Yemen, Coats said. "We also assess that Iran will continue to develop military capabilities that threaten U.S. forces and U.S. allies in the region," he added.

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tips to keep your heart in tip-top shape

Keep Stress in Check!

Everyone experiences and reacts to stress in different ways. Stress may have an effect on behaviors and factors that increase our heart disease risk, such as blood pressure, excessive alcohol consumption, smoking and overeating. It is important to maintain healthy outlets to control stress levels.

A heart weighs 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.

Heart disease is the biggest killer of both men and women

Get a yearly check-up!

Work with your health care team even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.

Get moving!

Being physically active is important to prevent heart disease and stroke, which are the No. 1 and No. 5 killers in America. Physical activity is anything that makes people move their body. Start today, and do a little bit more than yesterday. It's that simple!

Track your weight

Maintain a healthy weight. Being overweight or obese can increase the risk for heart disease.

Avoid Salty Foods

Excessive intake of sodium can raise blood pressure and poses health risks. Americans on average consume more than 3,400 milligrams of sodium per day. The recommended daily allowance should not exceed 2,300 milligrams, which is more on the upper safe limit, and not the recommended daily allowance.

Eat Better!

Your heart works best with clean eating. That means being more mindful of the foods you choose and eating more whole foods in their natural state (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers and cookies).

Laugh more!

Health experts have proof that a good laugh is great medicine for the heart. A good belly laugh can send 20 percent more blood flowing through your entire body.

Listen to your Heart

Kick the Butt!

Smoking is the major cause of cardiovascular disease and can trigger heart attacks. Every cigarette individuals smoke makes them more likely to get heart disease. As soon as they stop, the odds of getting heart disease is less likely.

If individuals are interested, Kenner Army Health Clinic offers enrollment in command sponsored tobacco-free/tobacco use cessation coaching classes.

Contact Preventive Medicine/Health Promotion for more information at (804) 734-9304.

Get some Zzzs

Sleep deprivation can do more than have you reaching for that coffee cup throughout the day. People who don't get enough sleep are at a higher risk of obesity, hypertension, depression, diabetes and heart attack. The recommendation is to receive between 7-8 hours of sleep each day.

Switch Your Chocolate Choice

Quality dark chocolate is packed with antioxidants and other nutrients such as soluble fiber, iron, magnesium and copper (to name a few). Plus, a little dark chocolate every now and again feeds the soul.

Where to go?

Visit the Army Wellness Center. The team is trained to help you identify risk factors for cardiovascular disease and to support your journey to a healthier lifestyle.

Hours of Operation

Monday-Friday
7:30 a.m. - 4:30 p.m.
9205 Mahone Ave.
(804) 734-9925

CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

EVENTS

Military Saves Week Kickoff | Feb. 26

The Army Community Service Financial Readiness Program will kick-off Military Saves Week with a proclamation signing and cake cutting Feb. 26, 11 a.m. - 1 p.m., in the food court area of the Main Exchange.

Col. Adam Butler, garrison commander, will sign the campaign proclamation. Guests can pick up literature at the free event, ask questions and sign a "Saver's Pledge" at the FRP information tables.

For details, call (804) 734-6388.

Resume Writing Workshop | Feb. 27

The Soldier for Life Transition Assistance Program will host a free resume-writing workshop Feb. 27, 1-4:30 p.m., at the Soldier Support Center, building 3400, Room 126, 1401 B Ave.

Participants will receive tips on fine-tuning objectives, crafting work history, showcasing skills and more.

For details, call (804) 734-6612.

Dr. Seuss Birthday Bash | March 3

The Fort Lee Community Library is set to hold a Dr. Seuss Birthday Bash March 3, 11 a.m.

The free event to celebrate the author's 114th birthday will include cake, games, a story hour and prizes for the best Seussical costume. Registration is required. The library is located on the 2nd floor of Army Logistics University, 34th Street.

For details, call (804) 765-8095 or 765-8173.

Exchange Fashion Show Volunteers | March 5

The Fort Lee Exchange is seeking volunteer models for its Spring Fashion Show set for March 17, 1 p.m., at the main store. The program will feature adult and youth volunteers from the community who will model fashionable spring apparel appropriate for the classroom, work or recreation. It is open to all ages. The sign-up deadline is March 5.

Rehearsal dates are March 12-13, 5:30-7 p.m.

For details, call (804) 861-5970.

555th PIA Meeting | March 7

The Jessie J. Mayes Tri-Cities Chapter of the 555th Parachute Infantry Association, Inc. will hold its monthly meeting March 7, 6 p.m., at the Petersburg

Public Library, 201 Washington St.

Prior airborne experience is not a prerequisite for membership or attending.

For details, call (804) 733-2177.

Explore Veterans Affairs Session | March 7

The Virginia Department of Veterans Affairs will hold an information workshop on commonwealth-provided benefits March 7, 9 a.m. - 2:30 p.m., in the Soldier Support Center, building 3400, Room 126.

The free event will include details on VA health care and resources, home loans, filing claims, life insurance and more.

For details, call (804) 734-6612.

Exchange Life at Fort Lee Photo Contest | Ongoing

The Army and Air Force Exchange is holding a Life at Fort Lee Photo Contest through May 13.

Community members can take photographs of military personnel, their families and civilians living and/or working at the post. Images should be in jpeg format, at least 2000 pixels wide and no larger than 10MB and should be emailed to Richard Kidd at kiddrg@aafes.com.

Winning submissions will be printed as banners and displayed in the Main PX beginning May 19.

International Student Office Reception | March 14

The International Military Student Office will host a reception March 14, 6:30-10 p.m., at the Lee Club.

The event will have a St. Patrick's Day Theme. The IMS will recognize sponsors at the event. All IMS, their dependents, academic sponsors and family members are invited.

For details, call (804) 765-8150 or email donna.m.wells.civ@mail.mil.

Federal Hiring Process Workshop | March 15

A free Federal Hiring Workshop is set for March 15, 10 a.m. - 3 p.m., in Room 124 of the Soldier Support Center, building 3400, B Avenue.

Subject matter experts will provide information and resources for participants to understand the federal application hiring process, the development of the federal resume and other requirements. It is open to all community members. Registration is requested.

For details, call (804) 734-6612 or email army.lee.sftap@mail.mil.

Library MakerSpace Program | March 17

The Fort Lee Community Library will hold its second MakerSpace program March 17, noon - 4 p.m.

MakerSpace is free and open to all ages. Participants can use tools, techniques and hands-on learning with the goal of inspiring and nurturing their interest in science, technology, engineering, art and math. Future sessions are scheduled for April 14 and May 17. The library is located on the 2nd floor of the Army Logistics University.

For more information, call (804) 765-8095.

ACS

EFMP Support Group Meeting | March 7

The Army Community Service Exceptional Family Member Program Support Group will meet March 7, 11 a.m. - noon, at ACS, 1231 Mahone Ave.

The free program allows people an opportunity to discuss and share non-specific disability issues and learn about resources. Registration is required. The group meets monthly. The next date is April 4.

For details, call (804) 734-6393 or 734-7965.

EFMP 101 Class | March 21

An EFMP 101 Workshop is set for March 21, 11 a.m. - noon, at Army Community Service, 1231 Mahone Ave.

The program topics include why the EFMP exists, who is eligible, the requirements, the benefits, how it can help to support and advocate for families and more.

For reservations and details, call (804) 734-6393, 734-7965 or email jessica.r.naccarato.ctr@mail.mil.

SPORTS & FITNESS

FMWR Open Paintball | Ongoing

The Fort Lee Family and MWR Outdoor Recreation center offers an open paintball day March 3, 10 a.m. - 4 p.m., at building 15014, 5th Street.

All players must be 13 years of age or older. Those under 18 must be accompanied by an adult. Liability waivers must be signed prior to participation. The rental cost is \$30 that includes a marker, air, face mask and 500 paintballs.

For details, call (804) 765-2212.

Chili Open (Golf) Scramble | March 3

The Chili Open Scramble at the Cardinal Golf Club has been re-scheduled for March 3, 10 a.m. The two-person team competition will have a shotgun start.

The entry fee is \$30 for members and \$45 for all others. The cost includes golf, a cart, chili for lunch and more. The registration fee must be paid by March 1. It is open to all players.

For details, call (804) 734-2899.

OUTSIDE THE GATE

Teacher Recruitment Fair in Petersburg | Feb. 22

Petersburg City Public Schools will hold a Teacher Recruitment Fair Feb. 22, 3-7 p.m., at the Gateway Event Center of Virginia State University.

VSU is partnering with the school system to recruit teachers, college graduates, career switchers, and college juniors and seniors with a strong academic background and a passion for making a difference. To register, visit <http://bit.ly/2Egrj5j>.

For details, call (804) 732-0510.

Tower of Power at Beacon | Feb. 22-23

Tower of Power, an American R&B band, will perform Feb. 22-23, 6:30 p.m., at the Beacon Theater, 401 N. Main St., Hopewell.

The group is on its 50th anniversary tour.

For details, visit www.thebeacontheatreva.com.

VSU Military Appreciation Day | Feb. 24

Virginia State University's Military Appreciation Day, featuring a basketball game versus Lincoln University, is set for Feb. 24, 2 p.m., at the VSU Multipurpose Center, 20809 2nd Ave., Petersburg.

Admission is free for active duty military members, veterans and family members.

Petersburg Black History Month Festival | Feb. 24

The City of Petersburg will host the 4th annual Black History Month Festival Feb. 24, 2-7 p.m., at Petersburg High School, 3101 Johnson Road.

The event will feature live performances from Petersburg High School choir and band, Virginia State University Gospel

Chorale, Fort Lee 392nd Army Band, Soul 2 Sole Dance Theater and more.

For details, email tcyerby@petersburg-va.org.

African Folktales at Enon Library | Feb. 24

Storyteller Charmaine Crowell-White will share traditional African and African-American folktales at a free event Feb. 24, 1:30-2:15 p.m., in the Enon Library, 1801 Enon Church Road, Chester.

The event will include the story of High John the Trickster and other well-known tales. Registration is required.

For details, call (804) 318-8911.

Four Chaplain Ceremony | Feb. 25

American Legion Post 284 invites community members to attend its Four Chaplain Ceremony, Feb. 25, 2 p.m., at 505 Springdale Ave., Colonial Heights.

The event will recognize the four Army Chaplains of different faiths -- often called the "Dorchester Chaplains" -- who gave their lives to save civilian and military personnel as the troop ship SS Dorchester sank on February 3, 1943, during World War II.

For details, call (703) 200-0543 or email osborn.douglas@gmail.com.

Petersburg School Nutrition Finance Workshop | Feb. 27

Virginia Cooperative Extension Services will hold a free family nutrition workshop titled "Make Half Your Grains Whole," Feb. 27, 5-6 p.m., in the Adult Continuing Education wing of Petersburg High School.

Future sessions are set for March 6, "Go Lean With Protein," March 13, "Build Strong Bones" and March 27, "Celebrate." These will be held at the same time and location. To register, visit <https://tinyurl.com/y7usfyv7> (scroll down to Personal and Professional Growth section).

For details, call (804) 862-8022.

Machining Research Day Open House | Feb. 28

The Commonwealth Center for Advanced Manufacturing will hold a Machining Research Day Feb. 28, 8:30 a.m. - 5:30 p.m., at 5520 West Quaker Road, Disputanta.

The free event will include industry, academic and government speakers who will discuss opportunities and challenges in machining technologies. Registration is required by Feb. 23 at <https://t.co/Z2eKEtQXPh>.

For details, email bruce.wilson@ccam-va.com.

Science Museum Wild Ride Exhibit Opens | Ongoing

Visitors can pilot a jet plane flight simulator, ride on a hovercraft and more in a new exhibit at the Science Museum of Virginia, 2500 W. Broad St., Richmond.

The exhibition called "Going Places" features more than 20 interactive elements that explore the technology humans have developed for travel. The exhibit runs until Aug. 19.

For details, call (804) 864-1400 or visit smv.org.

Spring Fever Cabaret Performance | March 3

A fun-filled evening of music is set for March 3, 8 p.m., at the Robert B. Moss Theatre for the Richmond Triangle Players, 1300 Altamont Ave., Richmond.

The Spring Fever Cabaret will be presented by members of the Richmond Women's Chorus, the Richmond Men's Chorus and the Noteables. Advance tickets are \$15 and \$20 at the door.

For details, email info@monumentcitymusic.org or call (804) 537-0094.

Music and Movement for Preschoolers | March 8

Preschoolers can shake, rattle and roll to help master their literacy skills March 8, 11:15-11:45 a.m., at Ettrick-Matoaca Library, 4501 River Road, South Chesterfield.

Registration is required. The program is free.

For details, call (804) 318-8688.

Reptile Round-up | March 10

Children in K through 5th grade will learn about the secretive world of reptiles during a program March 10, 10:30 - 11 a.m., at Ettrick-Matoaca Library, 4501 River Road, South Chesterfield.

Participants will meet a baby alligator and other scaly creatures. The program is free. Registration is required.

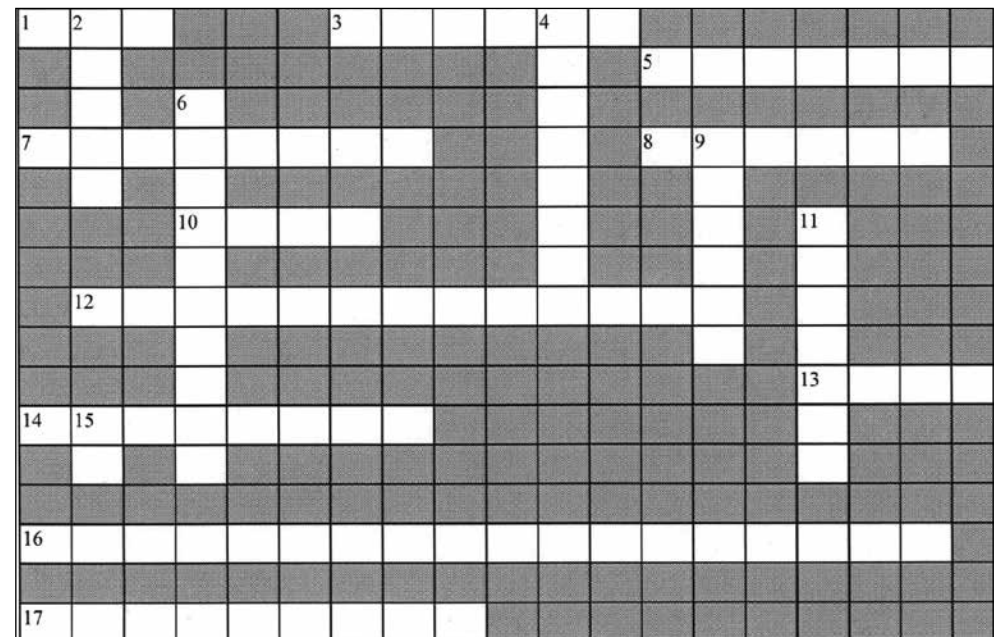
For details, call (804) 318-8688.

Chesterfield Comic-con | March 17

Participants can break out their capes, boots, lightsabers, wings, horns, trenchcoats and sonic screwdrivers and come to the Chesterfield Comic-con event March 17, 10 a.m. - 3 p.m., at Meadowdale Library, 4301 Meadowdale Blvd.

The free, family-friendly event will include games, activities, door prizes and more.

For details, call (804) 318-8778.



U.S. MILITARY RANKS, ETC.

T. Anthony Bell

Senior Writer/Special Projects

ACROSS

- Only one Soldier is privileged to wear this rank (initials)
- One of two Navy enlisted rank insignias that does not incorporate eagles into the design.
- The U.S. Armed Forces rank insignias are similar in appearance for 0-6, but the sea services use this term as the title
- The lowest ranking Army noncommissioned officer rank
- In the sea services, the equivalent of a second lieutenant in the Air Force
- The non-enlisted Army, Navy and Marine Corps rank insignia that uses a single bar (initials)
- An E-5 in the U.S. Air Force is a _____

- The number of Army NCO ranks
- One of two Soldiers to attain the Army's highest rank (last name)
- The highest rank in the Army (four words)
- The only person to achieve the rank of general of the Army and general of the Air Force (first and last name)

DOWN

- One of only two rank insignias that are colored gold on the Army Combat Uniform
- This branch is authorized warrant officers but chooses not to use them
- An Army enlisted rank insignia illustrated with an eagle
- The last five-star Naval officer (last name)
- In the U.S. Navy, ranks incorporate these to identify occupations
- The grade of a lance corporal

For this week's answers, visit www.fortleetraveller.com/community_life/puzzle/.

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Classifieds

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