

Holiday meal at two post DFACS open to families, post employees, military veterans

SEE PAGE 5



FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

November 22, 2018 | Vol. 78, No. 40

Embracing Diversity



Post observance pays tribute to Native American heritage

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VIDEO PORTRAYAL SENDS EFFECTIVE SHARP MESSAGE

23rd Quartermaster Brigade advanced individual training students are paying attention to the filmed re-enactment depicting a sexual misconduct incident

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DES SCHEDULES SANTA CIRCUIT

Mr. Claus has secured the help of Lee police, fire crews for his tour of post housing Dec. 9

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TAKE STEPS TO DETER CRIME

'Tis the season for thieves, scammers who can be stopped by careful planners

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SOLDIERS WITH SOLEMN DUTIES

Deployed QM unit shoulders enormous task of getting fallen respectfully home

SEE PAGE 8

Senior commander encourages Team Lee to be mindful of travel, behavioral risks

Thanksgiving is a time-honored American tradition, marking a special moment in the year when we gather with our families and friends to enjoy the holiday festivities. I'm sure this long weekend is a welcome and much-deserved break from your very demanding work and personal schedules, and I want you to enjoy it without accidents, serious injuries or loss of life.

As leaders, we must stress the importance of risk management. To minimize our risks, we must exercise good common sense in all of our activities and use the five-step risk management process. To promote this, leaders are encouraged to conduct safety briefings with their staff prior to the holiday weekend that focus on both on- and off-duty risks (including recreational activity and motor vehicle safety).

Every community member's No. 1 goal when operating a motor vehicle is to ensure all occupants are wearing proper seat restraints, with special attention given to infants and small children. Pay attention to posted speed limits and take breaks for rest when traveling long distances.

Thanksgiving also marks the beginning of the winter holiday season, a time that can be both joyful and stressful for us and our loved ones. Studies show that cases of depression, drunk driving-related accidents, substance abuse and suicides increase during this time of the year. I task each and every one of you to be vigilant and recognize the signs or changes in behavior of family, friends and those around you. I encourage all leaders to not only talk to your personnel, but to listen to them as well. Include these and other topics that are relevant to the season in your discussions with subordinates.



U.S. Army Photo

Although not directly related to the holiday season, please emphasize privately owned weapons safety with your personnel. Ensure they are familiar with the applicable state and local laws and regulations regarding carry and registration, especially for those who live and work on Fort Lee.

Thank you for your service and all you do for our Army and the nation. I want all of us to enjoy this long weekend without incident. You are our nation's most valuable assets and without you, we could not be successful.

Support Starts Here!

– Maj. Gen. Rodney D. Fogg,
CASCOM and Fort Lee
commanding general

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A MILITARY SPOUSE'S Thanksgiving Eve PRAYER

by Lisa Smith Molinari
Contributing Writer

Now I lay me down to pray, that I'll survive Thanksgiving Day.

That the special dinner I agreed to host, won't make me a laughing stock on post.

Throughout the day, may I keep my sanity, and have no outbursts of profanity.

That our turkey, overnight, will thoroughly thaw, so that stuffing the bird won't require a hacksaw.

That the kids will get along, maybe even play a game, instead of bellyaching that the Macy's Parade is "so lame."

That my husband will assist when the moment is opportune, and not disappear with battle buddies to drink beer before noon.

That base neighbors will play football so the guys feel athletic, but no one will get tackled and require a paramedic.

That the turkey will fry to a nice golden brown, without a conflagration that burns the base down.

That the beans will steam, the potatoes will boil, and the gravy won't resemble a batch of crude oil.

That our friends won't mind if the cranberries are canned, and when the smoke detector goes off, they'll all understand.

That everyone will gather at our table without haste, before the mashed potatoes become wallpaper paste.

That the kids will remember to put napkins on laps, chew with mouths closed and not feed the dog scraps.

That no one will giggle when we all say the blessing, and my husband won't grimace at the neighbor's vegan dressing.

THANKSGIVING EVE PRAYER,
continued on page 15



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ON THE COVER



Amy Perry

Chief Walter D. "Red Hawk" Brown III, a retired lieutenant colonel, and his tribe perform a traditional dance to introduce themselves during the National American Indian Heritage event at the Lee Theater Nov. 15. For more photos, see Page 9.

T. Anthony Bell

Senior Writer/Special Projects

SHARP video sets tone for AIT student behavior

They were smitten with each other the moment they met while in-processing as new students assigned to the 23rd Quartermaster Brigade.

Over the days they awaited the start of classes, the two conversed and sent messages to one another. Soon, they were holding hands. That eventually led to kissing and caressing in private. Their relationship had grown to a level of mutual trust. One day, the male Soldier sent a message to the female Soldier to meet him in a nearby tool shed. She complied.

It was a decision they both likely regretted. She was sexually assaulted and traumatized, and he was led off by military police in handcuffs.

As tragic as it might seem, the story's outcome and the events leading to it are based on a true story. So exemplary was the case, it was appropriated for a short training video now being used to deliver how sexual misconduct amongst advanced individual training students can lead to ruin, said Sgt. 1st Class Cheryl D. McNutt-Kalbach, the brigade's sexual assault response coordinator.

"The brigade commander's intent is to show how an innocent comment or relationship could lead to a sexual assault in a short period of time," she said.

For clarification, consensual dating is not allowed in AIT per Training and Doctrine Command regulations, said McNutt-Kalbach.

The video, titled "Stop It On Day One," is the work of 1st Lt. Christopher Lamoureux, executive officer for Tango Company, 266th QM Bn. Since the early spring, it has been shown during the Sexual Harassment/Assault Response and Prevention portion of the brigade's new-student orientation. The moniker is based on the brigade's training motto "Day One Ready."

Five minutes in length, the piece has no verbal dialogue but is strengthened by actual students, cadre and military police who play themselves. Additionally, it features familiar brigade surroundings, multiple scenes and a dead-on, straight-to-the-point message that resonates with students.

"It keeps their attention," said Camilla



T. Anthony Bell

The 23rd Quartermaster Brigade's Camilla "Faye" Lewis, Sexual Harassment Assault Response and Prevention program victim's advocate, and Sgt. 1st Class Cheryl D. McNutt-Kalbach, sexual assault response coordinator, pose Oct. 29 following a new-student orientation at Memorial Chapel. The two are charged with supporting the commander's SHARP program initiatives. They recently supported efforts to create a training video, "Stop It On Day One," that is shown during the SHARP portion of the new-student orientation. It conveys how innocent actions and behaviors can lead to sexual misconduct. The video is principally the work of 1st Lt. Christopher Lamoureux.

"Faye" Lewis, SHARP victim advocate, who teams with McNutt-Kalbach to conduct the briefings. "They don't drift off as they tend to do when we use PowerPoint presentations. The video has a plot – a beginning, middle and end – and it's easy to follow."

During a recent orientation, McNutt-Kalbach and Lewis briefly introduced themselves and quickly moved to showing the video. The AIT Soldiers seemed curious about the piece and even laughed during some early scenes. As the plot became more serious, the air of comedy had all but escaped the room.

Seizing the moment of sobriety when the screen went dark, McNutt-Kalbach resumed

her SHARP pitch, elevating her voice and reiterating to students the risks taken to engage in inappropriate behavior is not worth the reward.

"It's very effective," she said, referring to the video in conjunction with the follow-on presentation. "We don't have as many issues since we've shown this video. Once they see this Soldier arrested, they're thinking 'Hey, this guy went to jail. This is serious.'"

Two additional video shorts were made in the same fashion and are available for viewing by the students prior to their departures, said McNutt-Kalbach.

Though it is difficult to measure the videos'

impact on the SHARP program overall, it sets the tone for student behavioral standards, making them more aware of their actions, she further observed.

In addition to the orientation training, McNutt-Kalbach said she has explored other ways to affect student conduct. She occasionally visits the adjacent mall wearing civilian clothes to chat and connect with Soldiers. During her times at the popular hangout, she has had to intervene when student behaviors fall short of the norm.

"I always tell them you never know who is watching, and they need to be mindful of how they carry themselves," said McNutt-Kalbach.

In an extension of its outreach efforts, the 23rd QM Bde., also sponsors mentorship programs for males and females as a way of influencing students and keeping them aware of SHARP program values.

Although outreach is an important element in the brigade's SHARP program, community vigilance and support are critical. For one, Lewis said the actions or inaction of bystanders in situations leading to sexual misconduct can never be understated.

"Soldiers need to heed that well-known saying 'If you see something, say something,'" she said. "A lot of times we see things, but we don't believe what we're seeing until something happens. I encourage people to take action before something happens."

On a final note, McNutt-Kalbach said the brigade's SHARP program is only as effective as the support it receives from the command team. Col. Gregory S. Townsend and Command Sgt. Maj. Lisa M. Haney, the commander and CSM, respectively, consider SHARP a priority and have been open to every new idea.

"I think allowing Ms. Lewis and I to venture out and do different things really works," said McNutt-Kalbach, "because we're able to share what we know and incorporate (the leadership's) ideas."

Looking forward, the brigade SHARP program is considering ways to help students better understand how sexual misconduct can not only impact the victim and perpetrator but their fellow Soldiers, the mission and the unit at large, according to its SARC team.



File Photo

Saint Nick waves from the bucket of a firetruck during a previous Directorate of Emergency Services Santa Run., an annual event that is scheduled this year for Dec. 9, 6-8 p.m. While escorting Santa, the convoy of firetrucks and military police vehicles circle through each post housing area and the Ordnance and Quartermaster barracks complexes.

Lee holiday festivities include Emergency Services Santa Run

A convoy of fire trucks and military police vehicles will escort Santa Claus through Fort Lee's residential areas during the annual Directorate of Emergency Services Santa Run set for Dec. 9, 6-8 p.m.

Community members will hear fire truck horns as the procession approaches each destination on post. The route begins with the Jackson Circle housing area followed by the 266th and 244th Quartermaster Battalion barracks areas and the 59th Ordnance Brigade barracks. From there, Santa will visit Jefferson, Harrison, Madison, Monroe, Adams Chase and Washington Grove housing areas, in that order. The convoy also will pass through the 262nd QM Bn. barracks complex before the conclusion of the event.

"The Fort Lee Fire Department and Provost Marshal Office are proud to team up for this fun and festive holiday tradition," said Lt. Col. Joe Ward, DES director and Provost Marshal. "We also appreciate Santa providing a little time out of his busy schedule to pay us a visit here at Fort Lee. It's our distinct pleasure to participate in this time-honored tradition.

"Part of caring for the community is reminding everyone we want them to think safety during the holiday break – to be aware of risks that can lead to accidents, injury or loss of property in the home or out on the road," Ward also noted. "Our presence during this event offers that subtle reminder."

The Santa Run may cause brief traffic delays as the procession crosses or travels along primary roadways. Motorists are asked to be patient and not take unnecessary risks like attempting to pass the convoy unless directed to do so by military police.

Furthermore, post residents should closely monitor their children as the procession passes through the housing areas. Do not allow youngsters to run toward moving emergency vehicles and remind them to look both ways before crossing any streets to get a closer look at the activities.

Updates about the Santa Run – i.e. postponement due to inclement weather – will be posted on the ArmyFortLee Facebook page. For other information or questions, contact the PMO at 804-734-7417.

– PMO and Staff Reports

NEWS BRIEFS

Exchange Ready to Serve Black Friday Shoppers

Military community members can get a jump on Exchange Black Friday deals by visiting shopmyexchange.com as early as midnight Thursday, Nov. 22. Like most AAFES facilities, the Fort Lee main store and PXtra will be closed Thanksgiving Day, however, the Express Gas Station will be open from 11 a.m. - 5 p.m.

On Nov. 23, shoppers can take advantage of the brick-and-mortar store's extended hours from 6 a.m. - 8 p.m. Special deals are planned throughout the weekend, with those savings added on to the always tax-free benefit provided to Exchange patrons. On Cyber Monday, Nov. 25, another big sale starts at midnight on the [shopmyexchange](http://shopmyexchange.com) website.

For details, call 804-861-5970.

Clinic Announces Holiday Weekend Schedule

Kenner Army Health Clinic and Troop Medical Clinic 2 will be open Nov. 23 (training holiday) for patient care. Mosier Consolidated Troop Medical Clinic 1 will be closed that day. All clinic facilities and services will be closed Nov. 22 in observance of Thanksgiving.

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.

Governor to Join Post Leaders at Open House

Virginia Gov. Ralph Northam is expected to be among the featured participants of a Dec. 7 Open House at the Holiday Helper toy store. Installation leaders, key donors and other special guests also will participate throughout the day.

After a short opening program, Northam will be among the dignitaries – including government representatives from the local community, senior staff from the CASCOM training brigades and the garrison headquarters, and others – who will work one-on-one with junior ranking service members while they shop for their children's holiday toys.

The regular shopping days for others who have been nominated by their commanders to receive Holiday Helper support are Dec. 11-12, 9 a.m. - 6 p.m. Unit leaders will be notified of their personnel's specific time to shop. The facility is located along Battle Drive, adjacent to the DMV office. For details, call 804-305-7599.

Exchange Hosts Third Give, Get Back Event

Army and Air Force Exchange Service shoppers have another chance to make at-the-register donations to Army Emergency Relief and the Air Force Assistance Fund Nov. 30 - Dec. 5.

Contributors will receive a coupon for \$5 off a \$25 Exchange purchase for every \$5 donated. The coupons are valid Dec. 6-12 and can be redeemed in stores or online at ShopMyExchange.com. The first two "Give & Get Back" donation periods of 2018 garnered more than \$212,000 for the programs.

AER Spouse Scholarships Available

Army Emergency Relief offers need-based scholarships to assist Army spouses in obtaining undergraduate degrees. The award amount varies based on the number of applicants, cost of tuition and classroom fees, and more. A rolling application cycle begins Jan. 1 for the 2018-2019 academic year.

For details, contact Patsy Piggott at 804-734-7952 or patsy.m.piggott.civ@mail.mil.

Chesterfield Offers Lifetime Dog Licenses

Chesterfield County has begun offering its residents lifetime dog licenses for \$10. They are available at the county Treasurer's Office, animal shelter and at several local businesses.

Owners are required to purchase a license no later than 30 days after the dog turns 4 months old, or no later than 30 days after the owner acquires a dog 4 months or older. For additional details, visit www.chesterfield.gov/458/Dog-Licenses.

Two post dining facilities open to civilians Thursday

A longstanding Fort Lee tradition will continue on Thanksgiving Day.

Two dining facilities will open their doors to civilians for the holiday meal Nov. 22.

The Samuel Sharpe DFAC – building P18028 on the Ordnance Campus – is scheduled to serve civilian guests from 1:45-3:30 p.m. The 262nd Quartermaster Battalion DFAC, building P11105, is slated to welcome non-military diners from 2:30-3:30 p.m. That facility is located along 41st Street near the Cardinal golf course.

Authorized civilian diners include all Fort Lee Department of the Army employees, military family members and retirees, and their family and guests.

The Thanksgiving Day meal rates for paying patrons are \$9.10 for enlisted personnel, officers, civilians, retirees and guests; and \$6.80 for the spouses and family members of ranks E-4 and below.

Holiday menu items for all four installation dining facilities include roasted turkey with gravy; baked ham with brown sugar glaze; prime rib; barbecue spare ribs; King crab legs; Cornish hens; sweet potato casserole; candied sweet potatoes; black-eyed peas; corn on the cob; collard greens; green beans; shrimp cocktail; dinner rolls and cornbread and assorted cakes, pie and fresh fruit.

The Thanksgiving Day meal schedule for units at each dining facility is as follows:

BUILDING P-11105 DFAC, 23RD QUARTERMASTER BRIGADE

- Victor Company, 11:30 a.m. - 12:20 p.m.
- Charlie Co., 11:30 a.m. - 12:20 p.m.
- Uniform Co., 12:30-1:20 p.m.
- Romeo Co., 1:30-2:20 p.m.
- Juliet Co., 1:30-2:20 p.m.
- Permanent Party, 2:30-3:30 p.m.

BLDG. P-3003, 23RD QM BDE.

- Tango Co., 11:30 a.m. - 12:20 p.m.
- Mike Co., 11:30 a.m. - 12:20 p.m.
- Bravo Co., 12:30-1:20 p.m.
- HHC, 1:30-2:20 p.m.
- Marine Corps, 2:30-3:30 p.m.
- Navy, 2:30-3:30 p.m.

BLDG. P-3500, 23RD QM BDE.

- Alpha Co., 11:30 a.m. - 12:20 p.m.
- Whiskey Co., 11:30 a.m. - 12:20 p.m.
- Golf Co., 12:30-1:20 p.m.
- Papa Co. 1:30-2:20 p.m.
- Air Force, 2:30-3:30 p.m.

SAMUEL SHARPE DFAC, BLDG. P18028, 59TH ORDNANCE BRIGADE

- Co. A-E, 832nd Ord. Bn., Marines, 11:30 a.m. - 12:15 p.m.
- Co. A-C, 16th Ord. Bn., 12:15-1 p.m.
- Co. D-F, 16th Ord. Bn., 1- 1:45 p.m.



File Photo

A Soldier takes a plate of food from a staff sergeant in his unit at the Samuel Sharpe Dining Facility on the Ordnance Campus during the Thanksgiving meal events in 2017.

All dining facilities will serve regular breakfast meals from 6-7:30 a.m., and dinner from 5-6:30 p.m.

For more information, contact the installation food program manager at 804-734-5030.



Ray Kozakewicz

Colonel seeks feedback at inaugural SHARP luncheon

Col. Hollie J. Martin, Fort Lee garrison commander, welcomes the 12 attendees of the first Garrison Quarterly SHARP Luncheon Nov. 12 at the Garrison Dining Facility. Command Sgt. Maj. Vittorio F. DeSouza, garrison CSM, joined her at the informal event that is meant to promote positive interaction and open discussion with military and civilian personnel while raising awareness of SHARP policies and resources. "We are always looking for better ways to improve the program," Martin told the attendees. "At my last assignment in Korea, I found that some of the best feedback and ideas came from my Soldiers. We want to make Fort Lee the best installation for people to want to come to work every day. I'd like to get your thoughts on what you are seeing out there and how we can improve our process. It's important for individuals to report violations immediately." Lauren Barboza, garrison sexual assault response coordinator, said she is pleased with the input received from the group and the event exceeded her expectations.



File Photo

The Provost Marshal Office offers a house watch program for families of the Fort Lee Housing community. Officers will perform physical checks on each residence signed up for the program.

Theft protection measures vital during holiday shopping, travel

With Thursday's Thanksgiving celebration — followed by Black Friday shopping weekend and the December holidays just a short time after that — most thoughts these days include visions of hearty home-cooked meals, gift-giving ideas, travel plans and how to make the most of time off with family and friends.

The unfortunate reality that's less likely to be on everyone's mind is how criminals are able to capitalize on this season of festivities when many are away from home and/or tend to overlook good security measures amid the hustle and bustle of holiday affairs.

It's no surprise that theft — including home break-ins and items taken from vehicles — tops the list of most-frequent holiday season crimes, according to national law enforcement statistics. Stealing credit information runs a close second, followed by email and telephone scams that prey on individuals who think they're getting a "great

deal" on hard-to-find gift items or helping a charity in this time of giving back to others.

Typically, the best way to thwart a criminal is to put yourself in his or her shoes. Consider what a thief sees when "shopping" for things to steal. Is an unlit home with a week of letters sitting in the mailbox a clear indication of the occupants being away on vacation? Would the gift-filled plastic bags from a major electronics store left on the backseat of a vehicle grab your attention? If you wanted to scare someone into giving up their account information, what tricks would you use, realizing that many people forget that banks or credit card companies won't request those sorts of details over the phone?

With prior planning and common sense prevention measures, individuals can make themselves a less likely target for thieves, scammers and the like. Here are a few more tips to discourage the scrooges from "bah-humbugging" your holiday breaks:

- Always lock doors and windows even if you're leaving the house for only a few minutes

- Keep vehicles parked outside locked; never leave valuables in plain sight on dashboards or seats.

- While gift shopping, be strategic about parking, avoiding areas where a criminal could easily hide. Watch for suspicious individuals while walking to your vehicle and place purchased items out of sight in the trunk.

- Avoid having large displays of gifts visible from windows or doors; consider keeping high-dollar presents stashed away until Christmas Eve.

- Don't give clues to the gifts you received — break down and invert boxes and packaging when placing empties out for trash collection

- Place lights on timers so your home appears occupied while you are away

- For extended holiday travel, ask a trusted

neighbor or friend to watch your home and collect mail and newspapers. A temporary stop-delivery request also can be submitted via the U.S. Postal Service website for absences of three days or more.

- Sign up for signature delivery from your designated package shipping companies. Deliveries left unattended on the front porch invite thievery.

Fort Lee residents leaving for three or more days also can take advantage of the Provost Marshal Office House Watch Program. After sign-up, the police will conduct periodic, exterior checks of the specified home while the family is out-of-town.

"It provides the community with an extra level of security during vacation periods," noted Lt. Col. Joe Ward, DES director and Provost Marshal. "The house watch program serves as a deterrent against crime with the goal of minimizing break-ins while families are away."

Residents can sign up through any of the following ways:

- Visit the Military Police Station on Mahone Avenue and fill out the required paperwork

- Fill out the online registration form at www.lee.army.mil/pmol/police.aspx.

- Visit the Fort Lee Police Facebook page at www.facebook.com/fortleepolice/ and locate the house watch program under services

During routine checks within the housing community, PMO officers will verify the security of buildings on the HWP list by testing all reachable windows and doors to ensure they are locked. In the event they're not secure, the officer will immediately contact the emergency number listed by the person who signed up for the program and inform the individual of the status of the home.

The Fort Lee law enforcement team plans to increase its visible presence throughout on-post housing areas as well. As always, community members are encouraged to report any suspicious or criminal activity to the MP desk anytime day or night at 804-734-7400.

— Provost Marshal Office
and Staff Reports

AMERICAS_MILITARY | SPOTLIGHT

Kaitlyn Davis

Unit: Medical Department Activity (Kenner)

MOS: 68B – orthopedic specialist

Age: 24

Time in service: Three years

Hometown: Big Rock, Tenn.

Describe yourself: “I’m a goofball (Davis points to a dry-erase board, where she has written a daily joke). I like to make people laugh, and I’m very outgoing. I never really have bad days, and I always try to find the good in everything.”

A personality fault: “I keep things bottled up – feelings, emotions. I don’t express myself really well.”

Pastimes: “I like to play softball and basketball and hang out with my friends to go shopping, etc.”

Worst fear: “Clowns and spiders.”

Music you favor: “I like hip-hop, country and alternative.” (The rapper Drake is her favorite artist for the time-being).

One person you admire: “That’s easy – my stepdad (Sgt. Maj. James Gaston). He’s always stepped in when I needed someone there. He’s always been someone I’ve looked up to.”

A celebrity or historical figure you would like to meet: “Jesus – I would like to be back in his time and see how things were compared to how things are now.”

Your ideal life: “I want to go Green-to-Gold so I can become an officer and join the Medical Corps.”

If you could do anything anywhere right now, what and where would that be? “I would go overseas and bring my brother



T. Anthony Bell

home (an active duty Soldier stationed in Afghanistan). My brother and I are like best friends. We go to each other with everything and for everything. I would never trust anyone as much as I trust him.”

Something you believe in: “Friendship – especially in the military because you have to trust people with your life. You want to be able to disclose things to them, and you want to allow them to tell things to you.”

If you won the lottery ... “I would pay off my mom and dad’s bills first and foremost, buy a car, put a bunch of it in savings and pay off the rest of my (Army) contract (laugh). Oh, I would also take a vacation to Bora Bora, visit all 50 states and buy a private jet so I could just fly everywhere (chuckling).”

Talk about your upbringing: “My parents were divorced when I was little. That was pretty rough because they didn’t like each other very much for a while. There was a

lot of animosity and back and forth between two homes. As my brother and I got older, it mellowed out. I’m very close to my family. We went to church every Sunday, was told to make good grades in school, and when you got to the age of 18, you were on your own.”

How you crossed paths with the Army: “I was in college and was thinking about transferring to another school, but then, God laid it on my heart: I was sitting there and was like, ‘Man, I wonder what it would be like to be in the Army?’ I’ve always been on the family member side and not the active duty side, so I said, ‘I’m going to do it.’ I went home and told dad. He thought I was joking. We went to talk to a recruiter ... and it was done.”

Were your expectations fulfilled upon joining? “Some of them were. My dad always told me I’d meet people from all over the world. That’s definitely true. I haven’t been fulfilled yet because I haven’t done the Green-to-Gold (Program) and become an officer. Once I hit that, I’ll be pretty satisfied.”

Talk about your MOS and daily duties:

“In orthopedics, we cast and splint broken arms, hands, legs, etc. We also assist the physician’s assistant with steroid injections as well as removing staples and stitches. If we had an operating room here, we would probably be doing more (Kenner Army Health Clinic was removed from hospital status years ago). The days we actually get to do our jobs – like putting on casts, etc. – I enjoy it. There are days, however, when we just sit behind a computer to check people in for appointments, and it’s kind of like, ‘What am I doing with my life?’”

Have you been jaded as result of your time at Fort Lee? “My dream duty station is to be (somewhere) in Germany. This place, however, is not bad, especially if you’re going to school. There’s a lot of opportunities here because it’s smaller. You can kind of get the hang of things here before you go to a bigger place.”

What it means to wear the uniform: “I’m doing something for not only myself, but other people. I could be overseas defending something right now, but I’m helping people

SEE KAITLYN DAVIS, page 15

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962nd Quartermaster Company upholds dignity, reverence, respect in Afghanistan

Staff Sgt. Caitlyn Byrne

Army News Service

BAGRAM AIRFIELD, Afghanistan — Deployed Soldiers from the 962nd Quartermaster Company (Mortuary Affairs) out of Fort Shafter, Hawaii, arguably have one of the hardest jobs in the Army.

They arrived in Afghanistan from all parts of the Pacific — Alaska, American Samoa, Guam and Hawaii — and they are here for one purpose. The U.S. Army Reserve unit is responsible for receiving, processing, safeguarding and transporting the remains and accompanying personal effects of U.S. and coalition fallen service members, contractors and civilians throughout Operation Resolute Support.

The mortuary affairs mission began during the Civil War, though it did not become a formalized process until World War I. Since then, Soldiers in mortuary affairs units, known as 92-Mikes, have had the difficult but important job of preparing the fallen for their final journey home.

Second Lt. Teresa Alokoa is the 962nd's officer in charge. She is responsible for the two Mortuary Affairs Collection Points in Afghanistan. Though her team is split between Bagram and Kandahar, the lieutenant does everything she can to ensure her Soldiers are prepared for a mission few are capable of completing.

"In addition to making sure my team is mentally stable to continue operating, the most important part of my work is keeping everyone informed of Mortuary Affairs procedures and our overall mission here," Alokoa said. "From guiding units on how to recover deceased Soldiers and ensure each one is treated with the utmost dignity, reverence and respect as they make their way to our collection point, to pushing updates of evacuation flights and additional courses of actions to my team and my chain of command, there's a purpose to all I do. We support the overall sustainment mission by picking up the (logistical) pieces and placing



U.S. Army photo by Staff Sgt. Caitlyn Byrne

Mortuary affairs specialists from the 962nd Quartermaster Company, attached to the 101st Resolute Support Sustainment Brigade, conduct a capabilities demonstration to showcase the importance and dedication it takes to prepare and place a flag over the transfer case for fallen service members on Bagram Airfield, Afghanistan Oct. 31.

them together. We do the work others are not openly prepared to do."

The Mortuary Affairs creed "Dignity, Reverence, Respect" is a constant refrain among the group. It is the guide by which the Soldiers of the 962nd measure their actions.

Staff Sergeant Amy Seko, the noncommissioned officer in charge of the unit, is in Kandahar. She stressed the importance of the 92M mission, but acknowledged it does take a toll sometimes.

"When all is said and done, it is imperative to go back and make sure I, as an NCOIC, have done everything in my knowledge and power to send the fallen home with dignity, reverence and respect," Seko said. "The family must have closure and, in the same essence, my Soldiers have closure knowing they gave their best, not once but many times over. The work we do isn't easy. We do it with heart, with tears, and with respect and reverence to our fallen. It is emotionally draining for my team, but their dedication has driven them past that. Mortuary Affairs

will give its 110 percent for the mission no matter what."

Specialist Daryleen Moi works at the collection point in Kandahar. She admits she was not quite sure about being a 92M when she joined the Army. Now she has no regrets.

"Mortuary Affairs is a very interesting job because not everyone can perform it," she stated. "I had doubted myself in pursuing a career outside of my comfort zone, but choosing to become a mortuary affairs specialist changed that. I've grown to love this, and it is definitely something I am proud to consider making a lifelong career. Sign me up for the next deployment."

In Bagram, Spc. Betty Wells echoed those sentiments and shared some of the challenges she faces in her job. She said grief is the biggest struggle, even with Soldiers you have never met.

"When preparing our fallen heroes for evacuation, we essentially witness death at its earliest stage," said Wells. "We feel the loss of life, even though we were not

affiliated in any way to the fallen individual. This inevitable attachment is simply derived from the ultimate sacrifice a fallen hero paid in order for freedom to persist."

All members of the team acknowledged the importance of leaning on each other for support. They have created the kind of bond that only comes from sharing difficult experiences.

"Our team is composed of Pacific Islanders who each have their own personalities and traits, which distinguish them from one another but adds to team efficiency," said Wells. "The Samoan culture truly values respect and unity. My cultural background enables me to execute my duties with the respect this job requires. Respect facilitates honoring and giving our fallen heroes the dignity and respect they greatly deserve."

Although they may come from different cultures back home, here they have become a family.

"I'm extremely blessed to be a part of this team," said Moi. "We've learned to cherish each other and create a lifelong bond. If I had to do my time all over again, I would be grateful to be with the same group of people."

It is not all somber moods for the Soldiers of the 962nd. Alokoa ensures that her team makes the most of their time off of work to relax and have fun.

"Due to the nature of our job, we try to partake in as many recreational activities as possible," said Alokoa. "From playing volleyball, basketball, soccer and Bingo, to creating artwork during paint nights and singing in choir groups for religious services, we try to find the life in everything we do."

Alokoa said her team also credits the 101st Resolute Support Sustainment Brigade and Special Troops Battalion for their success.

"They have been great in taking great care of us. We appreciate the outstanding leadership," Alokoa said. "Also, big shout-outs to our family and friends in the Pacific. You all are the reasons we push every day."

The Joint Mortuary Affairs Center — the schoolhouse for basic and advanced 92M training — is located at Fort Lee as part of the Army Quartermaster School under the Combined Arms Support Command.



Photos by Amy Perry

(CLOCKWISE FROM ABOVE) Chief Walter D. "Red Hawk" Brown III, a retired Army lieutenant colonel, shares a story about how an arrow was given as a peace offering to other leaders while speaking at the National American Indian Heritage Month observance Nov. 15 in the Lee Theater. He explained to Maj. Gen. Rodney Fogg, CASCOM and Fort Lee commanding general, right, and Col. Greg Townsend, 23rd Quartermaster Brigade commander, left, that the return of the arrow meant there would be peace, but if it was kept, war was declared. Fogg and Townsend quickly handed the arrow back, drawing laughter from the audience. • During remarks, Brown shares the history of the Cherokee Indian Tribe over which he was elected chief. • Townsend, Brown and Command Sgt. Maj. Lisa Haney, 23rd QM Bde. CSM, cut the cake with a saber during the observance. • Brown introduces members of his tribe to community members in attendance. • Staff Sgt. Robert Chavez introduces himself to the audience with his Native American name. He was followed by Sgt. 1st Class Meral Smith and Sgt. 1st Class Mattie Adakai who also spoke about their tribes during the ceremony.



Lee EMD touts continued success of battery charge, recycle program

In 2014, Fort Lee fielded its first self-contained tactical vehicle battery revitalization station as a pollution prevention project.

Revitalization of lead-acid batteries begins with electronic testing for operability. Viable ones are fully drained, then restored to full-power using proprietary pulse charging technology that reduces dead cells and prevent new ones from forming.

About 80 percent of the batteries tested can be revitalized, and many of those can be restored up to five times. The installation has seven revitalization stations in service, which are highly successful in reducing the number of “bad” batteries discarded and new batteries purchased. Since the program began, Fort Lee has avoided a total of \$625,848 in combined procurement costs and disposal fees.

If a battery fails the station’s diagnostic test, it is labeled with an inspection date sticker and turned in to the Environmental Management Division Hazardous Waste facility. In years past, EMD had to pay the Defense Logistics Agency up to 50 cents per pound to have these batteries properly shipped away for disposal. However,

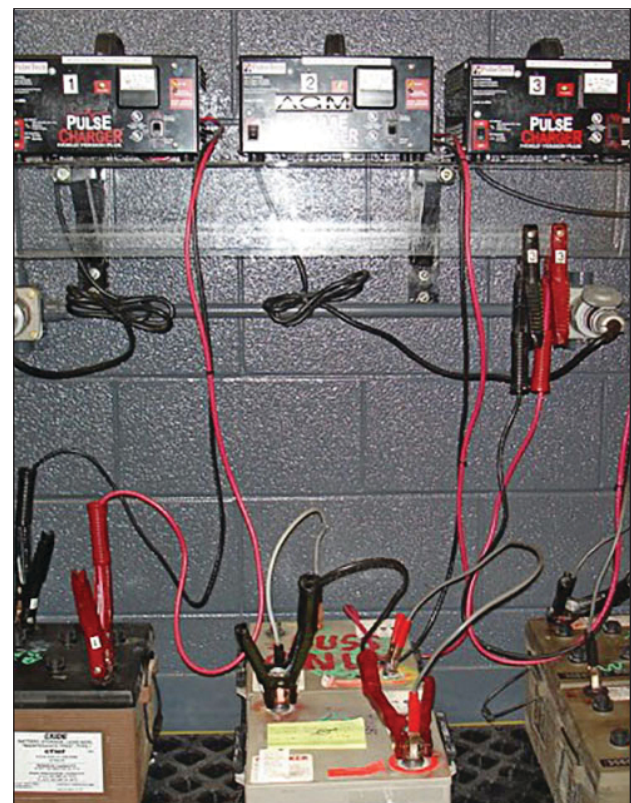
thanks to the direct sales authority of Fort Lee’s Qualified Recycling Program, these batteries are now sold to a local battery recycling vendor. It has saved substantial money for handling and shipping while generating \$8,000 in revenue for the QRP account in FY18.

Where does QRP money go?

Sales revenues are first used to cover QRP operating and program costs. Remaining funds may be used for projects for pollution prevention and abatement, energy conservation, alternative-fueled vehicle infrastructure support, and occupational safety and health activities.

The Solid Waste Action Team meets quarterly and acts as the QRP advisory committee. For this quarter, Fort Lee units and tenant organizations can request reimbursement for any project that falls into an eligible category via DA Form 4283 submitted by June 30. The SWAT reviews all project submissions and votes on funding at its July meeting.

If you have an idea that will benefit the installation’s sustainability goals, let us know. Questions about the QRP or any pollution prevention projects can be directed to EMD at 804-734-3766.



Contributed Photo

An EMD-operated revitalization station uses proprietary pulse charging technology to fully restore lead-acid batteries while reducing dead cells and preventing new ones from forming.

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Don't stand in line: TSA Precheck open to military, DOD Civilians

Jim Garamone

Defense.gov

WASHINGTON – Service members accept responsibility for defending the nation ... surely they can be trusted when boarding a plane.

This is the thinking of the Transportation Security Administration, which is pushing to ensure military troops and DOD Civilians know they can use the TSA Precheck program.

“Service members are already enrolled in TSA Precheck, but many do not know they are,” TSA Administrator David Pekoske said. As a retired Coast Guard vice admiral, he wants all those eligible to use this free program.

Military personnel of all armed forces components and students at the service academies are automatically enrolled in TSA Precheck. Their DOD ID numbers – 10-digits on the back of a Common Access Card – serve as the “Known Traveler Numbers.”

Civilian employees must opt into the program using the milConnect website. Their DOD ID number is also their KTN.



U.S. Army photo by Staff Sgt. Candace Mundt

A 3rd Infantry Division Soldier gives a thumbs-up as boards a plane to deploy to Afghanistan in August 2017.

Pekoske noted there is no cost for military members or civilians to participate in the program. For the general public, the enrollment fee is \$85.

“This is a real benefit for being a member of the armed forces, and it is good for us from a security perspective,” the

TSA administrator added.

To obtain their military-affiliated status, service members and DOD Civilians undergo background screenings, and most have security clearances. They are trusted to carry weapons in defense of the United States or to safeguard America’s secrets. So, the TSA decided there is no need for them to take off their shoes and belts at a checkpoint to get on an aircraft.

All travelers must add their DOD ID number to their Defense Travel System profiles to access TSA Precheck while on official movement orders, but eligible service members and civilians can also use it for personal trips, Pekoske said.

“When you are making flight reservations on any airline website, there is a box for the KTN where the DOD number can be inputted,” he said. “Once you put the number in – especially if you are a regular flier on that airline – every time you make a reservation, or a reservation is made by the DOD travel service for you, they will automatically pick up that code.

“The effort makes sense from an agency perspective,” the administrator further noted, “and it’s a way to say thanks to members of the military and the civilian professionals of DOD and the Department of Homeland Security who sacrifice so much. It’s a really good program, and it provides a direct benefit to those who keep us free.”



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Bravo Blazers support local observance

Soldiers from Bravo Company, 266th Quartermaster Battalion, stand at attention as local military veterans arrive for a Nov. 11 ceremony at the Chesterfield County Historic 1917 Courthouse. Forty-two advanced individual training students and three cadre members participated in the Veterans Day ceremony that commemorated the 100th anniversary of the signing of the armistice ending World War I. The Fort Lee troops, under the direction of 1st Sgt. Nicholas Bello, escorted guests and held banners that paid tribute to 15 fallen heroes hailing from Chesterfield County. Other activities of the Chesterfield Historical Society-sponsored event included living history displays, musical performances and remarks from local veterans. In 1917, more than 1,500 Chesterfield County men either volunteered or were drafted to serve. The courthouse site is where a recruiting station was set up with many men being trained at Camp Lee.

Transportation Artifact of the Month

The 384th Army Band "Busby" head cover pictured is on display at the U.S. Army Transportation Museum, Joint Base Langley-Eustis. Its history is traced back to cloth caps worn by grenadiers in European armies during the 17th century that were frequently trimmed with the fur of animals; usually bears. The practice fell into disuse until the 18th century when grenadiers in the British, Spanish and French armies wore high fur hats with cloth tops and, sometimes, ornamental front plates. The practice added to the apparen-



Contributed Photo

height and impressive appearance of these troops both on the parade ground and the battlefield. During the 19th century, the expense of bearskin caps and difficulty of maintaining them in good condition led to this headdress becoming generally limited to guardsmen, bands or other units in ceremonial roles. In the U.S. military bands of the mid-20th century, the wearing of the high fur hat, known as the Busby, was limited to the band drum major. The 384th Army Band was operational at Fort Eustis in the 1950s and 1960s.

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CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

Lewis Ginter Illumination | Nov. 23

Lewis Ginter Botanical Garden, Richmond, will launch its Dominion Energy Gardenfest of Lights holiday display during a special celebration set for Nov. 23, 4-10 p.m.

Scheduled activities include the opening ceremony at 5:30 p.m. when the giant showcase of more than a million lights comes to life. In the conservatory area, there will be performances by the Host of Sparrows Aerial Circus and the Circular Expressions LED hoop dancing group. An ensemble from the Henrico Pops Chorus will be singing seasonal favorites at various locations through the gardens.

For directions, admission costs and other information, visit www.lewisginter.org.

Model Railroad Show | Nov. 23-25

The 41st Annual Model Railroad Show is set for Nov. 23-25 at the Science Museum of Virginia, 2500 West Broad St., Richmond. Activity hours are 9:30 a.m. - 5 p.m.

The event features eight different train displays with scaled locomotives riding through intricate landscapes and miniature cities. Guests also can enjoy the museum's vintage train cars, take a trackless train ride on the Teddy Bear Express, see Clydesdale horses, watch blacksmiths forge custom metal pieces and more. In connection with the event, the museum will debut a photography and artifacts exhibit titled "All Aboard!"

For details, call 804-864-1400 or visit www.smv.org/.

Holiday Celebration Kickoff | Nov. 23-25

The annual Hampton Roads Planes, Trains and Santa event will be held at the Military Aviation Museum Nov. 23-25 in the Pungo section of Virginia Beach.

The event hours are 9 a.m. - 5 p.m., Nov. 23-24, and 9 a.m. - 3 p.m., Nov. 25. The weekend includes a holiday fun-watch Santa fly-in followed by an intimate meet and greet and photo opportunity, a display of model trains, a rare collection of vintage aircraft, and more.

For details, visit www.militaryaviationmuseum.org/events/plane-trains-santa.

Exchange Game Day Giveaway | Nov. 24

Military children and their families can take part in a game day at the Fort Lee

Exchange Nov. 24, 10 a.m. - 2 p.m., in the Toy Department.

The free event, which is ideal for ages 4 and older, will offer three games – Don't Step In It, Pie Face Cannon and Connect 4 Shot.

PNB Bicycle Tour | Nov. 24

Petersburg National Battlefield will offer a ranger-led "Healthy Parks, Healthy People Initiative" 3-hour tour, Nov. 24, 9 a.m. - noon, starting at the Eastern Front Visitor Center parking lot, 5001 Siege Road, Petersburg.

The excursion will compare how battlefields look today next to images by Union Civil War photographer Matthew Brady and his staff. A safety briefing will take place before the tour for the riders who should wear proper cycling gear including helmets. This activity is geared toward riders comfortable cycling on paved surfaces with hilly terrains.

For details, email margaret_viboolsittiseri@nps.gov or call 804-732-3531 ext. 222.

Friendship, Trade, Feast at Henricus | Nov. 24

An autumn harvest feast is set for Nov. 24, 10 a.m. - 5 p.m., at Henricus Historical Park, 251 Henricus Park Road, Chester.

The event includes English and Virginia-Indian historical interpreters explaining the first "Thanksgiving" in America. Visitors also can be immersed in the cooking, games and songs that were common to area homes from 1611-1622. The cost is \$9 for adults and \$7 for children, ages 6-12. It is free for members.

For details, call 804-748-1611 or visit www.henricus.org.

Resume Writing Workshop | Nov. 27

The Soldier for Life - Transition Assistance Program will host a free resume-writing workshop Nov. 27, 9 a.m. - noon, at the Soldier Support Center, building 3400, Room 126, 1401 B Ave.

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

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

Mentorship Training Event | Nov. 27-28

A two-day Army Family Team Building Leadership Development and Mentoring Training class – titled "To Lead or Not to Lead" – is set for Nov. 27-28, 9 a.m. - 3 p.m., at the Army Logistics University. The course is free.

The workshop will examine leadership styles and qualities. Registration is required. AFTB offers other ongoing classes throughout the year.

For details, call 804-734-7979.

Prince George Tree Lighting | Nov. 28

The annual Prince George County Christmas Tree Lighting festivities will be held Nov. 28, 7 p.m., at the PGC Heritage Center, 6406 Courthouse Road.

The free event will include singing, refreshments and more. All community members are welcome.

For details, call 804-863-0212.

Federal Hiring Workshop | Nov. 29

A free Federal Hiring Workshop is set for Nov. 29, 10 a.m. - 3 p.m., in Room 124 of the Soldier Support Center, building 3400, B Avenue.

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

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

Cardinal Holiday Party, Sale | Dec. 4

The Cardinal Golf Club will kick off its annual pro shop holiday sale with a member party, Dec. 4, 2 p.m.

Many year-end deals will be offered including discounts on demo clubs. The sale continues through Christmas Eve. The event includes free refreshments and more.

For details, call 804-734-2899.

Expecting Parent Class | Dec. 5

A free class titled "What to Expect Now That You're Expecting," presented by the Army Community Service Family Advocacy Program, is set for Dec. 5, 1 p.m., in building 1231, Mahone Avenue.

For registration and details, call 804-734-6381

Fort Lee Grand Illumination | Dec. 6

Fort Lee community members are invited to the installation's tree-lighting ceremony Dec. 6, 4:15 - 6 p.m., on the Lee Club lawn. Admission is free and open to the public.

The event will feature music by guest carolers and Fort Lee's audiovisual staff, free hot chocolate and cookies, train rides, pictures with Santa, activities for children and more.

Band Holiday Concerts | Dec. 6, 7, 11

Fort Lee community members will have their choice of two 392nd Army Band holiday concerts this year – a Dec. 6 event at 7:30 p.m., and a matinee show Dec. 7, 11:30 a.m., in the Lee Theater.

Admission is free and both concerts are open to the public. No tickets are required. Seating is first-come, first-served. Musicians from the 392nd Band will be joined by members of the TRADOC Band based at Joint Base Langley-Eustis. The performances will feature traditional and contemporary holiday songs performed by the full band as well as spotlight moments featuring the rock, jazz combo, and traditional brass and woodwind ensembles. There also will be solos, duets and more.

The combined bands also will perform Dec. 11, 7:30 p.m., at Regent University, Virginia Beach, and Dec. 15, 7:30 p.m., at JBLE.

Petersburg Symphony Concert | Dec. 2

The Petersburg Symphony Orchestra will present its second concert for the 2018-2019 season on Dec. 2, 4 p.m., in the Petersburg High School auditorium, 3101 Johnson Road.

The orchestra, directed by Ulysses Kirksey and accompanied by the One Voice Chorus under the direction of Lynn Atkins, will perform Handel's Messiah. The group is in its 41st year. Tickets are \$18 for adults, \$15 for seniors and \$10 for students. For details, visit www.petersburgsymphony.org.

Clinical pharmacist provides valuable preventive care tips

Lesley Atkinson

KAHC Public Affairs Officer

The ongoing observance of National Diabetes Month is an ideal time to introduce Kelly Authier, Kenner Army Health Clinic's clinical pharmacist, who knows all the ins-and-outs of empowering diabetics to meet their goals.

Beneficiaries are finding her to be a valuable resource in her role as an educator on medications, diet and preventive care.

"When I'm talking to patients, I want to understand what medications they are taking and what is going on with them," Authier said. "I am going to set up the next appointment before the individual leaves my office. I will refer people if they need to see the dietician or do a follow-up with their primary care manager. I understand people get so busy they don't have time to follow-up or they forget. I want to make sure they are in good shape when our session is over."

Understanding medications can be particularly important for diabetics. With that knowledge, they will know how to prevent hypoglycemia and meet their blood glucose goals on a routine basis. Authier will review all medications to ensure there are no unintended interactions that can cause side effects or reduce the prescription's efficacy.

Authier has been in practice for 33 years and her special interests are in polypharmacy, disease management, medication review and education. She is a bridge to help with medications and can make sure one is compliant and has all their labs completed. Bottom line, she is an extension of the primary care manager.

"When you come to see me, I am looking at everything," she said. "A large part of my job is to educate. For instance, diabetes... I am seeing more cases of that affliction. The reasoning for the increase may have to do with one's eating habits and the fact people are not getting up and exercising like they used to."

"When you come to see me, I explain everything about diabetes: What does

it mean? How does it affect different systems? What does it do to the eyes and the extremities? What do we look for in exams? Why is it important to test one's blood sugar? Why do we test at specific times, and what trends are we looking for?

"I also help with setting a diet and meeting blood sugar goals," Authier continued. "I let patients know if they don't take care of this, later on down the road they will be dealing with possibly worse problems. This is why they are on this medication; if it doesn't work, this is the next step. I am a disease educator."

Authier understands it can be expensive and sometimes inconvenient to eat healthy; it is easier to go through the drive-thru. To counteract those habits, she is able to give patients more resources for their toolbox, and increase the educational perspective that emphasizes the health rewards of disciplined habits. She also lays out the information in terms patients can easily understand. Most of her appointments can take up to an hour of listening, helping and explaining what needs to be done.

One of her recent patients came in with a blood glucose meter and complained about how much it hurt to do the finger prick for blood. As Authier watched, she realized the individual was doing it wrong. She took the time to walk the person through the technique that made the patient no longer mind pricking the finger because it no longer hurt.

Due to the increase of diabetes she has seen, Authier encourages everyone to get educated. The disease is preventable. Kenner has resources to help patients achieve good health through prevention.

"I believe there are a lot of services here at Kenner people don't even know about," she observed. "It's important to bring this to the beneficiary's attention because there are those out there who could be facing serious issues and need the extra help. It is important to know the preventative resources, and we have a great team at the clinic."

SEE **CLINIC PHARMACIST**, page 15



Lesley Atkinson, KAHC Public Affairs Officer

Clinical Pharmacist Kelly Authier discusses nutrition, exercise and other health maintenance issues with military retiree Everett Stevens during a Nov. 19 appointment in her office at Kenner Army Health Clinic.



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THANKSGIVING EVE PRAYER, continued from page 2

That while carving the turkey, a wishbone we'll find, not the sack of giblets that got left behind.

That dinner conversation will be without drama, and no one will bring up religion, Trump or Obama.

That around our table, stories will be told, about experiences we've had, both young and old.

About patriotism, honor, joy and strife; about the laughter, wisdom and strength in military life.

That sharing our stories will help us to see, that our sacrifices make America the home of the free.

And before we get too sentimental with tears in our eyes, someone will remind us that we haven't yet had pie.

That dessert won't send me on a guilt trip, because even store bought pie tastes good with enough Cool Whip.

That after dinner everyone will help clear the grub, so I'm not left with mountains of dishes to scrub.

That while watching football my husband will squelch, his manly urges to itch, scratch and belch.

And if the quarterback fumbles, he'll turn a blind eye, rather than throw the remote and let expletives fly.

That our neighbors won't linger because they've had too much booze, or hog our couch while taking a long snooze.

That our military friends appreciate the visit long overdue, but politely take the clue and bid us adieu.

That they'll leave our house with just coats and umbrellas, and not any symptoms of acute salmonella.

That we'll have a quiet moment to let tryptophan digest, and agree that the day was one of the best.

And if we happen to go in for round two of pie, that we'll have Pepto Bismol in our supply.

Now, as I lay my head down to rest, I pray that Thanksgiving Day will be blessed without stress!



CLINIC PHARMACIST,

continued from page 14

Other services offered by Kenner's clinical pharmacist include, but are not limited to, medication reconciliation and education; correct usage of inhalers and glucometers; referral for dietary consults; pain/opiate management; wellness center programs such as stress/sleep management; metabolic analysis; exercise testing; dose adjustments for medications already initiated; ordering labs; prescription refills; tobacco cessation and managing polypharmacy.

"When people walk away from our appointments, I want them to understand the information and to feel empowered to make a real change," she said. "If they don't understand, we will go over as much as we need to because it's all about that knowledge that will make the difference in their health."

The clinical pharmacist works with Active Duty and Family Medicine Clinic patients. Individuals may be seen by self-referral or

PCM recommendation. For self-referral, make an appointment by calling the Family Medicine Clinic at 804-734-9993 or the appointment line at 1-866-LEE-KAHC.

KAITLYN DAVIS,

continued from page 7

who are injured to get better. I don't think there is anything more prideful than getting the opportunity to serve your country."

Best thing about the Army: "The camaraderie – the people you meet along the way."

Worst thing about the Army: "The dumb things you have to do like raking leaves, picking up sticks and shoveling snow. I didn't join the Army to do the same things I would be doing at home."

Where you see yourself in five years: "I'm going to be an officer in the U.S. Army Medical Corps – stationed somewhere in this huge world."

– Compiled by T. Anthony Bell

COMMUNITY NOTICE: Holiday Weekend Gate Hours

The Temple, A Avenue and Shop Road gates here will be closed Nov. 23, the day after Thanksgiving, when workforce and visitor traffic will be significantly reduced. Lee Gate will be open from 6 a.m. - 8 p.m., and Mahone Gate will be open from 9 a.m. - 4 p.m. The Sisisky access control point will maintain 24-hour operations, as well as Jackson Circle for residents and guests of that housing area.

Ordinance Campus employees scheduled to work Friday can use Sisisky and the flyover bridge along 11th Street to reach their duty locations. The Visitor Control Center will maintain normal hours of operation Friday - Sunday. The Saturday and Sunday gate hours will not change.

To see the listing of gate hours, visit home.army.mil/lee/index.php/about/visitor-information.

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