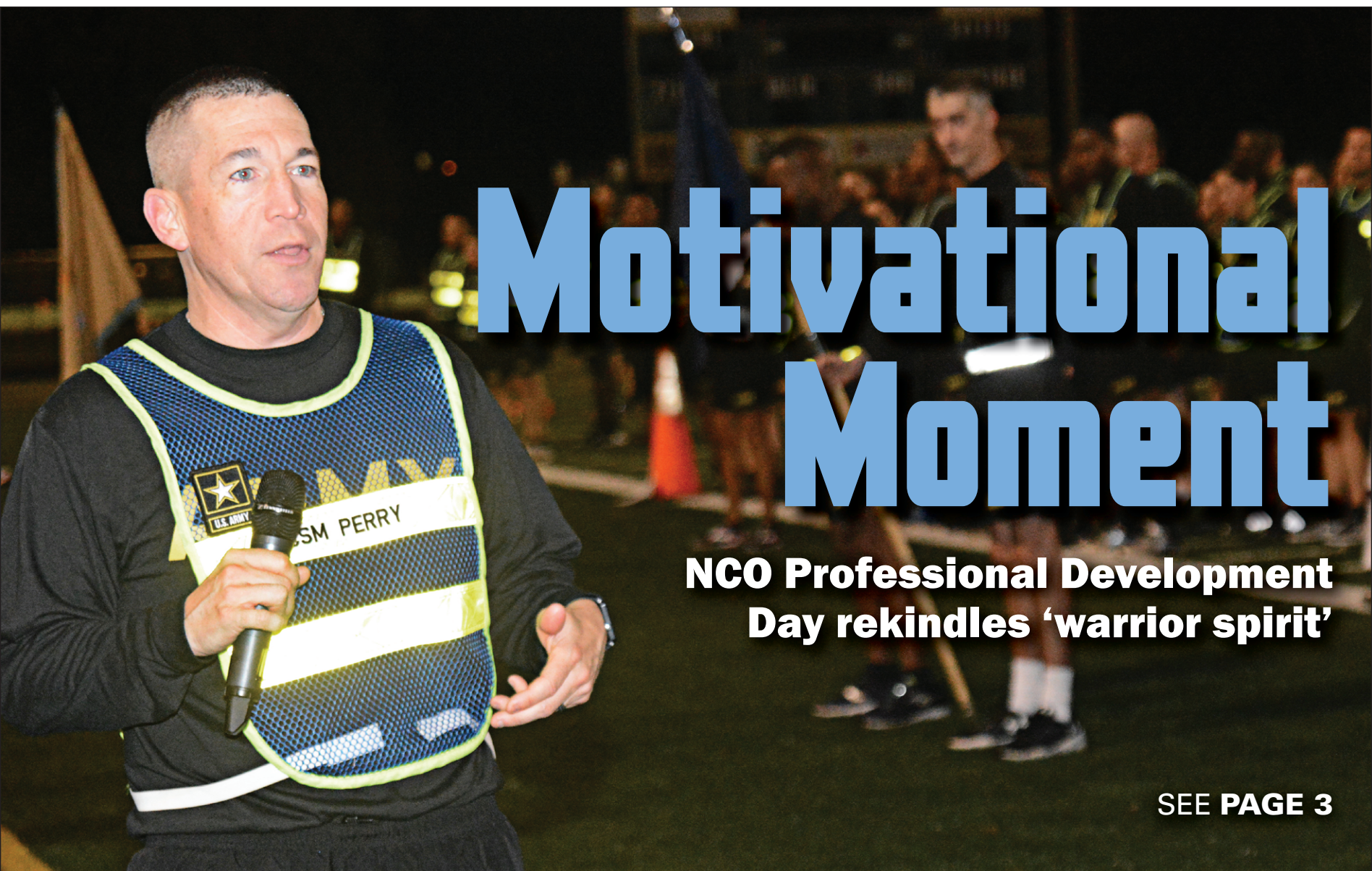


Don't forget to  
set clocks back  
one hour early  
Sunday morning



# Motivational Moment

**NCO Professional Development  
Day rekindles 'warrior spirit'**

**SEE PAGE 3**

## **PWD BUILDS FRAMEWORK FOR FUTURE LEARNING**

The new program of instruction at the Quartermaster School department will be shaped by 'digital training enablers' that appeal to a tech-savvy generation

**SEE PAGES 8-9**



## **CULTURAL EVENT SET FOR NOV. 15**

Lee program focused on Native American heritage to feature music, dance, special guest speaker

**SEE PAGE 4**

## **ODS CONDUCTS CAREER SEMINAR**

Civilian partners share HVACR credentialing opportunities open to Ordnance repair techs

**SEE PAGE 5**

## **MEANINGFUL MOUNTAIN TREK**

Post employee finds hope, family strength in journey to highest summit in U.S.

**SEE PAGE 10**



# Virginia motorists should begin preparations for winter driving

The American Automobile Association is encouraging Virginia motorists to prepare their vehicles for snow and frosty temperatures. Vehicles that have not been properly maintained or are missing the ever-important emergency roadside kit could leave drivers stuck, literally, out in the cold.

“No one wants to be stranded by a vehicle breakdown and unprepared to handle the situation during adverse weather,” said AAA Public Affairs Manager Martha Mitchell Meade. “Properly readying vehicles for winter driving is essential for the safety of all passengers and will greatly decrease the chances of motorists being not only stranded, but also unprepared for a roadside emergency.”

Based on calls to AAA Emergency Roadside Assistance, the most common problems that arise this time of year are with dead batteries or improperly inflated tires, both of which can be aggravated by a sudden cold snap.

AAA recommends motorists use a simple checklist to determine their vehicle’s winter maintenance needs. Many of the items on the list can be inspected by a car owner in less than an hour, but others should be performed by a certified technician.



File Photo

A Directorate of Public Works vehicle clears snow from a Fort Lee road during a major winter storm in January 2017. The increasing likelihood of crippling cold weather in the months to come should serve as the impetus for emergency weather planning and preparations, to include wintering personally owned vehicles and inventorying home emergency supplies.

## WINTER CAR CARE CHECKLIST

- Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. Make sure the battery terminals and cable ends are free from corrosion, and the connections are tight.

- Check tire inflation pressure more frequently in fall and winter. As the temperature drops, so will tire pressures – typically by one PSI for every 10 degrees Fahrenheit. The proper tire pressure levels can be found in the owner’s manual or on a sticker typically located on the driver’s side

door jamb; and don’t forget the spare.

- Replace any tire that has less than 3/32-inches of tread. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage. All-season tires work well in light to moderate snow conditions, provided they have adequate tread depth.

- Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with a tester available at most auto parts stores.

- Wiper blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. Consider installing winter wiper blades that wrap the blade frame in a rubber boot to reduce ice and snow buildup that may prevent good contact between the blade and the glass.

- Fill the windshield washer fluid reservoir with a winter cleaning solution that contains antifreeze components to prevent freezing.

- Inspect the underside of accessory drive belts for cracks or fraying. Many newer multi-rib “serpentine” belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals or as recommended by the vehicle manufacturer.

- Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the

SEE **WINTER DRIVING**, page 5



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

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

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

## ON THE COVER



Patrick Buffett

During remarks following an NCO Professional Development Day run here Tuesday morning, Command Sgt. Maj. Matthew J. Perry, CASCOM CSM, discusses the Army's expectations for battle-focused leaders who set the highest standards for subordinate Soldiers to follow. Read more about the event on page 3.



# CASCOM NCO run spawns motivation, fun

CASCOM's NCO Professional Development Day training event here Tuesday started with an early morning motivational run. Noncommissioned officers representing the Ordnance, Quartermaster and Transportation Schools, the Army Logistics University and its NCO Academy, and Fort Lee's garrison and tenant organizations, mustered in Williams Stadium where Command Sgt. Maj. Michael J. Perry, CASCOM CSM, offered welcoming remarks to set the tone for the day. The branch Regimental CSMs then accompanied Perry as he led the massive formation out onto B Avenue for the 3.8-mile run (pictured right is CSM Perry Williamson, 59th Ord. Brigade CSM, leading the Ord School troops).

In closing remarks back at the stadium, the senior enlisted leaders (Perry is pictured on the cover and CSM Vickie Culp, Trans. RCSM, is pictured right) drove home the Army's combat readiness message, emphasizing what it would require from those assembled. Using the event as an example, Perry said those not on profile or recovering from an injury had no excuse if they "fell out of" the moderately paced run. "What you're doing is exhibiting tiny-heart syndrome," he noted. "You get in your mind (that you'll only do what's) comfortable. Well guess what, being a noncommissioned officer – a sergeant in this Army – is not about comfort. That's what we need to understand. ... If you're not giving your all, then you need to check yourself (and figure out) how to get after it and start doing the things those stripes, chevrons and rockers represent." CSM Sean Rice, the Quartermaster RCSM, used a drill and ceremony expression to frame part of his remarks. "The one fundamental thing we need to do is dress it right and cover down," he said. "When you're dressing it right, you're saying 'hey battle, we'll be doing this together, and when you're covering down, you're saying 'I got you; if you're down I've got your back.'"

CSM Terry Burton, Ord. RCSM, underscored the importance of working together because the Army's reputation is shaped by the "collective force of its professional war-fighters." The Transportation CSM rounded out the comments with an observation about individual character, noting how those in formation should exemplify superior performance every day. The training day continued with professional development sessions in the Lee Theater and an NCO social event that afternoon in the TenStrike Bowling Center.



Patrick Buffett



Contributed Photo



Patrick Buffett



Contributed Photo



T. Anthony Bell

## Ultimate Warrior competitors receive CASCOM recognition

Participants of the 2018 CASCOM Ultimate Warrior Competition pose for photographs following an awards ceremony Tuesday afternoon in the Lee Theater. Col. Tamatha Patterson, CASCOM chief of staff; and Command Sgt. Maj. Michael J. Perry III, CASCOM CSM, hosted the recognition program that was looped into an NCO Professional Development Day observance. Pictured in the front row from left are the UWC winners: Spc. Brian Fitzgerald, Soldier of Year; Staff Sgt. Joel Demillo, Noncommissioned Officer of the Year; Staff Sgt. Francisco Tafoya, Instructor of the Year; and Sgt. 1st Class Jamorey Bailey, Drill Sergeant of the Year. In the back row are UWC participants SFC Miguel Garcia; SSG Carlos Graves; SSG Omar Stoddard; SSG Japheth Edwards; Sgt. Darryl Jones and Spc. Kameron Brown. In addition to trophies, the winners earned Army Commendation Medals and were recognized with coins from the local Association of the U.S. Army chapter.



# American Indian Heritage event set for Nov. 15 at Lee Theater

The Fort Lee community will celebrate National American Indian Heritage Month with a special observance set for Nov. 15, 11:30 a.m. - 1 p.m., in the Lee Theater. Admission is free and open to the public.

The 23rd Quartermaster Brigade is hosting the event that will reflect the 2018 observance theme: "Sovereignty, Trust and Resilience."

National American Indian Heritage Month was first recognized in 1990 as a result of a joint resolution of Congress and an endorsement by then-President George H.W. Bush. Since 1994, similar presidential proclamations have been signed. The observance runs throughout November.

The Lee event will recognize and celebrate the culture, achievements and contributions of American Indians to the United States and its armed forces.

Walter D. "Red Hawk" Brown III, the elected chief of the Cheroenhaka (Nottoway) Indian Tribe, Southampton County, will speak at the post observance. He is a retired Army lieutenant colonel who served 28 years on active duty. He has held many command and leadership positions in the United States and overseas including Germany, Greece, Turkey, Korea and Japan. He also is a Vietnam and Desert Storm-era Veteran.

Brown is a life member of the Veterans of Foreign Wars, the American Legion and Disabled American Veterans. He was elected chief in 2002 and again in 2006. He serves on the Southampton County Board of Supervisors. He was elected as a 4th Congressional District Alternate Delegate to the Republican National Convention in New York. He attended as one of 30 Native American delegates.

Brown further serves on the executive board for the STOP Program and the executive board of the Western Tidewater Senior Services Program. He also is a Baptist minister and serves as associate pastor of Diamond Grove Baptist Church, Franklin.



Contributed Photo

Chief Walter D. "Red Hawk" Brown III leads the sacred pipe ceremony to celebrate the Cheroenhaka (Nottoway) Indian Tribe's closing on the purchase of an 163-acre tract of tribal land in 2007. Brown, a retired Army lieutenant colonel, will be the guest speaker at the National American Indian Heritage Month observance here Nov. 15, 11:30 a.m., in the Lee Theater.

While on active duty, Brown attended the University of Maryland and the State University of N.Y., earning a bachelor's degree in Social Science. He also received a master's degree in Logistics Management from the Florida Institute of Technology.

For more information about Fort Lee's National American Indian Heritage Observance, call 1st Sgt. Carlandra T. Moss, Victor Company, 262nd QM Battalion, at 804-734-6226 or email [carlandra.t.moss.mil@mail.mil](mailto:carlandra.t.moss.mil@mail.mil).

— Staff Reports

## NEWS BRIEFS

### Kenner Announces Holiday Operating Hours

Kenner Army Health Clinic and Mosier Consolidated Troop Medical Clinic 1 will be open Nov. 9 (training holiday) for patient care. Troop Medical Clinic 2 will be closed that day. All clinic facilities and services will be closed Nov. 12 in observance of Veterans Day.

To schedule appointments, call the Kenner appointment line at 1-866-533-5242. To request an 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.

### NAF Sale Set for Nov. 6-8

Fort Lee Family and MWR will hold a NAF sale Nov. 6-8, 10 a.m. - 3 p.m., in the Regimental Community Center, 2609 C Ave. The event is open to the community and the general public.

Items for sale include televisions, recreation equipment, commercial kitchen equipment, furniture, Sustainment Prints and more. Availability is first-come, first-served. Items and costs will vary, and all sales are final. No exchanges or refunds will be allowed. It is a cash and credit cards only sale. Customers will be responsible for pick-up of the purchased items. For details, call 804-734-7195.

### Exchange Launches 'Your Bill on Us' Contest

Five grand-prize winners will have their MILITARY STAR card balance paid in full through the Army and Air Force Exchange Service 5th annual Your Bill On Us Sweepstakes through Dec. 31.

Ten second-prize winners will be awarded a \$1,000 credit on their MILITARY STAR card statement, while 25 third-place winners will receive a \$500 credit. Authorized shoppers will be automatically entered in the contest each time they use their MILITARY STAR card to pay for purchases at any Exchange location or on [shopmyexchange.com](http://shopmyexchange.com).

Winners will be randomly selected and announced on or about Jan. 30.

### Final 2018 TARP Briefings Set for Nov. 7

The final Threat Awareness and Reporting Program briefings for 2018 are set for Nov. 7, 9 a.m. and 1 p.m., at the Lee Theater.

Personnel are reminded to bring their CAC for verification of attendance. The training is a mandatory annual requirement for military members, DOD employees and contractors with a security clearance.

For details, call 804-734-1569.

### PX Adds Electronics to Free Layaway Program

Electronic devices are now among the free layaway-eligible products offered to authorized shoppers of the Army and Air Force Exchange Service. The expanded program continues through Dec. 15.

The military shopping facility will waive its standard \$3 service fee for layaway purchases of \$25 or more. Computers, notebooks, tablets, iPads and other electronics must be paid for and picked up by Dec. 15.

For details, talk to an associate at the Exchange customer service counter.

### Tax Center Extends Volunteer Invite

The Fort Lee Tax Assistance Center is seeking volunteers to prepare federal and state returns throughout the 2019 tax season.

There are multiple roles to be filled for people who can gain valuable training and experience in preparing tax returns. No experience is necessary and all will receive free training through the IRS Volunteer Income Tax Assistance program. Administrative positions also are available. The center is scheduled to open in January and will remain open until mid-May in building 5209, 20th Street.

For details, contact Capt. Jaron Janson at 804-734-9895 or email [jaron.r.janson2.mil@mail.mil](mailto:jaron.r.janson2.mil@mail.mil).



# Trade group shares credentialing info at Fort Lee Ordnance School seminar

**T. Anthony Bell**

Senior Writer/Special Projects

Students and instructors of the Ordnance School 91C Utilities Equipment Repairer Course received detailed information about the credentialing opportunities associated with their career field at a special presentation here Oct. 22.

Representatives of a heating, ventilation, air conditioning and refrigeration trade group were among those on hand to provide insights about specific certifications and employment opportunities during the HVAC Professions Seminar at the Ordnance Resilience and Training Center.

“Our mission is to relay information and impart upon the Soldiers in this program how much opportunity there is in the industry and how much we are here to support them in any decision they make concerning their careers,” said Adanna N. Le Gendre, marketing manager for the North American Technician Excellence organization.

NATE, headquartered in Arlington, is the “nation’s largest independent, third-party non-profit certification organization for heating, ventilation, air conditioning and refrigeration technicians,” according to its website.

During the seminar, students received briefings on a number of topics and were afforded the opportunity to ask questions



T. Anthony Bell

David S. Kyle II, chief financial officer, Trademasters Government Services, provides information on job opportunities for 91C Utilities Equipment Repairer students Oct. 22 at the Ordnance Resilience and Training Center.

among the three presenters.

John D. Childers, the 91C course manager, said the seminar is a part of school’s growing relationship with NATE – a partnership that is expanding skill and career advancement opportunities for those in uniform.

“This program is important to Soldiers because the more credentials they earn, the more marketable they become,” he said, also noting that it’s the second year the school has coordinated the special HVACR information session.

The 91C course introduces Soldiers to their first NATE certification – the Ready-To-Work Test that is administered free and does not add any additional training time because the material is already a part of the course content.

“Every Soldier here gets the opportunity to take it, so that when they graduate, they will already have their first entry-level NATE certification,” said Childers.

Once Soldiers earn their initial certifications, they can move to more progressively challenging credentialing upgrades after fulfilling on-the-job and other criteria, said Childers.

Many of the advanced NATE certification costs are covered by the GI Bill, according to the Credentialing Opportunities Online website, [www.cool.army.mil](http://www.cool.army.mil).

Le Gendre, noting credentialed 91C Soldiers have a substantial advantage over entry-level workers, said those with HVACR skills generally are in high demand.

“There is a tremendous amount of opportunity for jobs,” she said. “Not only is the industry growing, but we also have a shortage of skilled labor.”

Soldiers trained in the 91C military occupational specialty primarily inspect and repair air conditioner electrical systems, air conditioner vapor systems, refrigeration unit electrical systems, portable heater fuel and electrical systems and fire extinguishers, according to the [www.goarmy.com](http://www.goarmy.com) website.

The Utilities Equipment Repairer Course is 12 weeks long and graduates roughly 700 Soldiers annually.

## WINTER DRIVING, continued from page 2

hoses and replace any that are brittle or feel spongy

- Check the operation of all headlights, taillights, brake lights, turn signals, emergency flashers and back-up lights. Replace any burnt out bulbs so you can see and be seen in dark or winter weather conditions.

### WINTER EMERGENCY ROAD KIT

Now also is a great time to assemble an emergency kit equipped for winter weather

and to keep in your vehicles at all times. On-hand emergency equipment should include the following:

- Drinking water
- First-aid kit
- Non-perishable snacks for both human and pet passengers
- Bag of abrasive material (sand, salt, cat litter) or traction mats
- Snow shovel
- Blanket or sleeping bag

- Extra warm clothing (coat, gloves, hats, scarves)

- Snow boots
- Flashlight with extra batteries
- Window washer solvent – winter formulation with antifreeze components
- Ice scraper with brush
- Cloth or roll of paper towels
- Jumper cables
- Warning devices (flares or reflective triangles)
- Basic toolkit (screwdrivers, pliers, adjustable wrench)

Finally, when heading out on the road for a day of shopping, a family trip or any other prolonged outing, ensure your mobile phone is fully charged and pre-programmed with rescue apps and important phone numbers including family and emergency services. Don’t forget the car charger to refresh the battery as needed.

With a little preparation, motorists can reduce their anxiety level and perhaps save themselves time and money when dealing with the oncoming winter months.

– American Automobile Association



# Pfc. Brenna Palomo

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

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

**Age:** 20

**Time in service:** 16 months

**Marital status:** married (and expecting her first child)

**Hometown:** Northfield, New Hampshire

**Describe yourself:** "I'm an outgoing, friendly person. I love to smile all the time. Even when something is wrong, I'm always smiling, trying to cheer people up."

**Personality weakness:** "One of my flaws is I'm so outgoing, I tend to shove the bad things aside. I know, however, they will sometimes catch up with me and stress me out."

**Pastimes:** "I have two dogs at home, and they are so full of energy that most of my time is focused on them. They both need a lot of attention."

**Worst fear:** "I can't work as hard as I used to because I'm expecting. One of my biggest fears is I'll try to get back into the swing of things and it won't be as easy for me. I'm a really hard worker, and I hate not working hard every day."

**One person you admire:** "My mom. She's always pushed me. She wasn't exactly in favor of me leaving home right away (to join the Army); she just didn't want me hurt or anything. When I told her I wanted to join the military, she was a little upset at first but she backed me. She's always been there for me."

**One life-changing event:** "It would probably be my brother joining the military. He never seemed like the person to do it. That was always my dream. When I learned he did it and was doing well at it, I realized it was my turn. I started to feel the weight of my ambitions, and it made me nervous. Later, I began to feel it could be a positive experience because it made him a better person. That made it the right time to go and speak to a recruiter."

**A celebrity or historical figure you would like to meet:** "Probably George Washington."



T. Anthony Bell

I would love to hear what his thoughts were when he helped to found this country."

**Your ideal life:** "Working really hard, having a 9-5 and being able to come home and relax with my family."

**If you could do anything anywhere right now, what and where would that be?** "I would go apple-picking back home."

**Something about you no one knows:** "I actually get really nervous when I first start talking to people. I love talking to people, but I get really nervous about what I'm going to say. I'm always shy, so I try to force myself into being an extrovert."

**Talk about your upbringing:** "My family and I are really close. My parents were older when they had me. They were helpful and wise because they had all kinds of worldly experience. The town itself – New Hampshire is closed off from the rest of the world – and the people there are older and conservative. At my job, the women there would say things like, 'You're just a woman,' and 'You're supposed to stay at home.' One woman said I belonged in the kitchen. I looked at her and was like, 'You're wrong, and I'm going to prove you're wrong.'"

**How you formed such non-traditional thoughts in a conservative town:** "My dad was born and raised in New Hampshire, but my mom was from down South. She grew up everywhere down there – North Carolina, South Carolina, Florida and Texas. When I was growing up, she always told me 'You

can do anything you want to.' She filled my head with all these bright ideas. Eventually, I said, 'Mom, you're right. I can do anything.'"

**You expectations upon joining the Army:** "My brother was stationed at Fort Benning (Ga.) for four years. He always complained about how rugged it was and how he always was on these missions going to mountains and deserts. When I joined, I was expecting more of the adventure my brother experienced. When I read about my MOS, I thought we we're going to be doing things like going outside the wire and picking up remains. That seemed so interesting and fun to me. I was expecting more of an adventure, but that hasn't materialized yet."

**What you like about your MOS:** "The people. When I selected this MOS, I was kind of expecting it to be morbid, but the people I've met here have been so welcoming and friendly. It's not what I expected at all."

**What it means to wear the uniform:** "When I was in basic (combat training) and

the first time we saluted the flag, I literally almost teared up. It was so moving to me. This has been a dream my entire life. To actually be here and wear this uniform every day, I get to look down and know I'm one with everybody around me. It means so much to know that. People on the outside might not understand just how blessed we are to be a part of this."

**What you believe in:** "My family. I believe no matter where I go or what happens, I will always have not just my family, but the 111th family."

**Best thing about the Army:** "The people – they're going to do whatever they have to do for each other."

**Worst thing about the Army:** "The standstill (a.k.a. hurry up and wait) when you are not doing your job or anticipating deployment."

**Where you see yourself in five years:** "I hope to drop a flight packet so I can become a helicopter pilot."

– Compiled by T. Anthony Bell

## Sisters reunited during Lee training



Contributed Photo

Pvt. Naomi Stewart from Tango Company and Pfc. Brentea Smith from Bravo Co., 266th Quartermaster Battalion, pose shortly after they were reunited by company leaders recently. The sisters were living within 300 yards of each other while attending 92G (culinary specialist) advanced individual training at Fort Lee. Command teams from both units made arrangements for an informal family reunion before Smith graduated Oct. 11 and departed for Fort Sill, Okla. The Soldiers shared a dinner meal together while catching up on their experiences with military training and Army life. This was their first get-together since basic training at Fort Jackson, S.C. The sisters enlisted just days apart; Smith on May 29 at Auburn, Ala., and Stewart on June 4 at Columbus, Ga. Stewart will depart to South Korea shortly after her graduation Nov. 1.



## Panda Express Opens at Exchange



Amy Perry

During an Oct. 25 ceremony, the garrison command team and representatives from the Army and Air Force Exchange Service cut the ribbon to officially open the Panda Express kiosk in the Main Exchange food court area. The new facility – offering a buffet of assorted Asian food entrees and appetizers – has joined other newcomers to the Fort Lee lunch and dinner dining scene over the past 11 months. QDOBA Mexican Eats opened in June and Arby's opened in December. The Panda Express operating hours are Monday - Friday, 10:30 a.m. - 8 p.m.; Saturday, 11 a.m. - 8 p.m.; and Sunday, 11 a.m. - 6 p.m. The individuals pictured are: Jerry Zhang, Panda Express general manager; Cheryl Chevis, Exchange Services business manager; Col. Hollie Martin, garrison commander; Fabio Cordero, Panda Express restaurant manager; Command Sgt. Maj. Vittorio DeSouza, garrison CSM; and Eric Desveaux, Exchange general manager.



Contributed Photo

## Garrison introduces employee award

Katheryn Haggard from the Staff Judge Advocate office and Brenda Pilkerton from the Directorate of Resource Management proudly pose with their recognition certificates following the first-time presentation of the Commander's Award for Civilian Service at the Garrison Organization Day celebration Oct. 17 in the HideAway Club pavilion area. The award program – initiated by the Garrison Command Advisory Group – provides an opportunity to laud individuals who excel in the performance of their duties day-after-day. The peer-to-peer nomination process means any individual can nominate a coworker or someone they have received support from on the garrison staff. Out of those recommendations, three are chosen to receive the biannual award that also includes a cash bonus. Tammie Walsh from the Family and MWR directorate also was among the first-time recipients, but was not available for the Org Day presentation. Pictured with Pilkerton and Haggard are Col. Hollie Martin, garrison commander, and Command Sgt. Maj. Vittorio F. DeSouza, garrison CSM. For more information about the award program, contact Chris Anthony at 804-734-7758 or Susan Garling at 734-6893.



SOUTHPARK  
SKIN & LASER

### MEDICAL AESTHETICS & SKINCARE

- Body Contouring
- Botox and Fillers
- Laser Hair Removal
- Microdermabrasion
- Microneedling
- IPL Facial
- Laser Vein Correction
- Chemical Peels
- Blue Light Acne Therapy
- PRP Hair Restoration

804.601.8202

www.southparkskinlaser.com

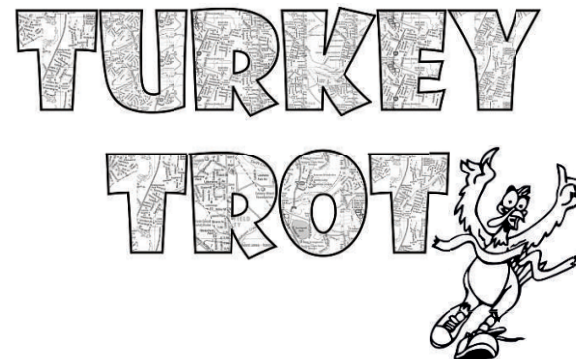
445 Charles H Dimmock Parkway, Suite 103  
Colonial Heights, VA 23834



PB00396109



presents



5k &  
FUN  
RUN

November 22nd 2018

Call 804-526-5872 for details

Register at [www.colonialheightschamber.com](http://www.colonialheightschamber.com)

PB00387472





**T. Anthony Bell**  
Senior Writer/Special Projects

Two Quartermaster School military occupational specialty courses are recipients of \$4.6 million in funding earmarked to increase its footprint in the world of virtual learning.

The Petroleum and Water Department courses of study – 92W water treatment specialist and 92L petroleum laboratory specialist – will be allotted \$2.9 and \$1.7 million, respectively, under the Army Virtual Learning Environment contract awarded earlier this year.

They are the only awardees among the more than 40 MOS courses administered by the Sustainment Center of Excellence. Both will be revamped to accommodate course enhancements and are expected to come online within 18 months.

PWD also provides MOS instruction for the 92F Petroleum Supply Specialist Course. It is scheduled for a fiscal 2019 contract approval under the AVLE program.

José A. Hernandez, PWD director, said virtual training products are used for all three courses, but the contract award will dramatically increase his department's capabilities in the digital domain, and thus better prepare logisticians to execute their missions.

"We're going to be able to set up and operate water and lab systems in a virtual environment," he said. "These systems of learning will allow students to retain more information through ease-of-use and increased repetition, so when Soldiers com-



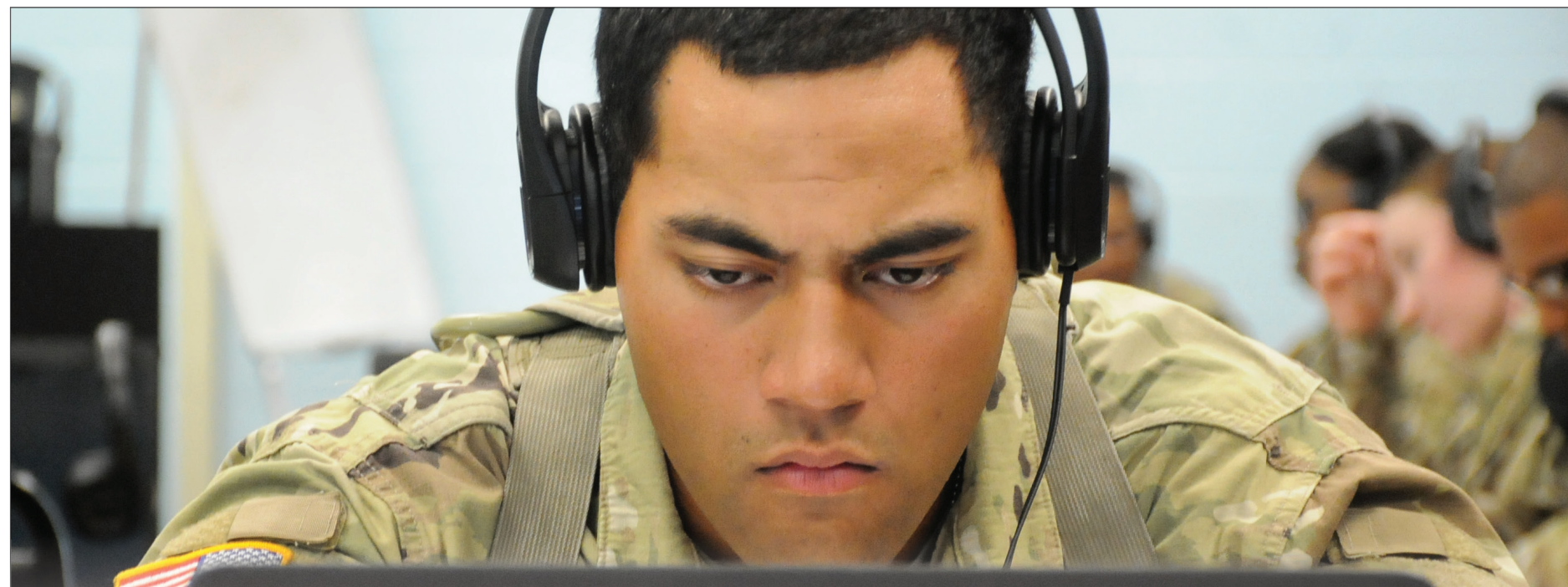
Photos by T. Anthony Bell

plete the courses, they will be trained and ready on day one."

The courses' planned makeovers are centered on components called digital training enablers, which have been tested at PWD the past three years. DTEs are essentially software packages designed to train Soldiers on a particular MOS task, said Capt. Matt Johnson, PWD deputy director.

"For example, there will be a digital training enabler for each piece of equipment in the 92W inventory," he said. "So, every piece of equipment used to purify water will have a DTE to allow Soldiers to train on it virtually."

Similarly, DTEs will be designed for the various apparatus used by petroleum laboratory specialists to test fuel, said Johnson.



# ACCOMMODATING THE DIGITAL GENERATION

## New petroleum, water contract aims to enhance virtual learning

A total of 83 DTEs, Individual Multimedia Instructions and lessons will be produced under the contract, he added.

Additionally, the courses' new digital training experience will feature a student-centric learning platform, multiple levels of interactivity and cloud storage capabilities, which will allow Soldiers to refresh their training or learn new lessons long after graduation, said Hernandez.

"Whatever product they use in the classroom will be available on the cloud," he said. "Students will be able to download lessons to their personal devices or work computers and master those lessons through repetition prior to training in a field environment."

One of the strongest features of virtual training is its ability to provide learners the means to repeat steps, actions or tasks. It saves time and resources and builds confidence and technical proficiency, noted Hernandez. A more technically proficient logistician ultimately benefits those at the battle's edge.



"How do logisticians provide that timely support to those on the frontlines?" he posed. "Part of the answer is leveraging the strengths of virtual training to increase technical proficiency."

The planned virtual learning enhance-

ments will be especially valuable to the reserve components, said Hernandez. The National Guard and Army Reserve units comprise roughly 80 percent of the total logistical force but are limited to 39 annual training days. The efficiencies yielded as a result of

virtual learning enhancements can help units squeeze the most out of their allotted time.

"We want to provide tools that can support their readiness goals," said Hernandez. "For example, if units are called to mobilize and haven't trained in their MOS, they can accomplish it virtually, so when they do move out, they can rapidly improve their technical skills and be available to support the fight much faster than in the past."

The merits of virtual training have echoed around the Army for some time. However, there were many, including schoolhouse instructors and others, who are not sold on the concepts and who regard virtual training as nothing more than a gimmick.

"We had those exact types here in PWD," said Johnson, referring to the department's initial entry into virtual training a few years ago. "They – some of the older NCOs – were skeptical of virtual learning when we began exploring the concept. Once they saw the final products and saw how it was used in the classroom, they completely changed



(CLOCKWISE FROM CENTER) Pvt. Emmanuel Atimua listens to a software program during a recent Petroleum Supply Specialist Course lesson. The course, as well as others in the Quartermaster School's Petroleum and Water Department, features plenty of computer-assisted training but will undergo a major upgrade when it improves lessons using digital training enablers. DTEs are software packages that allow learners to practice tasks virtually and are proven to improve technical proficiency while saving time and resources. • Pfc. Jonathan Willis, a Water Treatment Specialist Course student, troubleshoots purification equipment. • Pvt. Katryna Reyes and Porsha Greenbell, WTSC students, place a strainer in the Appomattox River. • Pvt. Brandon De La Cruz, Petroleum Lab Course, examines fuel for testing. • Pfc. Kassie Jones, WTSC, tightens cables on water purification equipment.

their minds. They couldn't believe it. Those 18-year-olds were picking up in a matter of hours what it would normally take all day to learn."

Sgt. 1st Class Derrick Lee, a 92F Petroleum Supply Specialist Course instructor, is one of those who were not particularly sold on digital training enablers. His buy-in did not take long.

"When I started to experience the DTEs firsthand with students, I would take note of how much class time we spent explaining the system, and it was effective in an extremely short amount of time," said the 16-year Soldier, noting his course uses an earlier version of DTEs.

"Watching the students interact with these digital training enablers, I would see the unlimited virtual repetitions take place; see the muscle memory begin to take hold," he noted. "(It was especially evident) when we took them out of the classroom into a field environment and set the system up in real time. Soldiers were ready to hit the ground running. They knew what was needed and where. They knew how it needed it to be set up. The instructor at that point was just there for guidance and feedback. It's kind of fascinating to think of that kind of effectiveness coming from a virtual trainer."

Lee said he is looking forward to the enhanced capabilities and portability of the new products.

"I'm hoping to see the same outcomes we're seeing now in the schoolhouse on the operational side of the Army," he said. "We keep Soldiers on the operational side so busy that many of them have never touched certain pieces of equipment. Petroleum supply has a lot of equipment. You may be in a unit specializing in ground refueling operations but won't have aviation refueling operations. So, to provide those DTEs to individuals who may be out of practice on certain equipment, I'm excited to see how that will help us keep Soldiers ready on day one."

It is yet to be determined how the enhancements will affect course length or instructor strength, said Johnson. PWD graduates roughly 8,800 students a year from its three MOS courses. It also provides instruction for Sailors, Airmen and Marines.



# Fort Lee employee, retired Soldier summits highest mountain in U.S.

**T. Anthony Bell**

Senior Writer/Special Projects

“Great things are done when men and mountains meet” ... William Blake

The implication of that poetic quote is that individuals must dredge up untapped reserves of resilience and fortitude when facing a seemingly unsurmountable obstacle. Retired Sgt. 1st Class Omar Delgado is one such person. The CASCOM Future Systems Integration Division employee recently climbed the highest mountain in the contiguous United States with group of 11 veterans and three guides on 9/11.

The 46-year-old’s mission is to “push the limits” of his abilities and encourage disabled veterans to free themselves from the adverse adjectives others sometime choose to define them.

“I want to show the veteran community that you can still do stuff,” said the Laredo, Texas, native. “You can still get out there and accomplish things you don’t think you can.”

His message is to embrace endeavors great, small or otherwise. It includes doing something as relaxing as indulging in a new hobby or as strenuous as running a 5K.

“My hope is to inspire other veterans to get off their sofas and say, ‘I can walk five minutes; then I can walk an hour, and then I can run an hour,’” Delgado observed. “It’s about pushing the boundaries further out and breaking the mental barriers they have.”

The Transportation Corps veteran freely disclosed he has post-traumatic stress disorder and has hitched a ride on a journey of self-discovery and healing since retiring from the Army in 2012. His informal treatment program includes realizing a productive and meaningful life partly based on the gratitude he feels having survived three deployments, including hitches in Baghdad’s Green Zone in 2005-2006 and Joint Base Balad a little north of Iraq’s capital city from 2008-2009.

Delgado’s Iraqi tours were marked with dangerous and threatening events and



(RIGHT) Retired Sgt. 1st Class Omar Delgado, a CASCOM Future Systems Integration Division employee, climbed California’s Mount Whitney Sept. 11 with a group of veterans and guides operating under the No Barrier Warrior adventure group. Delgado was nominated and selected for the climb, which he said would help him grow closer to his brothers and sisters in arms. However, the disabled veteran learned some unexpected lessons as well. (LEFT) Retired Sgt. 1st Class Omar Delgado holds a medallion awarded to him as a result off climbing the highest mountain in the contiguous U.S., California’s Mount Whitney, on Sept. 11, 2018.

required prolonged periods of heightened alert that crushed his sense of normalcy. The transition period following his last deployment was a battle unto itself.

“It took me probably two years,” he recalled of his adjustment period following his return to the states. “That was just being able to get out into the community and look at my surroundings with someone else’s eyes.”

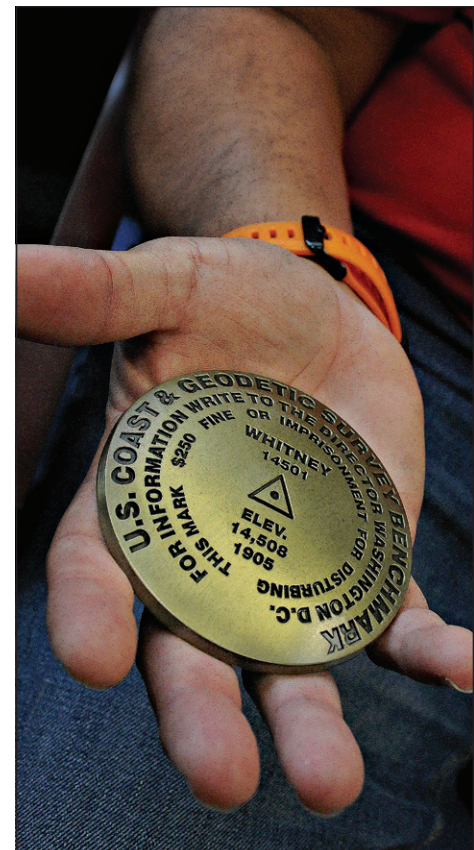
Delgado’s initial response to a life removed from deployment was invincibility tinged with a need to slow the rushes of adrenaline. He was possessed with checking off a post-deployment bucket list.

“I felt kind of like Superman,” he said. “I did three deployments and nothing happened, so I had to take advantage of my life and achieve something. There’s only one life you get, so you have to go out and get what you want.”

Several years hence, Delgado is still

swiping off accomplishments. He has gone on to physically exert himself to the tune of shedding 40 pounds and taking on the battle of distance running accented by feats like completing full marathons on two consecutive days, he said.

Climbing Central California’s Mount Whitney was not on Delgado’s mental list of hoped-for achievements. He was unexpectedly nominated to participate



T. Anthony Bell

by the expedition’s sponsor, No Barriers Warrior, an organization that “improves the lives of veterans with disabilities through curriculum-based experiences in challenging environments,” according to its website.

The group of 15 began their journey Sept. 8 and summited the peak Sept. 11. Delgado said Whitney’s summit -- a little more than two miles skyward -- required the team

SEE **DELGADO CLIMB**, page 15

## CHOOSE MONIQUE TO BUY OR SELL YOUR HOME

**MONIQUE CLAYTOR REALTY**  
757-690-1481  
**M.CLAYTOR@KW.COM**  
Certified Military Relocation Specialist

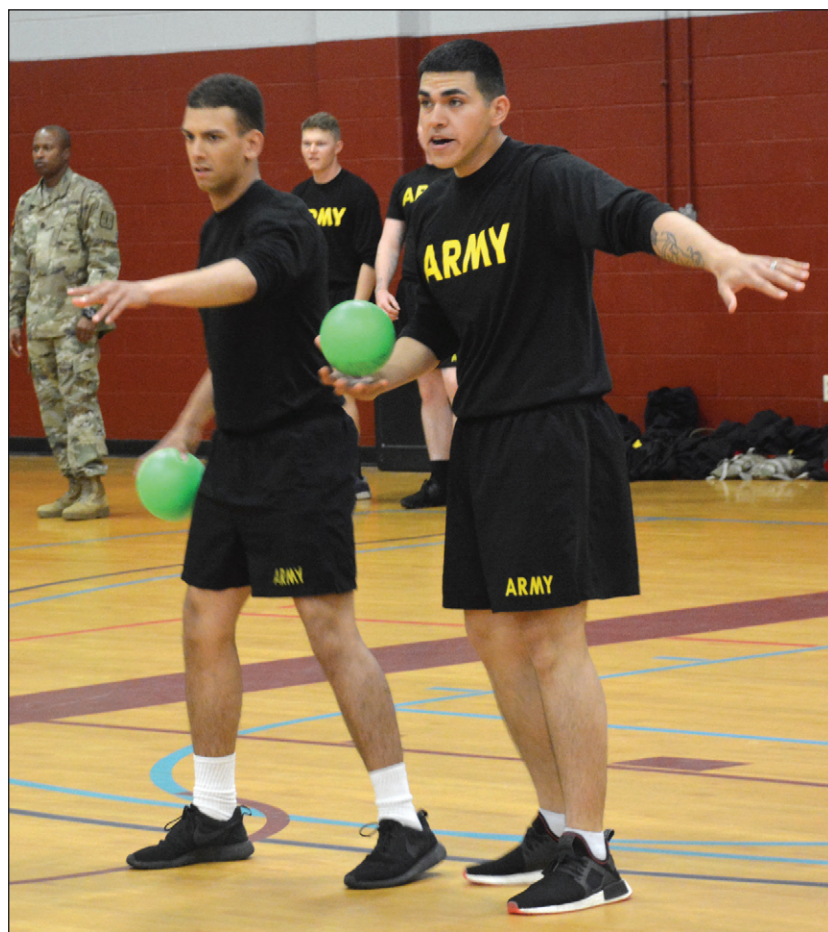
**kw**  
KELLER WILLIAMS  
REALTY





Photos by Amy Perry

(CLOCKWISE FROM ABOVE) Sterling Brown from Fort Lee's Criminal Investigation Division holds the first place trophy aloft as the CID/Garrison "Guardians of the Fort Lee Galaxy" team celebrates their top finish during the Domestic Violence Awareness Month Dodgeball Tournament at MacLaughlin Fitness Center Friday. Annually, the Army Community Service Family Advocacy Program holds a competition to increase awareness of domestic violence. • An Airman from 345th Training Squadron "Team 2" chooses his target during the championship game. • Col. Hollie Martin, garrison commander, surveys the field during the game against the Air Force Team 1. Martin was part of the winning team. • Soldiers from Delta Company, 16th Ordnance Battalion, plan out their dodgeball attack during the second game.





## KENNER CONNECTION | UNDERSTANDING YOUR MILITARY BENEFITS

# Vocational Rehabilitation counselor a resource for veterans with service-connected disabilities

Counseling for individuals with service-connected disabilities is among the benefits provided at Kenner Army Health Clinic.

Vivian Harper-Hampton, a Department of Veterans Affairs Vocational Rehabilitation and Employee Program advisor, is available at Kenner Monday-Friday, 8 a.m. - 4 p.m. Her overarching mission is to help disabled veterans find new careers and live independently. To achieve that goal, she is armed with a wealth of employee benefit information and assistance resources that can provide vocational rehabilitation, education and other support services.

"I mainly assist transitioning service members as they go through the Integrated Disability Evaluation System process to attain VA benefits," Harper-Hampton elaborated. "My goal is to help them accomplish and maintain employment or enhance their daily living once they leave the service."

"As part of my counseling duties, I educate them on the VA-provided resources, to include retraining for future employment," she further explained. "For example, if (an individual) attained job skills during time-in-service and then lose the ability to perform in that career field as a result of their service-connected disabilities, I am that link to valuable resources that can help them reach a new skill set. My job is to facilitate their move to another line of work so they can continue to provide for their family or link them up with resources that can enhance their quality of



Lesley Atkinson, KAHC Public Affairs Officer

Vivian Harper-Hampton, the Vocational Rehabilitation counselor at Kenner Army Health Clinic, answers a Soldier's question about a service-connected disability during an office visit Tuesday.

life if they're unable to become employed."

Harper-Hampton is part of the IDES medical board team. She provides group briefings to the members at the beginning of the IDES process at which time she offers the opportunity for individuals to apply for services.

"I spend as much time with my client as it takes," Harper-Hampton proudly stated. "If more than one appointment is required, I accommodate to their specific needs. I am flexible within the timeline that is established by the VA. As a veteran myself, I believe it's an honor to serve to standard, rather than to

time. It is my goal to assist the service members to determine their next steps."

If one is entitled to the program's benefits and services, the VRC will develop a personalized rehabilitation plan following one of these tracks of support:

- Re-employment – Supporting the employer's efforts to provide accommodations that enable the veteran to continue along the same or a similar career path.

- Rapid Access to Employment – Helping disabled veterans who are ready to enter the workforce find, apply for and secure suitable

jobs. VA may provide professional job placement assistance, job accommodations and other specialized support.

- Self-employment – Veterans who have limited access to traditional employment, but possess the skill and interest to start a business, can receive help with analyzing a proposed business plan and are eligible for training on how to market and operate a small business. Self-employment can be fulfilling and may offer the flexibility a veteran with a service-connected disability needs.

- Employment Through Long-Term Services – For veterans and SMs who require additional skills or training to find competitive, suitable employment, VR&E will provide assistance that may include education benefits, on-the-job training, work study, apprenticeships or other job preparation programs.

- Independent Living – Some veterans and SMs may be unable to return to work, but with assistance from VR&E, they can lead a more independent life. VA helps them with access to community-based support services, the use of assistive technologies and accommodations, and independent living skills training.

The VRC end goal is to find suitable employment or links to resources that enhance one's livelihood. Harper-Hampton is available to discuss any special services, to include tutoring.

"Helping others has always been my passion; my niche," she said. "I love helping my SMs overcome their barriers to employment and living a fulfilling life, which is the gist of the VR&E program. I have always been good at being resourceful."

SEE VOCATIONAL COUNSELING, page 15

*We Now Have* **CONDO APARTMENTS**  
**LUXURY** starting at **\$850 / month**

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

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

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

PB-00396101

**Get the Real Stuff. GO HSO!**  
 Since 1942, Hull Street Outlet has been Central Virginia's headquarters for Military Surplus, Camo Gear, Clothing and More... Go HSO. We have it, more of it, it's authentic, and it's priced right!

- Combat Fatigues
- Field Jackets
- Flak Jackets
- Canteens
- Knives
- Ammo Belts
- Flight Jackets
- Machetes
- Survival Gear
- Gas Masks
- Backpacks
- Hammocks
- Compasses
- Tents
- Mess Kits
- Parachutes
- Parkas
- Foot Lockers
- Medals
- MREs
- Boots
- Netting
- Much More!

**WE BUY & SELL**

**www.HullStreetOutlet.com**

**MILITARY ★ SURPLUS**

PB-00396102



# LNCOA honors 115 Soldiers during NCO induction event

Logistics Noncommissioned Officer Academy students recite the Charge of the NCO during an Oct. 24 ceremony at the Lee Theater. One hundred seventeen Advanced Leader Course students were inducted into the NCO Corps at the event. Command Sgt. Maj. Vickie G. Culp, Transportation Corps Regimental CSM, was the guest speaker. The event also included the traditional candle-lighting ceremony in which representatives of the senior NCO corps (First Sergeants Renee Aleman, Christian Price and Robert Guerra) addressed the Army's expectations of valor, integrity and honesty, and vigilance – represented by red, white and blue candles, respectively – from those serving as leaders of military personnel.



Photo by T. Anthony Bell

## ALU hosts spooky celebration



Amy Perry

Children from the Fort Lee community collect candy and other goodies during the Army Logistics University Support Battalion's annual Halloween Trunk-or-Treat event Oct. 26 in the facility's multi-purpose room. Rain drove the normally outside event indoors where students and staff gave spooky makeovers to the MPR, the first-floor hallway, several classrooms and the lunchroom. At least 3,000 pounds of candy was given out during the event. The 23rd Quartermaster Brigade and Fort Lee's Main Exchange also hosted family friendly Halloween celebrations over the past week. Photos are available on the organization Facebook pages.

## 'Sgt. Maverick' visits Fort Lee



Ray Kozakewicz

Garrison Commander Col. Hollie Martin holds the leash of "Sgt. Maverick," a USO therapy dog based at Fort Leonard Wood, Mo., while he seeks attention from his owner Kelly Brownfield, Western Missouri regional operations director, USO, Fort Leonard Wood, in the post headquarters command conference room Oct. 26. In addition to meeting Martin and other Fort Lee military members, the European Blue Great Dane provided comfort to Wounded Warriors and Gold Star Families while visiting a number of installations, Veteran Affairs hospitals and Arlington National Cemetery during an East Coast tour with Brownfield. While at Lee, they also stopped in to say hello to "old friend" Col. Tracy Lanier, director of the Army Futures Command Sustainment Battle Lab. Lanier is a former garrison commander at Fort Leonard Wood where he got to know Maverick and Brownfield well.



# CALENDAR

## LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

### Science Museum Grunge Event | Nov. 1

The Science Museum of Virginia will hold a re-scheduled Tribute to the Grunge event Nov. 1, 6-10 p.m., at 2500 W. Broad St., Richmond.

Adult guests are encouraged to wear flannel shirts, ripped jeans and other grunge apparel for this fun evening of activities. No attendees under 21 years old are permitted. Beer and food will be sold. The evening will end with a performance from Pilots N' Pearls.

For details, call 804-864-1400 or visit [www.smv.org](http://www.smv.org).

### AWM Grand Reopening | Nov. 2

The Army Women's Museum grand reopening ceremony is set for Nov. 2, 2 p.m., at 2100 A Ave. A Remembrance Garden rededication ceremony also is scheduled for 10:30 a.m. that day. The activities are free and open to the public.

For details, call 804-734-4327.

### 'Sound of Music' Opens | Nov. 2

"The Sound of Music," presented by the Lee Playhouse theater group, opens Nov. 2, 8 p.m., at the Lee Theater.

Additional performances are set for Fridays and Saturdays, Nov. 3, 9, 10, 16, 17, 23 and 24 at 8 p.m., and Sundays, Nov. 4, 11, 18 and 25 at 3 p.m. All shows are open to the public.

Tickets are \$15 for adults and \$7 for youths.

For reservations, contact the box office at 804-734-6629.

### Wellness Day at Lee VTF | Nov. 3

The Fort Lee Veterinary Treatment Facility will host a walk-in Wellness Day in support of One Health Nov. 3, 9 a.m. - 5 p.m.

Services will include wellness exams, vaccines, microchips, and heartworm and fecal tests. In addition, the clinic will offer a \$30 discount on wellness services Nov. 3-10. Those not registered in the system will need to bring vaccination records and other pertinent medical records.

For details, call 804-734-2446.

### Colonial Canine Celebration | Nov. 3

The first Colonial Canine Celebration at Thomas Jefferson's Poplar Forest is scheduled for Nov. 3, 11 a.m. - 3 p.m., at the plantation in Bedford County.

The free event marks the dedication and ribbon-cutting of the historic home's new Jeffersonian-inspired dog kennel and the release of its new children's book, "Colonial Klaus in Thomas Jefferson's House." The event also will include a costumed dog parade and competition and more. The estate is at 1542 Bateman Bridge Road, Forest.

For details, visit [poplarforest.org/events](http://poplarforest.org/events) or call 434-534-8120.

### Playhouse VIP Experience | Nov. 4

Reservations are being accepted for a VIP experience at the "The Sound of Music" show Nov. 4, 2-6 p.m., at the Lee Theater.

VIP attendees will receive an exclusive behind-the-scenes look at the production, accented by a welcome cocktail party, reserved seating and parking, a backstage meet-and-greet following the show and more. Season ticket holders can pay an additional \$5 to attend the special event. For all others, the cost is \$24.

For tickets and details, contact the box office at 804-734-6629.

### VA Hosts Veteran Summit | Nov. 7

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

The free event will include details on TRICARE, VA health care and resources, home loans, filing claims, life insurance and more. Similar workshops are held on the first Wednesday of each month. The next session is Dec. 12.

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

### Concert Features VCU Orchestra | Nov. 7

The VCU Health System Orchestra will perform in a free concert titled "Music and Medicine" Nov. 7, 7:30 p.m., at the Lee Theater, 4300 Mahone Ave.

The volunteer orchestra has about 30 members who are health system employees and medical students.

For details, call 804-628-0249.

### 555th PIA Meeting | Nov. 7

The Jessie J. Mayes Tri-Cities Chapter of the 555th Parachute Infantry Association, Inc. will hold its monthly meeting Nov. 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.

### Stop Stress and Stroll Event | Nov. 8

The ACS Army Family Team Building program will hold a Stop Stress and Stroll workshop Nov. 8, 5:30-7 p.m., at Memorial Chapel, Sisisky Boulevard.

The free event will include information on self-care, life balance and wellness. Yoga and meditation demonstrations will be offered. Reservations are required by Nov. 7.

For details, call 804-734-7979.

### Henricus Hops in the Park | Nov. 10

The 4th annual Hops in the Park Harvest Festival will be held Nov. 10, noon - 6 p.m., at Henricus Historical Park, 251 Henricus Park Road, Chester.

Event supporters include Virginia craft beer makers and hop farmers. Participants can enjoy live music, beer tasting, food, children's activities and more. Admission is free. Food and beverage tickets will be available for purchase at the entrance gate and stands located throughout the venue.

For details, call 804-748-1611 or visit [www.hopsinthepark.com](http://www.hopsinthepark.com).

### Career & Education Fair | Nov. 14

A Career and Education Fair is set for Nov. 14, 10 a.m. - 2 p.m., in the Lee Club on Battle Drive. All jobseekers are welcome. The public is invited to the free event in celebration of American Education Week.

Various representatives from colleges and universities, government agencies, and local and national companies and organizations will be on hand.

For details, email [nastelle.p.graves.civ@mail.mil](mailto:nastelle.p.graves.civ@mail.mil) or call 804-765-7527.

### Health Benefits Fair | Nov. 14

The Fort Lee Civilian Personnel Advisory Center will host a Health Benefits Fair Nov. 14, 10 a.m. - 2 p.m., at Liberty Chapel, 9100 C Ave. Attendees can gather information and complete enrollment applications as needed for the 2018 Federal Employee Health Benefits Open Season. For details, call 804-765-0634.

### White Gloves, Combat Boots Social | Nov. 14

Service members, their spouses and government civilians are invited to the Army Family Team Building White Gloves and Combat Boots Social Nov. 14, 9 a.m. - noon, at Memorial Chapel, Sisisky Boulevard. The event is free.

AFTB will provide practical and experiential learning activities to educate participants on customs, courtesies and protocols that take place at military social functions and events.

For details and registration, contact Frenchi Watts Kemp at 804-734-7979 or email [frenchi.n.wattskemp.civ@mail.mil](mailto:frenchi.n.wattskemp.civ@mail.mil).

### Thanksgiving Meal RSVP Deadline | Nov. 16

Community members should make reservations by Nov. 16 for the Family and MWR Thanksgiving Dinner buffet set for Nov. 22, 1 p.m., at the Lee Club.

The cost is \$26.95 for adults and \$13.50 for youths, ages 3-9. Children 2 and younger are free. The menu includes carved turkey and ham, Korean beef, crab imperial, spiced shrimp, various veggies, omelet and Belgian waffle stations, assorted salads, a gourmet dessert station and more.

For details, call 804-734-7541 or 734-7547.



## DELGADO CLIMB,

continued from page 10

to walk more than 20 miles over weaving mountain paths to reach the top. When they finally conquered the peak, the climbers were exhausted but filled with achievement just the same. A reflective Delgado said it was revelatory for him as well.

"The sun was out on the top of Mount Whitney, but you can say I found a new light up there. It was a realization to cherish my family and the time with them a little bit more, and to be more patient with them," said the husband and father of one teen and two adult children. "My experiences are still stripping away those military walls that were built throughout my 20 years."

Gone is his active-duty perspective that a bit of time here and there with family was sufficient. Any last inklings of that belief were debunked and further clarified at the summit of Mount Whitney.

"I felt that every now and then if I popped up at a school function they'd be OK with that," said Delgado. "I thought I was doing enough. Now, I realize it wasn't enough."

Further to the point, Delgado's youngest, Bianca, had slipped into his backpack a note of encouragement that made him think of his familial relationships more so, he said. "She wrote, 'When you get to the top, just remember all the people who perished during 9/11 who will never summit the mountain.'"

The message stayed with Delgado from

the base camp to his ascent up the mountain and beyond. He was struck by the maturity and sensitivity of someone who was not alive on that tragic day in 2001. Furthermore, it generated a measure of fatherly pride, inspiring him to make family a more integral part of his treatment program – he intends to include them in a Richmond 10K event next year, all according to his plan to "live a more fulfilling life."

Delgado's newfound commitment to family and ongoing support for his "brothers and sisters in arms" form the nucleus of his aims to lead a more fruitful existence. Concerning the latter, he plans to help them live out their lives with substance and meaning "before life gets taken away from us or our loved ones."

"We have to embrace time and each other to push ourselves to reach summits – whether it's a mountain, exam or degree," he summarized. "It's the only way communities grow, and veteran communities need to foster that growth."

Retrospectively, Delgado said his resolute thoughts about family and veteran brotherhood occurred in a momentary stream of euphoria and crystal-clear thinking resulting from the symbolic act of standing atop a mountain.

"It might have only been 20 or 30 seconds, but a lot can happen in that brief amount of time," he said.

And when men and mountains meet.

## VOCATIONAL COUNSELING,

continued from page 12

If I could not get it done, I have always been good at knowing who could. A service to others has been ingrained in my character since before my time in service."

In addition to the assistance provided by Harper-Hampton, veterans have access to other helpful resources including the VA.gov and *ebenefits.gov* websites or the assistance services at any VA Medical Center. To set up an appointment at the Kenner office, call 804-731-9314.

– Kenner Army Health Clinic



# FORT LEE TRAVELLER Classifieds

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

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

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



### Nails and Spa

298 Southpark Mall, Colonial Heights

*Professional and Excellent Full Service Nail Salon and Spa*

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

**10% OFF ALL SERVICES ACTIVE DUTY MILITARY ANY DAY**

**10% OFF ALL SERVICES FOR DEPENDENTS**  
**MONDAY - THURSDAY**

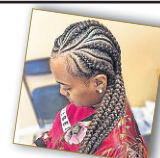


Monday-Saturday  
10:00 am - 9:00 pm  
Sunday  
12:00 pm - 6:00 pm

Visit our website for a complete list of our services  
[www.elitenailsandspa.com](http://www.elitenailsandspa.com) • 804.504.0123



804-510-4708



### BEAUTY SPECIALS

**Medium box Braids- \$125 (mid-back) Hair included**

**Large box Braid- \$100 (mid-back)**

**Crochet Braids- \$75 • Crochet Hair- \$85**

**Children- \$30 (age 3-10) • Children- \$40 (age 11-13)**

**(Clear beads provided 10 extra for beads)**

**Lemonade Braids (elbow length) Hair included**

**Medium- \$90 • Small- \$120**

**Feed in- \$15per Braid**

**Basic sew-in with natural leave out \$90**

**Quick Weave- \$65 (HAIR NOT INCLUDED)**

**Senegalese Twist- \$125 Hair included**

**Loc Maintenance- \$60**

**(2inch or less new growth)**

**12135 Chalkley Rd., Chester Va, 23831**  
**Contact Monica**



JAPANESE STEAKHOUSE & SUSHI BAR

5303 Oaklawn Blvd. | Hopewell, Va 23860

*Family Owned and Operated  
for over 28 years!*

*We would love to host your  
celebration or birthday*

### LUNCH MENU SERVED:

Monday - Saturday 11:30 am - 2 pm

### DINNER MENU SERVED:

Monday - Thursday 4:30 am - 9:30 pm

Friday - Saturday 2 pm - 10:30 pm

Sunday - 12 pm - 9:30 pm

**CALL FOR RESERVATIONS**



804-541-8853 | [WWW.KANPAIHOPEWELL.COM](http://WWW.KANPAIHOPEWELL.COM)



**Luxury  
Townhome  
For Sale-  
Chester, VA**

**\$232,900**

**11628 Claimont Mill Drive, Chester, VA 23831**

Beautiful home with 1800+ square feet, 3 bedrooms and 2.1 bathrooms with an open floor plan and upgrades throughout. Just 15 minutes away from post! Enjoy maintenance free living! Club House with Pool and Exercise Facility Coming in 2019! Call now to learn more about this home.



**Monique Claytor  
Realty**  
M.Claytor@KW.com  
**804-937-0988/  
757-690-1481**

Certified Military Relocation Professional





# LESS WAITING FOR **EMERGENCY** CARE (AND A LOT MORE CARE, IF YOU NEED IT).

In a medical emergency, every minute matters. So, at Southside Regional Medical Center and Southside Emergency Care Center, you'll find faster care in our emergency rooms. We work diligently to have you initially seen by a medical professional with the shortest wait time possible.\* And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

**For less waiting and faster care, count on the E.R.s of  
Southside Regional Medical Center and Southside Emergency Care Center.**

**TRICARE Accepted**

**Now with 2 E.R. locations  
Petersburg • Colonial Heights**

**To save your spot in line, visit  
[SouthsideRegionalER.com](http://SouthsideRegionalER.com).**



*owned in part by physicians*

\*E.R. wait time, which is defined as the time it takes from check-in at the E.R. desk until a patient is initially seen by a physician, can change quickly. This time is dependent on the severity of the illnesses and other patients also in the E.R. Because our Emergency Department staff must treat patients based on severity of illness or injury, your time is not guaranteed. We will see you as close to your designated time as possible.