

Top DOD official stresses need for awareness, careful planning to prevent summer accidents

SEE PAGE 2



# FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

July 12, 2018 | Vol. 78, No. 21



## CENTURY *of* SERVICE

Post warrant officers celebrate 100-year legacy of professionalism, technical expertise

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### POST PROVIDES EVENING OF MUSIC, FOOD, FIREWORKS

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### FITNESS TEST GREEN LIGHT

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### SUCCESSSES OF A WHISPERING SOUL

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COMMAND SPOTLIGHT | SAFETY IS A 24/7 JOB

# Preserving readiness vital during summer months

You are the Department of Defense’s most valued resource. Safety is not just “a program,” it is an essential and integrated part of our mission. How we take care of ourselves and one another determines our ability to protect and defend this nation. Pausing to think before engaging in activities or knowing when to “knock it off” should be integral to everything we do – both on and off duty.

One fatality is one too many. Last summer alone, between Memorial Day and Labor Day, the Department suffered 72 accidental fatalities. Private motor vehicle accidents accounted for the

highest number of fatalities, followed by water-related incidents. This is disturbing and should challenge all of us to think twice about our daily activities.

This summer, I will rely on each of you – military and civilian – to remain vigilant. Adopt a safety mindset. Think through potential risks before engaging in activities and have a plan in place for emergencies. Be aware of your surroundings and speak up if you see something hazardous.

Never let a high level of confidence or skill morph into complacency – safety risks exist for both novices and experts.



Department of Defense Photo

Our ability to successfully carry out the mission goes beyond ensuring physical safety. We need you to be at the top of

your game physically, mentally and spiritually. If you or your loved ones need advice or guidance, the DOD Be There Peer Support Call and Outreach Center is available at (844) 357-7337 or [www.betherepeersupport.org](http://www.betherepeersupport.org). If in crisis, call the Military Crisis Line at (800) 273-8255 or visit [www.militarycrisisline.net](http://www.militarycrisisline.net). Both resources are free, confidential and accessible 24 hours a day, 7 days a week.

Please join me in helping make this our department’s safest summer yet. Enjoy time with your family and friends during these warm months and return to your units and organizations refreshed, reinvigorated and ready to defend our great nation.

– Patrick M. Shanahan, Deputy Secretary of Defense

# Red Cross: ‘Constant blood demand requires regular stream of donors’



Metro Creative

The American Red Cross has launched a Missing Types Campaign to recruit new blood donors – and reenergize those who have not given recently – as a way to ensure the lifesaving supply of blood products is always available when urgently needed.

During the campaign, the letters A, B and O – the main blood groups – will be missing from logos and graphics posted to social media pages, signs and

websites to illustrate the critical role of every blood type being contributed by eligible donors.

The Red Cross noted the number of new donors is shrinking annually – a whopping reduction of 80,000 over the past four years alone. In a recent survey, 74 percent of the individuals contacted did not realize that every two seconds someone in the country needs blood. The survey also revealed just three percent of

the adult population donates blood even though 45 percent know someone who has been helped by the available supply. The agency also discovered many potential donors don’t know their blood type, however, that isn’t relevant to contributing since people will learn immediately after donating what their type is.

Those in the Fort Lee community who would like to get involved by giving can do

so at American Legion Post 284, 505 Springdale Ave., Colonial Heights, on July 31, 1-6 p.m. Another drive is scheduled for Aug. 2, 3-7 p.m., at Bruster’s in Chester, 11731 Sherbert Lane.

To make an appointment to donate at these or other upcoming drives, visit [RedCrossBlood.org/MissingTypes](http://RedCrossBlood.org/MissingTypes), use the Red Cross Blood Donor App or call 1-800-RED CROSS (1-800-733-2767).

– American Red Cross



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## ON THE COVER



Patrick Buffett

More than 200 staffers and students from the Sustainment Center of Excellence run along B Avenue during the opening event of Fort Lee’s Warrant Officer Corps Centennial Celebration Monday. The high-spirited 2.5-mile run was led by Chief Warrant Officer 5 Richard Myers Jr., command CWO for CASCOC (purple shirt), and regimental CWOs from the Ordnance, Quartermaster and Transportation schools and the Army Logistics University. More photos, Page 3.



Photos by Patrick Buffett

## Celebration reflects pride of Warrant Officer Cohort



The Fort Lee observance of the Warrant Officer Cohort's 100th Birthday kicked off Monday with a group run along B Avenue (pictured far left). The 200-plus participants included Army Logistics University students (pictured above warming up for the run) and the senior chief warrant officer leaders from the Ordnance, Quartermaster and Transportation schools and ALU. In remarks after the spirited 2.5-mile trot, CW5 Richard Myers Jr. (pictured left), reminded the participants of their vital role as technical experts who are needed more than ever in a technology-driven Army. "Today is about pride and recognizing what we do for our Army," added the command CWO for CASCOM. "Walk with your heads held high, and congratulate each other for a job well done. Today is a historic, once-in-a-lifetime celebration." Additional centennial activities took place that afternoon in the Lee Theater. Further coverage of the events can be found at [fortleetraveller.com](http://fortleetraveller.com).

## Army Combat Fitness Test set to become new PT test of record in late 2020

**Sean Kimmons**

Army News Service

FORT EUSTIS – Army senior leaders have approved a new strenuous fitness test designed to better prepare Soldiers for combat tasks, reduce injuries and lead to ample cost savings across the service.

The six-event readiness assessment, called the Army Combat Fitness Test, is intended to replace the current three-event Army Physical Fitness Test, which has been around since 1980.

Beginning October 2020, all Soldiers will be required to take the new gender- and age-neutral test. Before that, field testing set to begin this October will allow the Army to refine the test, with initial plans for up to 40,000 Soldiers from all three components to see it. "The Army Combat Fitness Test will ig-



U.S. Army photo by Sean Kimmons

nite a generational, cultural change in Army fitness and become a cornerstone of individual Soldier combat readiness," said Maj. Gen. Malcolm Frost, commander of the Army's Center of Initial Military Training. "It will reduce attrition and it will reduce musculo-

skeletal injuries and actually save, in the long run, the Army a heck of a lot of money."

At least six years of significant research went into the test's development as researchers looked at what Soldiers must do fitness-wise for combat.

"Throughout that research and testing, the goal was to provide our leaders with a tough, realistic, field-expedient assessment of the physical component of their Soldiers' individual readiness," said Sgt. Maj. of the Army Daniel A. Dailey. "The ACFT is scientifically validated and will help better prepare our Soldiers to deploy, fight, and win on any future battlefield."

Roughly 2,000 Soldiers have already taken the test, previously called the Army Combat Readiness Test. They also provided feedback as part of the Army Training and Doctrine

Command and Forces Command pilots that began last year at several installations.

"The current PT test is only a 40 percent predictor of success for performing in combat and executing warrior tasks and battle drills," Frost said. "This test is approximately an 80 percent predictor of performing based on our ability to test the physical components of combat fitness."

The ACFT is a foundational method, leaders believe, that the Army can use to start a new era of fitness and obtain Soldier overmatch in combat.

"The current leadership ... has really coalesced and understands the importance of fitness itself and the importance of the PT test to drive that change in culture," Frost said. "They've made the decision and we're ready to execute."

# Beneath Milton's mild-mannered mask lies a goal-driven athlete, ROTC cadet

**T. Anthony Bell**

Senior Writer/Special Projects

The term “mild-mannered” almost borders on exaggeration when describing Jacob Milton’s persona. If the Fort Lee family member’s outward character was a voice or gesture, it would be the equivalent of a whisper or an index finger pressed against pursed lips.

The Norfolk State University sophomore is polite, studious, unassuming, reserved and inconspicuous to the point one might wonder if he’ll disappear into thin air.

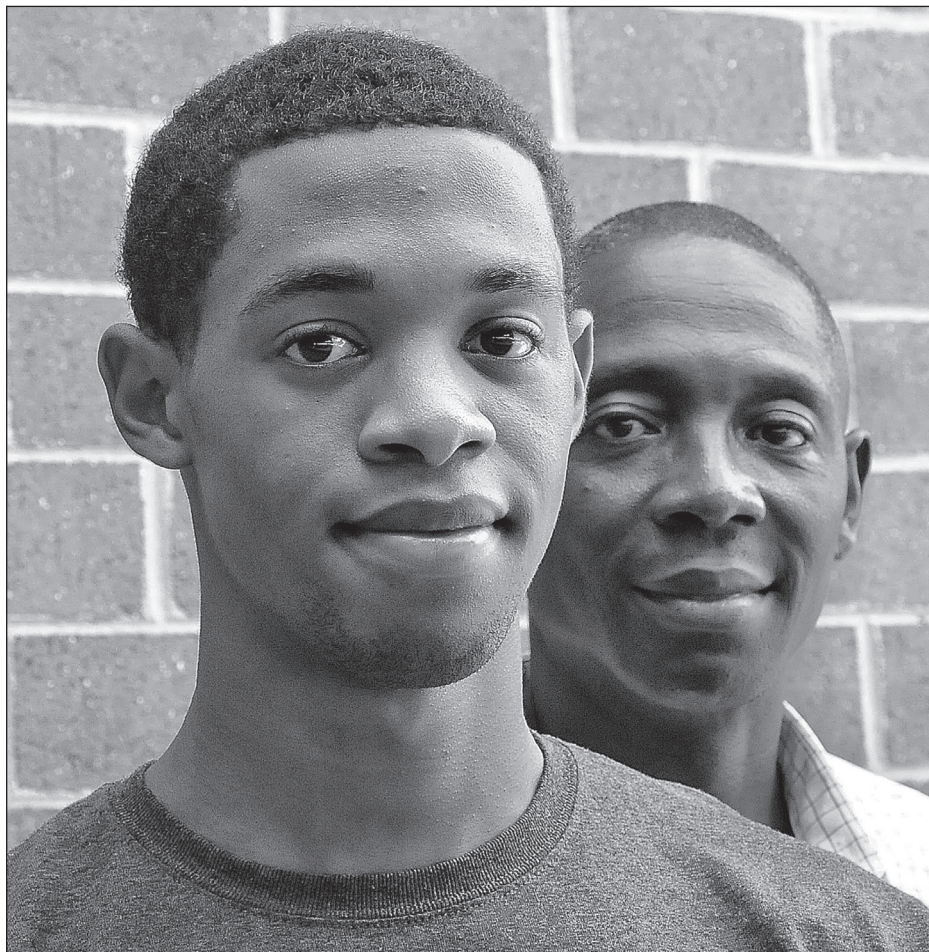
There is a part of Milton, however, that screams strength, power and potential. He is a four-time Mid-Eastern Athletic Conference champion in the long jump as well as an honors athlete; a leader in the Reserve Officer Training Corps; and more.

Milton’s achievements say everything the humble 20-year-old cannot or will not boast about himself. Others are only too willing to fill in the blanks. Col. George Milton, his father, said the scholar-athlete is oblivious to distraction when it comes to completing tasks and achieving goals.

“He’s just a disciplined kid,” said the Quartermaster School’s assistant chief of staff. “He is singularly focused with a lot of God-given ability. He’s taken the talents he has, perfected them as much as he can at this point, and is destined to only get better in those areas where he has already excelled.”

Kenneth Giles, director of NSU’s track and field programs, had plenty to say about Jacob’s work ethic and achievements, particularly noting his ability to lead is beyond his years.

“The one thing about athletes is that we’re measured by success; what we do in training and in the heat of competition,” he said. “At any level, you want to get the accolades from your peers. Once you get (that), you’ve made it, and right now, he’s definitely made it.”



T. Anthony Bell

Col. George and Jacob Milton. Jacob, a 20-year-old sophomore, is a high jump champion. The colonel is the assistant chief of staff for the Quartermaster School.

Jacob was named the track and field team’s rookie of the year during his freshman year. As a sophomore, he was dubbed team captain, earned a most valuable player nod and was selected to represent the team at a student advisory conference at NCAA headquarters in Indianapolis. All that is in addition to claiming a spot on the athletic director’s honor roll.

Anyone expecting Jacob to brag or even talk about those accomplishments uncoerced, though, would be wrong. He defers from addressing them directly, however, he does not hold back in conveying their level of difficulty.

“It’s been a lot of long nights and hard

work as well,” he said. “I’ve been trying to balance everything in doing a college sport and being in ROTC along with all the other academic activities. It gets really chaotic, and I know I have to better learn how to manage my time. It’s just been a lot of balancing, making sure I’m getting enough rest and eating well while still being productive in all I do.”

Time management and productivity as they pertain to goals were a feature of Jacob’s upbringing. The middle child – he has 17- and 21-year-old sisters – Milton grew up in a single-parent household espousing discipline along with strong religious values.

“It was our belief in God and our faith; the fact that family is everything to us,” said Col. Milton. “Nothing comes before the family. I cook every night; every single meal is eaten together. We discuss and talk about the day every single day.”

Col. Milton, a single dad for the past 10 years, is a former enlisted Soldier and track and field athlete who attended Southern Arkansas and later Clemson, where he was an All-Atlantic Coast Conference selectee. While raising his children, the colonel said he did not browbeat any of them to follow his chosen path.

“When God gives you a template, all you’ve got to do is fill it in,” he said. “I tell everybody that. I literally took each one of my kids and studied them their whole lives. I always watched what their interests and strengths were. I always focused on their strengths, and never, ever forced any of them to do anything. My oldest daughter (Sarah) is a special effects makeup artist. Elizabeth (the youngest) is in the marching band. They all have these unique talents. I was very clear on not forcing any set plans on them.”

Despite his father’s efforts, Jacob is busy cutting a nearly identical career path. When he attended high school in Stuttgart, Germany, he chose track and field over football, just like his dad, and gravitated toward the high jump in similar fashion. When it came time to choose a college, Jacob eagerly decided on one that allowed him to participate as an athlete and ROTC cadet.

“I am really proud and happy he chose athletics on his own,” said Col. Milton. “He chose the military on his own. I saw the talent that was there and supported him 110 percent.”

The Army officer gets excited when contemplating his son’s many gifts as an athlete. “As good as I think I am, he is way better. When I was jumping 7’ 2,” 7’3” or 7’4” (in the high jump), I was in my mid-to-late 20s,” he recalled. “He is just 20 and is already at 7’ 2” and a quarter. I didn’t get over 7’ 2” and a quarter until after college jumping with the Army.”

SEE **JACOB MILTON**, next page

# DMV to offer REAL ID Compliant licenses starting October 1st

The Department of Motor Vehicles will offer Virginians the option to upgrade their commonwealth-issued driver's license or identification card to a REAL ID compliant credential beginning Oct. 1.

Starting in the fall of 2020, federal officials will require state-issued driver's licenses or IDs presented as identification to board a domestic flight or enter a secure federal facility to be REAL ID compliant. Several other forms of identification including a U.S. Passport, Passport Card and some military IDs also will be accepted.

Until the new rules take effect, Virginians can use their current Virginia driver's license or ID as identification to board a domestic flight or enter a secure federal facility.

First-time drivers license applicants will have the choice between a REAL ID compliant or standard credential.

To obtain a REAL ID compliant credential, all Virginians – even those who have been licensed here for decades – must visit a DMV in person to reapply for a REAL ID. The required application documents needed are readily accessible to most Virginians and are similar to those needed when many applied for their original Virginia driver's license or ID.

Many Virginians will bring their U.S. birth certificate or unexpired U.S. Passport or Passport Card; their Social Security

Card or payroll check stub; and two utility bills or one utility bill and one mortgage statement or rental agreement or lease – for a total of four documents. If your legal name is different than the name on your birth certificate or passport, you also must bring documents, like a marriage certificate or divorce record.

Virginia's REAL ID compliant driver's license or ID will look exactly like a current credential except for a small star in the upper right corner, which signifies it meets federal requirements.

According to Commissioner of DMV Richard D. Holcomb, "To make your visit as simple as possible, we encourage you to make sure you have the necessary documents in order now. This will give you plenty of time to obtain extra documents if necessary and will ensure you can successfully complete your application on your first visit. And, those who want to further shorten their trip should consider visiting us in mid-2019 when we expect the initial demand for REAL ID to begin to decrease."

A REAL ID compliant credential will be available for a one-time \$10 surcharge, in addition to standard fees.

For more information about REAL ID, visit [dmvNOW.com/REALID](http://dmvNOW.com/REALID).

– Virginia DMV

## JACOB MILTON

continued from page 4

While still in school, Jacob's goals are to improve his personal best and win the MEAC outdoor and indoor high jump events over the next two years – hoping it will open an opportunity to compete at the Olympics. He's also dead set on finishing No. 1 in his ROTC class. The prospect is a mighty main course with plenty of side dishes, but he said he is accustomed to the heavy diet of hard work.

"It's been a lot, but I came in doing a lot," said Jacob. "It's the standard for me now, so

I've just been trying to maintain."

Meanwhile, a proud father basks in the knowledge that his son's future endeavors may be similar to his own, but includes next-level goals like the shot at the Olympics. Whatever Jacob ultimately does, his actions and accomplishments are likely to say more about him than what meets the eye.

The following article provides additional details about Milton's recent athletic accomplishments: [www.meacsports.com/news/2018/4/5/mens-track-field-norfolk-states-jacob-milton-jumping-to-new-heights.aspx](http://www.meacsports.com/news/2018/4/5/mens-track-field-norfolk-states-jacob-milton-jumping-to-new-heights.aspx).

## NEWS BRIEFS

### Open House for ESL/GED Programs

The Army Community Service Relocation Readiness Program, in partnership with the Southside Program for Adult Continuing Education, is hosting an English as a Second Language and General Equivalency Diploma Open House Aug. 1, 9 a.m. - noon, at 6047 Mekong Road, behind the Strength Performance Center.

Both learning opportunities are free and open to military and DOD civilian personnel as well as their families. Registration, assessments and program overviews will be conducted at the open house.

For details, call 804-734-6762.

### Registration for Liquid Logistics Reunion

Registration is underway for the Liquid Logisticians Association Reunion set for Aug. 24-25 at the Quartermaster School Petroleum and Water Department building.

The event will include tours, a Friday night icebreaker social and dinner, a Saturday wreath-laying ceremony, several guest speakers and more. Registration is required by July 31. There will be no registration at the event.

For details, call 804-734-2702 or email [conrad.bradley.civ@mail.mil](mailto:conrad.bradley.civ@mail.mil) or [catherine.r.gadsden.civ@mail.mil](mailto:catherine.r.gadsden.civ@mail.mil).

### Veterans Benefit Counseling at Ed Center

The Virginia Department of Veterans Services provides educational benefits counseling every Wednesday, 8:30 a.m. - 12:30 p.m., at the Army Education Center, building 12400, 700 Quarters Road. The next two dates are July 18 and 25.

VDVS representatives will offer one-on-one counseling to include information about using the GI Bill for college or professional development training, and other topics. The sessions are open to all military members.

For details, call 804-765-3570.

### Exchange July Sweepstakes

The Army and Air Force Exchange Service is giving away more than \$27,000 in three sweepstakes in July.

Through July 26, 30 shoppers will receive \$500 Exchange gift cards in the Unilever from the Field to Your Family Sweepstakes. Through July 30, one authorized shopper will win a trip for four to Orlando, Fla., during the Perfetti Van Melle Candy Palooza Sweepstakes. This includes airfare, lodging and more. It is valued at \$10,000. Through July 31 in the Wrigley Field Sweepstakes, one grand prize winner can travel to Chicago to attend a Cubs game. This includes airfare, lodging and more. It is valued at \$2,800.

For additional details or to enter these and other sweepstakes, visit [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). No purchase is necessary to participate.

### Free Monday Night Bowling at TenStrike

Family and MWR is offering free bowling every Monday night, 5-9 p.m., through Aug. 20, at the TenStrike Bowling Center, building 8016, 2403 C Ave.

All games and shoes are free for government ID cardholders on Fort Lee. Lanes will be assigned based on availability. For details, call 804-734-6860.

### Host Families Requested

The International Military Student Office at the Army Logistics University is always looking for community members on- and off-post to serve as social sponsors for international students who attend classes at Fort Lee.

The hosts help the students to learn more about the local community and make them feel welcome as visitors to the U.S.

For details, call 804-765-8159 or email [donna.r.king10.civ@mail.mil](mailto:donna.r.king10.civ@mail.mil).

# Pfc. Anthony Johnson

**Unit:** 111th Quartermaster Company, 11th Transportation Battalion, 7th Trans. Brigade (Expeditionary)

**MOS:** 92M – mortuary affairs specialist

**Age:** 22

**Time in service:** two years

**Marital status:** single

**Hometown:** Charleston, West Va.

**Describe yourself:** “I’m funny, hard-working and caring; just a chilled, laid-back person.”

**Personal weaknesses:** “I don’t push myself as hard as I need to.”

**Pastimes:** “I like to play basketball and X-Box, and I enjoy running and hanging out with friends.”

**Worst fear:** “Losing someone in my family.”

**Talent:** “I’m pretty good at basketball.”

**Greatest hope:** “Since I’m staying in for 20 years, my greatest hope is to be an NCO and a great leader to my Soldiers.”

**Dream car:** “A Honda Civic – I know



T. Anthony Bell

that’s kind of basic, but I don’t have a car right now.”

**Your ideal life:** “To do my 20 years, have a family and kids, and be able to take care of them.”

**Your plans if you won the lottery:** “Buy my mom a house. Buy my dad a house. Take care of my family and probably buy out my (military) contract (laugh).”

**The historical figure or celebrity you would like to meet:** “Probably Barack Obama – he broke down barriers and he was our first African-American president. I think it would be pretty neat to meet someone who has accomplished as much as he has.”

**One person you admire:** “My mom. She’s always been there for me, always pushed me and supported me in anything I wanted to do.”

**Talk about your mother’s tough love:** “When I was about to turn 21, I didn’t have a job, wasn’t in school and wasn’t doing anything with my life. She was like, ‘You need to do something or I’m going to kick you out of the house because you’re grown.’ So, when she said that, I went to talk to a recruiter and joined up.”

**One life-changing moment:** “It was in basic training. I went from doing nothing to doing something every day. It just motivated me and changed who I was. It made me more disciplined and made me understand that when you’ve got to do something, you do it. It wasn’t like that before.”

**Did the Army fulfill any of your**

**expectations?** “So far it has. They give me food, a place to stay and money. I can’t complain.”

**Your thoughts about deployment:** “I want to get deployed because I want to do my job (he pauses and rephrases his response) ... I don’t want to do my job (mortuary affairs is one of the most difficult jobs in the military), but I have to do it. I’d rather do what I signed up for.”

**What sets you apart from your peers:** “A lot of my peers don’t want to stay in. Many want to get out after four years because Fort Lee is like (non-eventful and lacking the action of larger installations). I want to do 20 years and want to move up in rank.”

**Best thing about the Army:** “I honestly think it’s the friendships you build because I’ve met a lot of people I wouldn’t have ever met.”

**Worst thing about the Army:** “I still don’t like waking up early, but once I’m up, I’m up.”

**One thing you would change about the**

SEE ANTHONY JOHNSON, page 13



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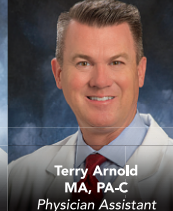
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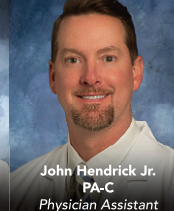
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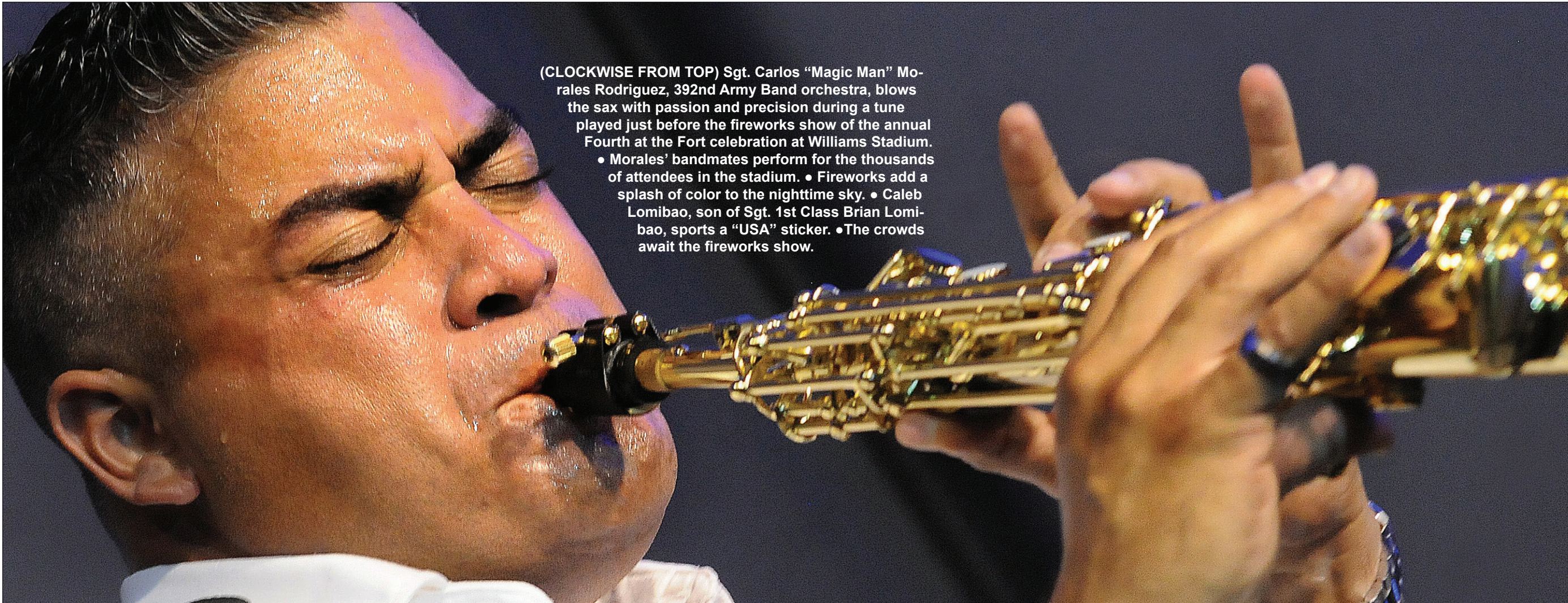
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(CLOCKWISE FROM TOP) Sgt. Carlos "Magic Man" Morales Rodriguez, 392nd Army Band orchestra, blows the sax with passion and precision during a tune played just before the fireworks show of the annual Fourth at the Fort celebration at Williams Stadium. • Morales' bandmates perform for the thousands of attendees in the stadium. • Fireworks add a splash of color to the nighttime sky. • Caleb Lomibao, son of Sgt. 1st Class Brian Lomibao, sports a "USA" sticker. • The crowds await the fireworks show.

# PRIDE

## *Passion*

*Community gathers for nation's birthday party*

Fort Lee's version of America's grand birthday party – the Fourth at the Fort celebration at Williams Stadium – was pulsating with a cheery mix of family and togetherness; patriotism and emotion; and music and entertainment. Thousands turned out for the annual tribute to the nation's founding and had their pick of children's attractions; food and beverage offerings; patriotic and contemporary music featuring the 392nd Army Band and Richmond locals Trademark; and a climatic fireworks display. Some said there was no better way to blow out the candles.



Photos by T. Anthony Bell





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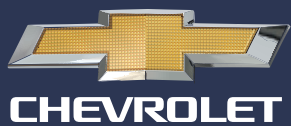
2018 Malibu



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Contributed Photo

Second Lt. April Robinson from the Army Wellness Center and Lt. Col. Paul J. Kassebaum, Kenner Army Health Clinic commander, cut the cake during a Medical Service Corps 101st birthday celebration June 27.

# Medical Service Corps celebrates long tradition

**Capt. Kathy Morales**

Medical Company Commander, KAHC

The Medical Service Corps celebrated its 101st birthday June 30. Kenner Army Health Clinic recognized the milestone by inviting all Fort Lee MSC officers to a birthday breakfast bash June 27.

The event featured an array of dishes highlighting the diversity of specialties in the MSC with items such as “Rotary Wing Bacon” (67J – MEDEVAC), “Socially Acceptable Sweets” (73A – Social Work), and “Red Eye Coffee” (67F – Optometry).

The distinguished history of the corps can be traced to the appointment of different services during the Revolutionary

War, the Civil War and WWI. These services pioneered the way for MSC as is known by all today.

The corps was established as a means to promote the commissioning of officers in a wide array of medical specialties. It traces its history to the establishment of the Sanitary Corps on June 30, 1917. In 1947, the Sanitary Corps was consolidated with the Medical Administration Corps, established June 1920, and the Pharmacy Corps, established in July 1943. The MSC has transformed into 23 distinct specialties, but retained the birthday of the SC.

MSC is composed of medical administrative, technical and clinical support roles. Together they make up

what is considered the behind-the-scenes advocates of Army Medicine. MSC serves with Army Medicine’s other distinguished corps of officers -- proponents of the past, present and future of medicine.

The cake-cutting ceremony is a long-established tradition in which the most senior and junior MSC officers are invited to honorably cut the cake together to signify the annual renewal that every committed MSC officer makes to the corps. The senior MSC officer represents honor, respect and experience while the most junior one represents the nurturing and development of junior officers to its future. Traditionally, the cake is cut with a sword signifying the dedication made to the profession of arms, Army Medicine and the nation. Lt. Col. Paul J. Kassebaum, KAHC commander and 2nd Lt. April Robinson from Army Wellness Center jointly cut the cake at the event.

## Your eyes aren't the only thing behind your glasses

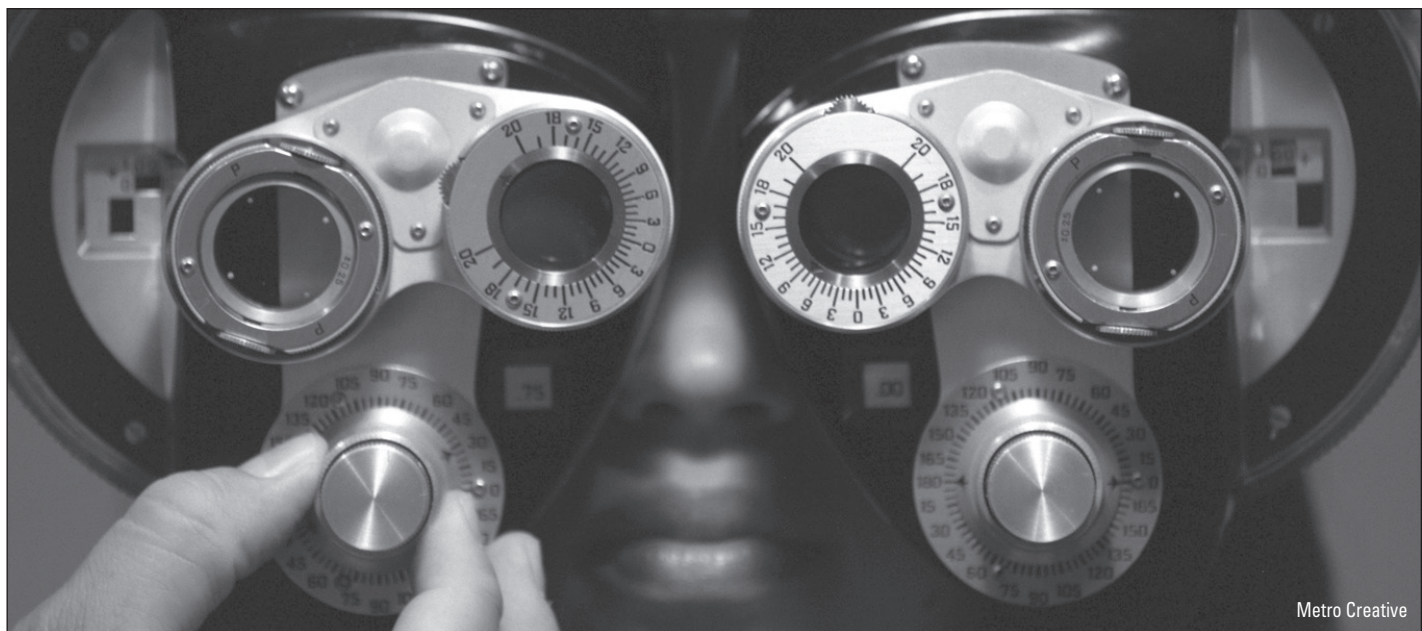
**Michael Lawson**

Optometrist, KAHC

With so many advances in technology, especially in the medical field, it is easy to forget that the “basics” as people know today were, at one time, astounding discoveries many years ago.

Do people know how their eyes see? Did we learn how the optics of our eyes and vision work when we were in school? Or maybe individuals just take it for granted. All those images we see every day become “pictures” in our memory, but how does that happen? And even more curious, why do some people need glasses just to see these images?

How does that all work? Well, Aristotle (384-322 BC), and other philosophers and thinkers of the time, believed the lenses of our eyes “sensitized” the environment such that they would “feel” impressions of color and light – sending those impressions back to the brain. Sight was considered a “direct transfer” of the visual world onto the brain – kind of like a newspaper on



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Silly Putty.

Enter Johannes Kepler (1571-1630), who laid the foundations for so much of what we take for granted in science today. He is best known for defining the three laws of planetary motion, which Sir Isaac Newton used to form his theory of

universal gravitation. Kepler, however, made many other notable contributions in the fields of astronomy, geometry, anatomy, celestial mechanics, and you guessed it – the foundation of modern optics.

Although lenses had been used as a

means to aid vision since about 1290 AD, their properties lay outside the scope of scientific interests; their influence being described as merely an “illusion.” Kepler was the first to work out the optical

SEE **OPTOMETRY**, next page

**ANTHONY JOHNSON,**

continued from page 6

**Army:** "I'm trying to grow a beard, and they're not trying to let me grow it (sarcasm). I don't want a shaving profile (permission not to shave due to sensitive skin, etc.) because it hurts when I shave. If they would let us have beards, I'd be good."

**If you were the Chief of Staff of the Army ...** "I would make basic training and

AIT tougher, but more so AIT because a lot of people get lax when they finish basic."

**What it means to be a Soldier:** "When I think of all the sacrifices people have made, it humbles me. I really enjoy wearing the uniform and respect it."

**Goals:** "To start a family, pick up E-5, keep moving up, and take care of my family and friends."

— Compiled by T. Anthony Bell

**OPTOMETRY,**

continued from page 12

theory for the practical and predictable use of lenses in glasses for both near and farsightedness, partly to aid in his own failing vision. They say necessity is the mother of all invention!

In working through astronomical observations and calculations, Kepler began to notice aberrations in prevailing optical theory while trying to view a lunar eclipse through a device he called a "camera obscura" (used to measure the apparent size of celestial bodies and which is where the modern name of camera originates). In 1604, he published a revolutionary manuscript emphasizing the physics of light and which demoted the eye to a mere optical tool like a camera.

From this work, Kepler is the first to determine that it is the "refraction of light" that drives the clarity of images in the eye. Kepler could now predict the distance of a point of focus of a beam of light by refracting, or "bending," light through lenses of different properties. He also went on to describe that it is two eyes that enable depth perception by parallax, and that the image on the retina is indeed inverted.

In 1610, when Galileo published his first observations with his telescope (actually in use by several scientists as early as 1608), he was met with skepticism primarily because people did not have a theory of how it worked. In 1611, Kepler supplied that missing theory when he published the manuscript, "Dioptrice," where he further set out the theoretical basis of multi-lens systems and how they can be combined for magnification and upright/

inverted images and so on. He also made significant improvements on Galileo's telescope and even described the telephoto lens more than 200 years before it came into existence!

The principles laid out in Kepler's "Dioptrice" in 1611 provide the foundation by which we prescribe your eyeglasses today. Those numbers people see on their prescription are written in "diopters" that are a unit of measure related to the distance which light through an optical system comes into focus. Some eyes have a simple error in their optics – the point of focus is not on the retina; making the world blurry. Combined with the optics within your eye, the glasses refract the light entering your eyes resulting in bending the rays of light placing the point of focus perfectly on the retina itself.

So, the next time anyone sits in the optometrist's chair curious about all the many knobs and dials used to determine their prescription for glasses, take comfort in the knowledge that the solid science behind this process is over 400 years old.

The Kenner Army Health Clinic's Eagle Eye Clinic optometrists have decades of combined clinical experience in the treatment and management of ocular diseases and perform eye exams to manage conditions such as glaucoma, hypertension and diabetes. Appointments also are available for family members and retirees (under 65 years old).

To make an appointment, log on to TRICARE Online or call 1-866-LEE-KAHC. The hours of operation are Monday-Friday, 7 a.m. - 4 p.m. (It is closed the 1st Thursday of the month, 1-2 p.m.). For questions, call 804-734-9253.

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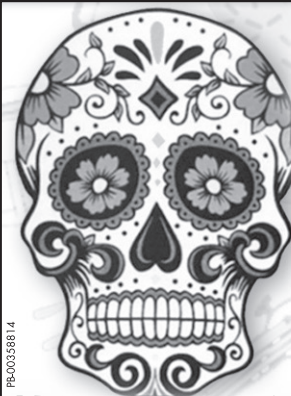
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# CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

## Living Museum Shark Day | July 14

The Virginia Living Museum will present Shark Day July 14, 9 a.m. - 5 p.m., at 524 J. Clyde Morris Blvd., Newport News.

Participants will learn about these animals and do hands-on activities, "shark" crafts and more.

For details, call 757-534-7432 or visit the [vlm.org](http://vlm.org).

## Theater Group 'Godspell' Auditions | July 16-17

The Theatre Company at Fort Lee will hold auditions for "Godspell" July 16-17, 7 p.m., at the Lee Theater, 4300 Mahone Ave.

Director Julie Fulcher-Davis seeks 10 diverse, versatile male and female actors who also sing. Those auditioning should bring 16 bars of an up-tempo song and 16 bars of a ballad. An accompanist will be provided. Performers who play a musical instrument or have other special skills also can share during the audition. No performers are paid. Rehearsals will begin immediately after casting for a Sept. 7-23 production run.

For details, call 804-734-6629.

## Fire of Petersburg Lecture | July 16

Tamara Eastman, author of "The Great Fire of Petersburg" will present a lecture July 16, 7 p.m., at the newly opened Exchange Building, home of the Siege Museum, 15 West Bank St. The event is free and open to the public.

For details, call 804-733-2396.

## CYS Sports Registration | July 16-27

Child and Youth Services will hold registration for fall cheerleading, tackle football and flag football July 16-27 at Parent Central Services, building 10624, Yorktown Drive.

Cheerleading is for ages 5-13. The cost is \$45 for military, DOD Civilians and contractors, and \$55 for non-DOD civilians. Tackle football is for youngsters, 7-13. The

cost is \$70 for military, DOD Civilians and contractors, and \$80 for non-DOD civilians. Flag football is for youth, 5-7 years old. The cost is \$45 for military, DOD Civilians and contractors, and \$55 for non-DOD civilians. Coaches are needed for all fall sports.

For details, call 804-765-3787.

## Youth Reality Store Simulation | July 19

A Youth Reality Store Simulation is set for July 19, 10 a.m. - noon, at the Youth Center, building 10619, Yorktown Drive. It is hosted by the Army Community Service Financial Readiness Program and Child and Youth Services in partnership with the Virginia Cooperative Extension.

The free event will teach teens how to make wise financial decisions such as balancing a family budget, building savings and more. Free pizza will be served.

Pre-registration is required by July 16 at the Youth Center or by calling 804-734-2870.

## FMWR Whitewater Rafting | July 21

FMWR Outdoor Recreation will offer a rafting trip on the James River in Richmond July 21, starting at 1:45 p.m.

Participants should meet at the Stone Brewery parking lot, 4300 Williamsburg Ave., where they receive helmets, life jackets and paddles. Rafters must be at least 10 years old. The cost is \$65 per person. Registration is required by July 20. The rapids are rated Class III. For details, call 804-765-2059.

## Prince George Founder's Day Observance | July 21

Col. Jered P. Helwig, Chief of the Transportation Corps, will be a guest speaker during the Prince George County 315th Founder's Day Celebration July 21, 3 p.m., at the PGC Heritage Center, 6406 Courthouse Road.

The event will include the unveiling of a new bust and exhibit of Prince George of Denmark for whom the county is named.



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