

23rd QM Brigade implements CBRN training to shape 'Day-One-Ready' AIT Soldiers

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FORT LEE TRAVELLER

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Cha-Cha-Cha!

Music, dance highlight Fort Lee Hispanic heritage event

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FORT LEE SOLDIER EARNS LATINA STYLE AWARD

National organization recognizes CASCOM staffer for advancement of diversity, full integration of Latina women in workplace

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FOCUS ON FIRE SAFETY

Post plans multiple events for National Prevention Week – Oct. 7-13

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FMWR HOSTS FAMILY FESTIVAL

Annual Oktoberfest at Lee Club to feature food, music, kids activities, more

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PROMOTING KIDS' HEALTH

Kenner offers advice to parents in support of Childhood Obesity Awareness Month

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Observance theme 'Look. Listen. Learn.' promotes active community involvement

Randall Fitzpatrick

Assistant Chief of Fire Prevention

As the annual Fire Prevention Week awareness campaign approaches, Fort Lee Fire and Emergency Services encourages all community members to consider the national observance's 2018 theme, "Look. Listen. Learn. Be aware – fire can happen anywhere."

It is meant to serve as a call to action and stems from the unfortunate, statistically proven reality that home fire fatalities are more likely today than they were two or three decades ago – despite ramped-up awareness and education efforts.

One report, cited by the National Fire Prevention Agency website, shows a 10-percent increase in home fire death rates reported in 2016 compared to a similar study in 1980. The NFPA notes how a growing number of people in America "have a tendency of taking safety for granted." Its website further states there's a "general lack of awareness" of the most common causes of home fires, and far fewer than desired have prepared or practiced escape plans.

"While we've made significant progress in preventing home fires from happening, statistics show there's still much more work to do when it comes to teaching people how to protect themselves in the event of one,

and why advance planning is so critically important," states Lorraine Carli, NFPA vice president of outreach and advocacy, on the website.

"Paying attention to your surroundings, looking for available exits in the event of a fire or other emergency, and taking the smoke alarm seriously if it sounds, can make a potentially life-saving difference in a fire or other emergency situation," she also notes.

In a typical home fire, occupants may have fewer than two minutes after the smoke alarm sounds to escape safely, Fort Lee fire officials further emphasize. Knowing how to use that time wisely takes planning and practice, especially when there are extenuating factors like children or elderly individuals in the home who may need assistance.

"Those of us who have worked in the fire service for many years know that people often make panicked or risk-taking choices in fire situations that jeopardize their safety or even cost them their lives," said one Fort Lee fireman. "Nationally, the fire service focuses on teaching people about the potentially lifesaving difference escape planning and fire safety practice can make."

This year's "Look. Listen. Learn." theme highlights each step individuals can take to help them quickly and safely escape a fire:

- Look for places fire could start.
- Listen for the sound of the smoke alarm.
- Learn two ways out of every room.

The NFPA and Fort Lee Fire & Emergency Services also emphasize that fire safety must be a consideration at the workplace or in public venues. Important steps to keep in mind include the following:

- No matter where you are, look for available exits.
- If you spot a fire or heavy smoke, use the alarm to alert others.
- If the alarm system sounds, take it seriously and exit the building immediately.
- Remember that the way you came in may not be the quickest or the best way out.
- Stay low to the ground if the room or building fills with smoke, and feel doors for heat and possible fire on the other side before opening them.
- Remain calm and think – panic often leads to injury and unreasonable decisions.

Fort Lee Fire & Emergency Services is hosting a series of events in support of this year's Fire Prevention Week campaign. The schedule is provided in the box accompanying this article. For more information about Fire Prevention Week and home escape planning, visit www.firepreventionweek.org or contact the Fire Prevention Office at 804-734-6597.

2018 FIRE PREVENTION WEEK • AGENDA •

Oct. 4, 4:30-6 p.m. – Pumpkin Patch and Fire Prevention Display, Washington Grove/Monroe Manor Community Center, 465 New York Drive

Oct. 9, 9-11 a.m. – Fire engine/Sparky visit, CDC area near building 10610, Sisisky Drive; 11 a.m. - 1 p.m., static display in DeCA headquarters cafeteria, building 11200, E Avenue and 34th Street

Oct. 10, 9 a.m. - Noon – Static display at DCMA, building 10500, A and Sisisky avenues

Oct. 11, 9-11 a.m. – Static display at CASCOM headquarters, building 5020, A and Lee avenues; Pumpkin Patch and Fire Prevention Display, 4:30-6 p.m., 46 St Lo Road, Jefferson Terrace/Harrison Villa Community Center

Oct. 12, 9-11 a.m. – Fire engine/Sparky visit, buildings 10620/10622/10624, CDC area; 1000 - 1300 Static display at Commissary, 10 a.m. - 1 p.m.

Oct. 18, 4:30-6 p.m. – Pumpkin Patch and Fire Prevention Display, 342 Manila Road, Adams Chase and Madison Park Community Center

Oct. 25, 4:30-6 p.m. – Pumpkin Patch and Fire Prevention Display, Jackson Circle Community Center



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ON THE COVER



T. Anthony Bell

Marisol Betancourt-Stolongo and Nicolas Guillen from the Latin Ballet of Virginia dance to Latin tunes during the Hispanic Heritage Month Observance Sept. 20 at the Lee Theater. Salsa and bachata were among the dances the couple showcased. The event also included state delegate Elizabeth Guzman as the guest speaker. For more photos, see Page 8.

Dragon Brigade implements CBRN training, further growing 'Day-One-Ready' initiative

For example, CBRN defense measures can be established during area defense operations using specialized detectors.

Additionally, enemy CBRN attacks can be replicated by the using simulators, like CS gas and colored smoke to signal a chemical attack, according to Wilcox. Incorporating such battlefield conditions into training scenarios will provide a more robust opportunity for Soldiers to use their equipment, increase their understanding of the CBRN training and strengthen their ability to perform under stress.

Overall, implementing more CBRN training into the AIT program will greatly improve readiness for operational units, and Soldiers will gain confidence in their equipment and response skills. Having the drill sergeants and instructors teach hands-on training with the CBRN equipment and testing the Soldiers knowledge will increase the Soldier's overall readiness, allowing the brigade to provide the Army with "Day-One Ready Soldiers."

– 244th QM Battalion and Staff Reports

"Gas, Gas, Gas!"

Those are the fatal last words heard by thousands of Soldiers during World War I with the introduction of gas warfare in Belgium, circa 1915.

The actual idea of weaponizing chemical and biological agents has been around as long as warfare itself, and there's little doubt future troops will encounter technologically advanced versions of toxic, viral and nuclear weapons. Given that persistent threat, Soldiers must be ready to react to save their own lives and that of their battle buddies.

That is the impetus surrounding the recent implementation of chemical, biological, radiological and nuclear training for advanced individual training Soldiers assigned to the 23rd Quartermaster Brigade. A CBRN training slice is now integrated into the brigade's culmination exercise, and it has identified additional realistic training requirements to pro-

duce "Day-One-Ready" Soldiers.

CBRN specialists are not authorized for any of the brigade's elements, therefore, drill sergeants or instructors are required to undergo the CBRN Defense Course training to handle protective equipment and provide instruction to students. The two week, 80-hour course provides instruction regarding the implementation, operation of equipment and defensive detection of threats.

"Teaching CBRN to Soldiers is essential," said Sgt. 1st Class Christopher Weeks, a Whiskey Company, 244th QM Bn., drill sergeant. "Soldiers are taught an introduction to CBRN tasks in basic combat training. We (drill sergeants and instructors) should re-enforce these tasks here in advanced individual training. Skilled leaders are essential to facilitate safe and effective realistic training."

To round out the instruction, quartermaster

Soldiers "must have access to more CBRN assets than M50 masks," said 1st Lt. Kelsey A. Wilcox, W Co. executive officer. Unit acquisition of other protective equipment will facilitate further instruction in operating in a toxic or contaminated environment.

Pfc. Kyranna Radanovic, a W Co. student, said her platoon was issued CBRN protection clothing in BCT, but she only touched the gear once. She said more hands-on training with the equipment is preferred. Other Soldiers have echoed her response and want to learn more about CBRN. Additional equipment will allow Soldiers learn about detection agents, protect themselves from threats, and decontaminate their gear and equipment. Re-enforcing CBRN training in AIT will prepare Soldiers to be "Day-One Ready."

The incorporation of more related tasks in the brigade's culmination exercise will greatly enhance skill acquisition, said Wilcox.

CASCOM Soldier earns Style Award; acknowledged as Hispanic role model

Amy Perry

Production/News Assistant Editor

Sgt. 1st Class Carole M. Alonzo-Mercado, TRADOC capability manager for Operational Contract Support in CASCOM, has earned the national LATINA Style Distinguished Service Award for 2018.

The presentation took place Sept. 6 at a Distinguished Military Services Awards recognition dinner in Arlington. Alonzo-Meade is the only Army active duty recipient. Several reservists and military personnel from the other services were similarly honored. Two government civilians and a cadet from the U.S. Military Academy at West Point also received awards.

Each year, LATINA Style magazine honors the accomplishments of women serving in the armed forces. Its annual symposium

and awards dinner coincide with National Hispanic Heritage Month activities.

The Style Award "recognizes selfless service, leadership, personal accomplishment and commitment to building a strong community," according to the organization. Eligible recipients include all Latina military and civilian personnel "who through their service have enhanced the role of Latinas in their organizations."

Born in La Ceiba, Honduras, and raised in an underprivileged suburb of Fajardo, Puerto Rico, Alonzo-Mercado said service in the U.S. military forces presented the greatest potential for personal achievement.

"I overcame numerous challenges through dedication, motivation, determination and hard work while embracing the values of loyalty, duty, respect, selfless service, honor, in-

tegrity, personal courage and esprit de corps exemplified by the American Soldier," she said. "Every day, I demonstrate that anything can be achieved by young Latin Americans through initiative, dedication, personal fortitude and professional growth.

"I feel humbled but proud that my contributions and work effort are being recognized," Alonzo-Mercado said of the LATINA Style recognition.

For this award, the Army Equal Opportunity Office accepts nominations from the "total force," meaning all service components and academies can submit recommendations. The entries are then screened for the strongest candidates and forwarded to the Style Award committee.

Col. Andrew Danwin, Alonzo-Mercado's

SEE **LATINA STYLE**, page 15



Contributed Photo

Sgt. 1st Class Carole M. Alonzo-Mercado from CASCOM poses with the LATINA Style award plaque presented to her Sept. 6 at a Distinguished Military Services Awards dinner in Arlington.

Lee Oktoberfest celebration set for Oct. 13

Ray Kozakewicz

Production Assistant

At next month's Fort Lee Oktoberfest, the crowd can shout "G'suffa," and proudly hoist a 24-ounce limited-edition commemorative mug while tapping their feet, singing and enjoying dancers, a band, food and much more.

Community members can purchase tickets at various locations for the fun-filled 22nd annual event set for Oct. 13, 5-10 p.m., at the Lee Club. It is open to the public and is hosted by the Fort Lee Family and MWR Directorate.

"The annual Oktoberfest is an opportunity for the community to celebrate German traditions and culture and bring the Fort Lee community a flavor of the real Oktoberfest with authentic German beer, food and live entertainment," said Darrell Clay, Family and MWR director here.

"In 2017, we enjoyed seeing the community come out dressed in their Dirndl and Lederhosen. We'd be thrilled to see that spirit again in 2018," he noted. "The event has something for the entire family. Families are encouraged to experience the event that will feature a free kid zone with inflatables, coloring and other activities for our Fort Lee youth."

He added, "As in previous years, this event will kick off with an official keg tapping conducted by our local community leaders. The festivities will carry into the evening with authentic music from The Original Elbe-Musikanten German Band and authentic German folk dances from the Hirschjaeger Dancers."

The commemorative ceramic Beer Stein being offered was designed by Phil Williams of FMWR marketing. "We wanted something special for our centennial," said Carrie Porre, FMWR marketing manager. "The 2018 mug is available in a limited quantity and has a unique design that features a Virginia Cardinal and Dogwood blossoms as well as flags of the United States and Germany,"



FMWR photo

This unique commemorative Beer Stein in recognition of Fort Lee's Centennial is being offered as part of a preorder package for \$28 for the Lee Oktoberfest that is set for Oct. 13 at the Lee Club. It is available in a limited supply and features a Virginia Cardinal, Dogwood blossoms and United States and German flags.

Poore said.

It can be preordered to be picked up at the event and is part of an admission package of \$28. The price includes the mug, admission to the event and the first fill. To view the mug and learn more, visit <https://lee.armymwr.com/promos/2018-oktoberfest-mug>.

Participants can enjoy a wide variety of German food and beverages available for purchase at the event including pork schnitzel, knockwurst, bratwurst, roasted chicken, German potato salad, red cabbage, hot dogs, desserts and more.

Advance tickets for Oktoberfest will be available until Oct. 5 for \$7. After that date, tickets are \$9 and also will be available at the door. Children 12 years old and younger are free. Tickets are available for purchase at the Leisure Travel Services Office, Fort Lee TenStrike Bowling Center, Cardinal Golf Club, Lee Club Soup & Salad lunch and online at <https://lee.armymwr.com/calendar/event/oktoberfest/2586115/31583>.

NEWS BRIEFS

Kenner Columbus Day Weekend Schedule

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

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

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

VWM Veterans Day Essay Contest

The Virginia War Memorial is seeking student entries for its 3rd annual Veterans Day Essay Contest.

Since 2018 is the 100th anniversary of Armistice Day and the official end of World War I, the theme is "Impact." The essays should focus on the impact of the war on Virginia's Soldiers, families, communities and culture. The contest is open to middle and high school public, private and homeschooled students in Virginia with a winner chosen from each age group. Essays should be 500-750 words in length and must be received by 11:59 p.m., Oct. 21. The winners in each category will receive a \$250 prize.

For details, visit www.vawarmemorial.org/essaycontest.

QM Museum Lunch and Learn

Participants can learn about the history of the legendary World War II-era jeep known as the "Truck, ¼ Ton, 4 x 4", and the role the Quartermaster Corps played in its development at a Lunch and Learn presentation Oct. 18, 12:15-12:45 p.m., at the U.S. QM Museum. The event is free.

A "Million-Mile Jeep" will be on exhibit in the museum as well as fully restored, operational jeeps from World War II, the Korean War era and a 'first model civilian jeep.' Rides will be available in the World War II vehicle following the presentation. Guests are welcome to bring their lunch to the presentation.

For details, call 804-734-4278.

Lee Homebuyer's Workshop

The Fort Lee Housing Services Office has scheduled its next First-Time Homebuyer's Workshop for Oct. 18, 8:30 a.m. - 3 p.m., at the Soldier Support Center, 1401 B Ave, building 3400, room 125.

FLHSO partners with the Virginia Housing Development Authority for this free event. Topics include personal finance, credit issues, qualifying and applying for a loan, home inspection, the role of the real estate agency and more. It is open to everyone in the Fort Lee community.

For details, contact Deborah Falkowski at 804-765-3862.

Exchange Seeks Trunk or Treat Contributors

The Fort Lee Exchange is seeking military units or organizations that want to set up creative Halloween trick or treat displays for the Trunk or Treat celebration Oct. 29, 5-7 p.m., in the PX parking lot.

To sign up, stop by the Main Exchange customers service department by Oct. 26 or call Jazzmein Lorenzo at 804-861-5970.

Gift Wrap Fundraising Opportunities

Community groups can raise funds for various causes by participating in the Army and Air Force Exchange Service annual community gift wrap program.

During the peak holiday season, the Exchange will set up tables and provide supplies that volunteer groups can use to wrap gifts and receive donations.

For details and sign-up, call 804-861-5970.

'It's not over,' Army leaders say about hurricane relief mission

Joe Lacdan

Army News Service

FORT BRAGG, N.C. – As of last Friday, Soldiers continued their mission of helping evacuate residents in flood-ravaged communities along North Carolina's coastal plains seven days after Hurricane Florence made landfall.

It is already estimated that Army personnel rescued more than 370 individuals and evacuated roughly 50 residents in both North and South Carolina. More than 9,000 Soldiers are on the ground representing aviation, transportation, supply (petroleum and water purification), medical and other military specialties.

The National Guard conducted about 125 rescue missions alone on Sept. 18, said Army Lt. Col. Matt DeVivo, a North Carolina National Guard public affairs officer. He also noted that water levels were still at "dangerously high" levels, and in some areas may have even risen, which would likely result in additional emergency response operations well into the weekend.

"We're not going anywhere anytime soon," DeVivo predicted. "(We can't leave) until we know the rivers have crested and the waters start to recede, at which time communities can try to get back to some semblance of normalcy. Thousands have been displaced, and it's going to be a challenge, but we're ready to support the state well after the waters have receded."

National Guard helicopters, working in conjunction with state and federal agencies, have delivered more than 61,000 pounds of relief supplies.

"I'm very impressed with the states – both South and North Carolina. They have responded and pushed forward and were proactive," said Army National Guard Director Lt. Gen. Timothy Kadavy. "They had Soldiers. They had high-water vehicles. They had aircraft out and ready to respond. They (were) ready to do whatever they were



U.S. Army photo by Spc. Andrea Salgado Rivera

(ABOVE) A vehicle operated by Soldiers from the 129th Combat Support Sustainment Battalion, 101st Airborne Division (Air Assault), 101st Airborne Division Sustainment Brigade "Lifeliners," arrives to join the ongoing joint operations conducted in support of the Hurricane Florence Relief effort at Lumberton, N.C., Sept. 17. The Soldiers made the 22-hour trip from Fort Campbell, Ky.

(RIGHT) A South Carolina Army National Guardsman with the 1053rd Transportation Company carries a girl to a military vehicle after her family was trapped inside their vehicle by flood waters in Hamer, S.C., Sept. 18.



U.S. Army photo by Sgt. Brian Calhoun

asked to do by their governors and local communities."

The hurricane's direct impact effects were less severe in South Carolina, but residents in the northern section of the state experienced heavy flooding and it resulted in at least eight deaths related to high waters or fallen trees. The ranged of rescue operations also includes residents trapped in stalled vehicles or stranded in flooded areas.

"We've dealt with (situations like this) before, but not at these record levels," said Army Maj. Gen. Bob Livingston, adjutant general of the South Carolina National Guard. "(Florence) slowed down and picked up a tremendous amount of water. The winds dropped dramatically, but the flooding was unprecedented."

Livingston lauded the efforts of the South Carolina Guard, which began evacuations

early on the morning of Sept. 11.

"Difficult conditions to work under," Livingston said. "But it's amazing; they've got smiles and continue to drive on."

National Guardsmen from as far away as Illinois, Virginia and Tennessee helped with relief efforts as communities along the coastal plains were swamped with flooding and power outages.

Soldiers in tactical vehicles have been rescuing displaced residents in waist-high water. U.S. Army North has been helping coordinate relief efforts from forward command posts in Raleigh, North Carolina, and Columbia, South Carolina. The command provided 80 high-wheeled tactical vehicles along with 60 palletized load trucks for transporting supplies.

Multi-component task forces faced the difficult challenge of navigating safe routes through flooded areas at night.

"The waters are moving so rapidly and there's so much water," said Col. Ed Hayes, Task Force 51 operations officer. "You could plan a route, and all of a sudden, that road is blocked off."

The Army Corps of Engineers installed power generators at locations throughout North Carolina. Soldiers from the 249th Engineering Battalion out of Fort Belvoir, Va., installed power at several locations, including a storm shelter in Clayton; at Vidant Duplin Hospital in Kenansville; Cherry Hospital in Goldsboro; and the Rayford Waste and Water treatment facility in Whiteville.

DeVivo said the Army team remains committed to the residents in affected communities.

"(The hurricane) is nothing our state can't overcome," he added. "It was challenging, but it's not over by any means."

(Editor's note: The Traveller, in agreement with Fort Lee Emergency Manager Thomas Loden, opted to run this article as a close-out piece for September's National Preparedness Month awareness and action campaign. The proximity of Hurricane Florence's devastating path, and the extent of recovery efforts, should be points of reflection that encourage planning and preparation. "Disaster Happen. Prepare Now. Learn How.")



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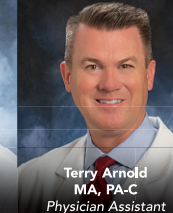
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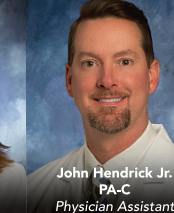
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D

uring the Hispanic Heritage Month Observance

Sept. 20 at the Fort Lee Theater, the crowd heard from members of the Hispanic community far and wide. Among those who appeared were dancers performing a song known as Mexico's second national anthem, the 392nd Army Band that performed salsa and other latin styles, Soldiers who shared their experiences, and a state legislator who is the first elected female immigrant in the Virginia Assembly. Individually, they expressed what it means to be Hispanic from their own corners of the world, but collectively they spoke of shared experiences and traditions, as a people with ...



Photos by T. Anthony Bell



(CLOCKWISE FROM TOP) Isabella and Daisy Copeland pose for pictures after performing El Son de la Negra, a song known as Mexico's second national anthem. • Sgt. Maj. Eduardo Velez shares sentiments on Hispanics' impact on U.S. military service. • Virginia Assemblywoman Elizabeth Guzman speaks to the crowd. • Members of the 392nd Army Band perform a salsa number.



Stock Photo

Clinic staff suggests early strategies to counter trend of unhealthy habits

Lesley Atkinson

KAHC Public Affairs Officer

The nation observed Childhood Obesity Awareness Month during September. It is an education and call-to-action campaign that encourages parents, educators, pediatricians and others to promote healthier lifestyles among the nation's youths.

According to surveys conducted by the Centers for Disease Control and Prevention from 2015-2016, nearly 1-in-5 school-age children and young people (6-19 years old) in the United States are obese.

A child with obesity has excessive body fat and is at greater risk for serious illness, injury or disease before or during early adulthood. Parents with concerns about their child's weight can request a body mass index screening – the system that measures

body fat percentages – through their health care provider.

There is no singular established reason why children are heavier today and pointing blame at the fast food industry, video game manufacturers, public school curriculum or community recreation programs will do little to fix the immediate health concerns. Childhood Obesity Month is geared toward actions that will make a difference like understanding the concern and taking steps to counter the trend of unhealthy habits.

Raquel Bopp is a registered dietician in Kenner's Family Medicine Clinic and is experienced in nutrition counseling. She has worked with children in this area and has dealt with eating disorders. She believes youngsters learn most from their parents' behavior.

"The best way for parents to help their children become active is to become active themselves and to regularly engage in family physical activity," Bopp said.

Energy imbalance is a key factor behind the high rates of obesity seen in the U.S., the CDC emphasizes in its reports. Many factors contribute to childhood obesity including:

- Genetics
- Metabolism – how the body changes food and oxygen into energy it can use.
- Community and neighborhood design and safety.
- Short sleep duration.
- Eating and physical activity behaviors.

Genetics cannot be changed, but people can have a positive role in guiding themselves, and oftentimes others, into a

healthier lifestyle.

"Parents need to participate with their children whether by starting a walking regimen in the evening, showing excitement for sports-related activities or joining a gym," Bopp said. "Today, more-and-more children want to stay inside and not engage in outdoor physical activity because they are hooked on video games or social media. In addition, you can't expect a child to follow a healthy diet if it doesn't start at home."

"Making changes can be difficult, but not impossible," she emphasized. "It's important to start with the adult in the house. Little changes are better than no change at all, and it goes a long way."

Preparing healthy meals as a family is another good way to instill positive habits, Bopp further noted. Parents can make meal modifications such as adding non-starchy vegetables, serving fruit and yogurt instead of chips at snack time, and replacing sugary drinks with water or nutrient-rich beverages like fat-free milk. The goal is to eat at least 2-3 servings of fruits, 5-6 servings of non-starchy vegetables, 3-5 ounces of whole grains and lean protein and healthy fats.

A great resource for food, health and fitness information for the whole family can be found at www.eatright.org. The site has tips on how to eat healthier as a family, even on a budget. Tips include how to change your lifestyle (even when busy) and exercising, which is just as important as following a healthier lifestyle with smarter eating.

Another good site Bopp mentioned is www.blubberbuster.com. This resource helps parents, children and teens who are overweight.

"Obesity can be eradicated," Bopp noted. "However, it is up to the parents and caregiver becoming more involved."

KAHC offers nutrition counseling services for diet and health, weight management, stress and emotional eating, vegetarian guidance, building muscle, preventing disease and more. If interested in talking with Kenner's dietician, call 1-866-LEE-KAHC (533-5242) or schedule an appointment through www.tricareonline.com.



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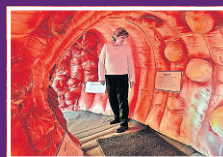
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- Q94 Will be onsite remotely with on-air personality Deni from 11-2pm
- Underflare featuring Zach Artis (Petersburg's own) 11-2pm
- Triple B (Better Blues Band) Old School Motown & Blues 2-5pm



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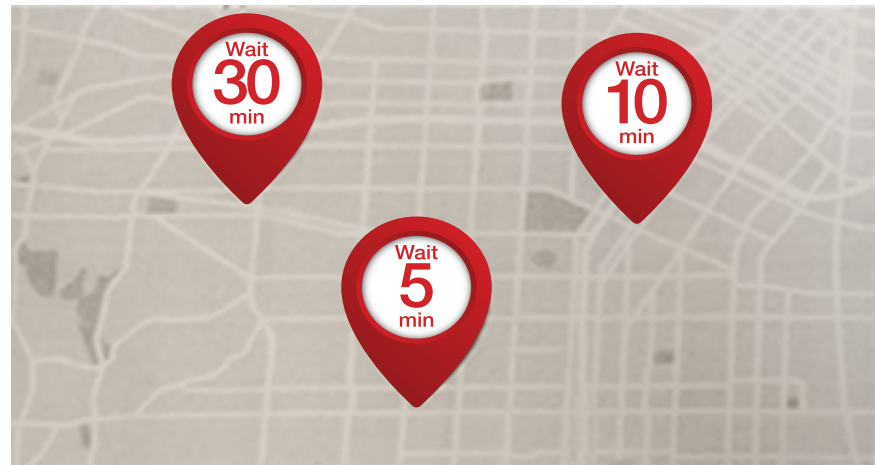
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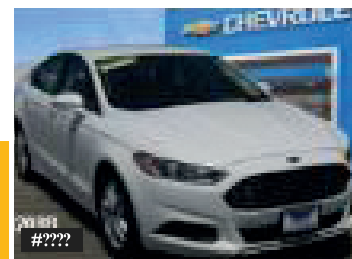
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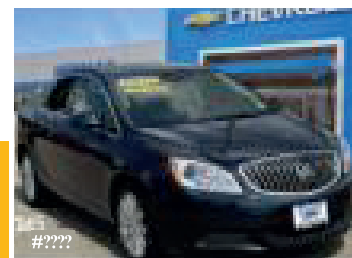
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LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

TSA Job Fair at Soldier Support Center | Sept. 28

Hiring managers with the Transportation Security Administration, Office of Intelligence and Analysis, will be present at a Job Fair Sept. 28, 10 a.m. - 1:30 p.m., in the Soldier Support Center, 1401 B Ave., room 124. An informational flyer about the event is linked to the "Upcoming Events" listing at www.lee.army.mil. For job opportunities, visit www.usajobs.gov/Search/?k=TSA.

Jamestown Intertribal Pow-Wow | Sept. 29-30

An American Indian Intertribal Pow-Wow featuring songs and dances, storytelling, workshops, a concert, a film presentation and more is set for Sept. 29-30, 9 a.m. - 5 p.m., at Jamestown Settlement, Williamsburg.

The vocalists and drummers include Thunder Voices of the Tuscarora, White Buffalo of South Dakota; and Yapatoko of Virginia, Vietnam Era Veterans Inter Tribal Association color guard and others.

For details, visit www.historyisfun.org/jamestown-settlement/powwow/.

Pamplin Home School Day | Oct. 2

Pamplin Historical Park & The National Museum of the Civil War Soldier is offering a special field trip program for home school families and associations Oct. 2, 10 a.m. - 2 p.m., at 6125 Boydton Plank Road, Petersburg.

The event features educational programs that use fun, participatory learning techniques to teach historical lessons. Reservations are required.

For details, call 804-861-2408.

Explore Veterans Affairs Info Session | Oct. 3

The Virginia Department of Veterans Affairs will hold an information workshop on commonwealth-provided benefits Oct. 3, 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 or email army.lee.sftap@mail.mil.

Richmond Spider Football Federal Employee Day | Oct. 6

Federal employees can receive two complimentary football tickets for the University of Richmond game versus University of Delaware Oct. 6, 3 p.m., at the UR campus.

Quantities are limited and must be claimed in advance.

For tickets, contact Jennifer Phillips at jphilli6@richmond.edu with your name, agency and mailing address.

Eppington 250th Anniversary Celebration | Oct. 6

Historic Eppington Plantation will commemorate its 250th anniversary with a heritage day celebration Oct. 6, 10 a.m. - 4 p.m., at 14201 Eppes Falls Road, Chesterfield. Admission and parking are free.

The event will include tours throughout the home and adjoining cemetery, musical performances, re-enactors, artillery demonstrations and more.

For details, call 804-751-4946 or visit eppington.org/.

Special Olympics Car Show | Oct. 6

The Colonial Heights Special Olympics Car Show is scheduled for Oct. 6, 9 a.m. - 2 p.m., at Colonial Harley-Davidson, 1701 Temple Parkway, Prince George.

The event will also feature bikes and trucks of all makes and models, activities for children, food and more. Proceeds will benefit the Special Olympics of Colonial Heights.

For details, call 804-243-0916.

PNB "Animals at Your Side" Presentation | Oct. 6

Petersburg National Battlefield will host the "Animals at Your Service" event Oct. 6, 10 a.m. - 2 p.m., at the Eastern Front Unit, PNB, 5001 Siege Road. The event is free.

The 544th Military Working Dog Detachment from Fort Lee will be on hand to demonstrate how their dogs are trained to provide service to those in need. The event also will include animal adoption availability.

For details, call 804-732-3531.



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LATINA STYLE

continued from page 3

supervisor at CASCOM, submitted her recommendation and said she is the epitome of a loyal and selfless Soldier.

A passage from the nomination write-up read: "Her work and efforts over a 24-year career have influenced more than 5,000 Soldiers to perform above and beyond the call of duty. Her care and willingness to accomplish all missions is best exemplified by her leadership – maintaining not only unit readiness but also more than 100 contracts to ensure steady movement during operations. Her ability to interact with Soldiers and leaders at

all levels proved vital to achieving extraordinary results. She works at various echelons to include division, battalion and company level. She receives laudable comments from her peers and superiors for her commendable performance at each level."

Additionally, it read that she "is an ardent supporter of the Army's Sexual Harassment Assault Response Program and Equal Opportunity." She fully embraces diversity and promotes equal opportunity for all.

"Alonzo-Mercado fully supports the integration of minorities and women within the armed forces and civilian workforce,"

it continued. "She is well-respected by subordinates, peers and superiors alike and is frequently sought out to provide counsel regarding EO matters. In her off-duty time, SFC Alonzo-Mercado volunteers to support underprivileged children of immigrants during the holiday season. She also works with the Special Olympics program and Feed the Hungry Voucher Program assisting in the delivery of warm meals to senior citizens living in the local community. She planned, organized and led various fundraising events to raise money for several community services."

Being a Latin American leader is important

to Alonzo-Mercado and this achievement, she said, only strengthens her desire to serve as a mentor to others of her heritage in the Army community.

"I want to be a role model for those who wish to excel in their profession and distinguish themselves as leaders, mentors, and advocates of diversity and the full integration of Latin American in the armed forces," she said. "I want to encourage leaders at all levels to ensure that they are submitting their service members for these awards. It enhances the moral and overall productivity of the mission."

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