



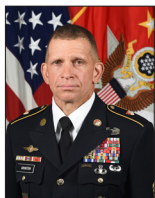
U.S. Army Forces Command

# FRONTLINE

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## Senior Leaders SMA on physical fitness



"Physical fitness is fundamental to sustained Army readiness. We must have highly trained, disciplined and physically fit Soldiers capable of winning on any battlefield. The ACFT... will help us assess and improve the individual readiness of the force."

— **Michael A. Grinston**  
Sgt. Maj. of the Army  
Sept. 27, 2019, Washington

## On Point Domestic Violence Awareness Month

Domestic Violence is a significant societal problem – impacting individuals in the military, the United States and the World. We hear the statistics and disturbing numbers regularly at mandatory training events, and every October as the Army joins the rest of our nation in recognizing the battle to end it. Thankfully, however, many of us are not living with domestic violence. For those of us so fortunate, why do we need to keep hearing, thinking or talking about it? We know to call the Military Police if we have to report potential violence, and we've heard about the resources that are available in case we need to share it.



## Flu season is here

Flu season time is here and medical experts say the **best protection against the influenza virus is to get vaccinated.**

According to the CDC flu activity begins to increase in October, peaking between December and February and diminishing by May.



## FORSCOM Soldiers win Army Best Medic competition



Major Gen. Dennis LeMaster (right), commanding general, Regional Health Command Pacific, pins on awards for the Army Best Medic Competition winners to Sgt. Manuel Sanchez (left) and Spc. Jared Gamble of the 7th Infantry Division on Joint Base Lewis-McChord, Wash., Sept. 27, 2019. (U.S. Army photo by Kirstin Grace-Simons)

By Kirstin Grace-Simons, U.S. Army  
Medical Command Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. – There are 15,000 medics in the U. S. Army. The 56 who composed the 28 two-Soldier teams that competed in this year's Command Sgt. Maj. Jack L. Clark Jr. Army Best Medic Competition this past week at Joint Base Lewis-McChord (JBLM), Wash., are the best of the best. The competition closed out with an awards ceremony at Carey Theater on Friday, Sept. 27.

After 72 grueling hours of event after event, never knowing what the next one would be, the team that came out on top may have benefitted from home field advantage.

Sgt. Manuel Sanchez and Spc. Jared Gamble of the 7th Infantry Division, scored a total of 93 points to capture the Best Medic title.

Gamble summed up the event from the stage, beaming from his shared victory.

"This competition was extremely difficult. It represents what we're supposed to be prepared for in the future – a vast amount of physical exercise and then, after being drained both mentally and physically, then to be able to perform our medical tasks with excellence," he said.

Sanchez had to thank all the other competitors, who ranked from specialist to captain and traveled from across the globe, for their inspiration.

"If I didn't see how hard you guys were working, I don't know if I would have been able to draw up that internal strength, honestly, I don't know if it was there without you guys," he said.

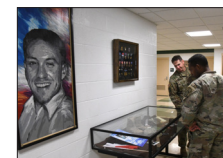
Rounding out the top three teams were, in second place with a total of 81 points, Capt. Seth Prosser and Capt. Michael Pikul of the 8th Army, headquartered at Camp Humphreys, South Korea, and Sgt. Tyler Fisher and Sgt. Aaron Tolson of the 82nd Airborne Division, based at Fort Bragg, N.C., with a total of 78 points in third place.

## FORSCOM in the news

Lt. Gen. Thomas S. James Jr., Commanding General, First U.S. Army, **was the keynote speaker at the recent Gold Star Mother's Day luncheon** in Wheaton, Ill.



Soldiers from 10th Mountain Division (LI), and invited guests **honored a fallen comrade during a recent rededication ceremony** on Fort Drum, N.Y.



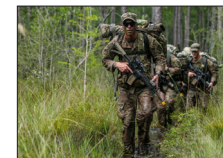
Sgt. 1st Class Andrew Green, maintenance supervisor, 1st Air Cavalry Brigade, 1st Cavalry Division, **recently prevented a suicide** near Fort Hood, Texas.



Paratroopers with the 82nd Combat Aviation Brigade, 82nd Airborne Division, recently engaged targets on **the newest aerial gunnery range** on Fort Bragg.



Leaders with the 3rd Brigade Combat Team, 101st Airborne Division (Air Assault), **recently participated in a Bushido training event** at Eglin Air Force Base, Fla.



## Meet your Army



**Spc. Austin Tome**, a horizontal construction engineer, 642nd Engineer Support Company, 7th Brigade Engineer Battalion, 20th Engineer Brigade, carries on his Family's long legacy of military service. Tome's grandfather started the Family's tradition of service when he fought in World War II. Other members of his Family also served, including his father, aunt, and uncle.



# TOP SHOTS

Here are the best photos from FORSCOM Public Affairs professionals world-wide. For more photos and information, click these photos or visit [army.mil/forscom](http://army.mil/forscom)



**Left** A Stryker Combat Vehicle from the 2nd Stryker Brigade Combat Team, 2nd Infantry Division, provides security for the brigade command post at the National Training Center, Fort Irwin, Calif., Sept. 4, 2019. (U.S. Army photo by Sgt. Ryan Barwick)

**Right** A Soldier from the 4th Infantry Division, keeps look out in a cleared building during a coalition situational training exercise near Amman, Jordan, Sept. 2, 2019, as a part of Eager Lion 19. (U.S. Army photo by Spc. Shadrach Hicks)



**Above** Pfc. Jacob Murray, satellite communication systems operator, 100th Brigade Support Battalion, 75th Field Artillery Brigade, adjusts the angle of the Satellite Transportable Terminal during the battalion's field training exercise on Fort Sill, Okla., Sept. 8, 2019. (U.S. Army photo by Sgt. Dustin D. Biven)



**Above** Soldiers assigned to A Battery, 3rd Battalion, 29th Field Artillery Regiment, 3rd Brigade Combat Team, 4th Infantry Division, fire a M109A6 Paladin in support of the joint training exercise Eager Lion '19 at Training Area 1, Amman, Jordan, Aug. 27, 2019. (U.S. Army photo by Spc. Angel Ruszkiewicz)

**Left** Soldiers assigned to 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), perform building clearing procedures during an urban operations demonstration for a multinational audience at Combat Training Center-Yavoriv, Ukraine, Sept. 3, 2019. (U.S. Army photo by 1st Lt. Lynn Chui)



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