

Kenner Health
Fair, Volksmarch
a place to find
fitness info and
lots of family fun

SEE PAGE 3



FORT LEE TRAVELLER

SERVING THE COMMUNITY OF FORT LEE, VIRGINIA, SINCE 1941

October 11, 2018 | Vol. 78, No. 34



PULLER PRIDE

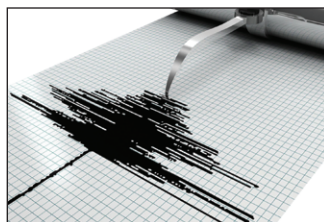
*Marine Detachment honors legacy of iconic general
with 66-mile run, gravesite ceremony*

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STATEWIDE EARTHQUAKE DRILL SET FOR OCT. 18

Post emergency managers ask all
Team Lee members to build, refine,
rehearse response plans during
“Great Shakeout” exercise

SEE PAGE 2



EMBLEMS OF EXCELLENCE

Quartermaster School
recognizes hard work
of 22 instructors during
badging ceremony

SEE PAGE 4

TEAM TACKLES ARMY 10-MILER

Lee runners among
30,000 participants of
annual race through
nation’s capital

SEE PAGE 5

RAISING GERM AWARENESS

Clinic joins annual
education campaign
focused on infection
control measures

SEE PAGE 12

Earthquakes among East Coast hazards to be considered in emergency planning

Community members across Fort Lee are expected to participate in the “Great Shakeout” Earthquake Drill Oct. 18 at approximately 10:20 a.m.

The start of the exercise will be announced via the ATHOC emergency warning system and official email channels. Regardless of whether individuals receive the announcements, however, they should take steps to review and rehearse crisis response procedures.

“The annual shakeout drill is meant to emphasize the importance of planning and practice to reduce the possibility of injuries or deaths,” noted Thomas Loden, installation emergency manager with the Directorate of Plans, Training, Mobilization and Security. “Earthquakes in particular are among the most destructive phenomenon in nature, and the fact they don’t happen often works against us because people become apathetic about preparedness.”

More than 160 earthquakes have occurred in Virginia since 1977. Most were negligible; however, in 2011 much of the state experienced a 5.8 magnitude tremor emanating from an epicenter in the Louisa County area approximately 72 miles northwest of Fort Lee. It was not the first major earthquake to affect the commonwealth. The third-largest earth tremor in the eastern United States was recorded here in 1897 and was felt in 12 states.

“That pretty much eliminates the ‘if’ question,” Loden noted, “and leaves us with when ... as in, when it happens, what actions will afford the best chance of survival?”

The shakeout drill is the right time to reflect on that question. If homes, offices, organizations, etc., are without a plan; people should take steps to begin putting one together. The recommendation is to assess the potential hazards and practice the following immediate response procedures:

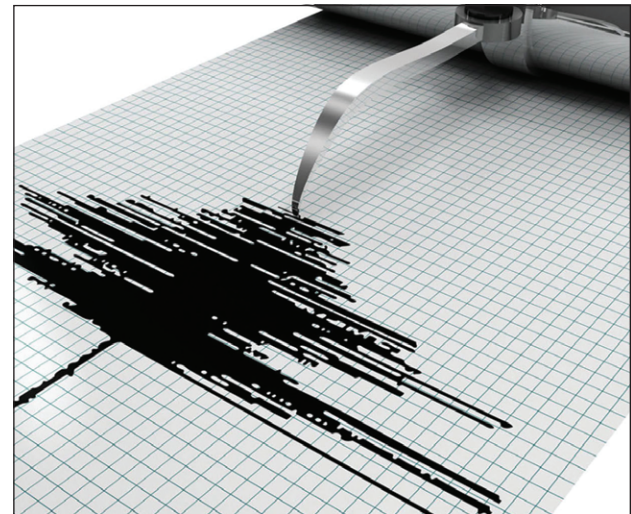
- DROP to the ground,
- COVER head and neck with arms and seek shelter by getting under a sturdy desk or table if nearby; and
- HOLD ON to the shelter and be prepared to move with it until the shaking stops.

Many injuries in earthquakes are caused by nonstructural objects – lighting fixtures, windows, ceiling tiles, etc. – falling from buildings, as well as toppling furniture and hanging objects coming loose and dropping to the floor. That’s why national safety experts recommend taking shelter under a solid object until the shaking stops. If outdoors, don’t run into a building. Find a safe spot well away from structures that can crumble or fall over, and get low to the ground to ride out the tremors. If operating a vehicle, find a safe pull-over spot away from power lines and poles.

It’s important to consider also what actions would be taken after the earthquake. Accountability is the foremost goal, followed by assessment of the damage to determine if evacuation is necessary. A well-thought-out response plan also would include emergency contact information for police, the fire department, public works, your child’s school if applicable, and so on. Ask the question, what supplies would you need if the quake destroys power or water lines, or makes roads impassable? Take steps to prepare for that possibly by assembling or checking the contents of an emergency response kit.

There are multiple information resources on the internet to help individuals construct a thorough response plan and educate themselves on the dangers associated with earthquakes, Loden noted. Recommended sites include www.cdc.gov/disasters/ earthquakes and www.ready.gov/earthquakes.

“Research is a proactive step. Ensuring employees are



Stock Photo

enrolled in ATHOC is one also,” said Loden. “Every positive action puts this command closer to protecting life and property during a natural or manmade disaster. There’s no question earthquakes can happen here, as stated earlier. The shakeout drill is the ideal opportunity to ask ourselves what steps can be taken to mitigate the effects of this potentially deadly hazard.”

Most computer workstations connected to the Fort Lee-area network have a direct link to the ATHOC registration portal. Click the small triangle on right side of the taskbar and then select the purple globe icon (contact your system administrator if it’s not visible). While registering in ATHOC, ensure work phone number, official email, place-of-duty address and after-hours contact information is provided at a minimum. For questions, contact Diego Reynoso at (804) 734-7903.

“I can’t emphasize enough how important it is to take this seriously,” Loden concluded. “Don’t assume it will never happen or that you can just deal with it when it does. Learn from history. Get into the mindset that we need to protect ourselves and those we care about and love by being aware and being prepared.”

– DPTMS and Staff Reports



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ON THE COVER



Sgt. Diego A. Nunez Jr.

Members of the Marine Detachment Fort Lee make their way to the Christ Church Parrish Cemetery in Saluda during the annual Lt. Gen. Lewis Burwell “Chesty” Puller Run Oct. 4. Story and more photos, pages 8-9.

Kenner Health Festival, Volksmarch set for Oct. 20; open to community

Kenner Army Health Clinic will host its 6th annual Health Festival and Volksmarch on Oct. 20, 8-11 a.m., with the main activities taking place in the A Avenue parking lot adjacent to the facility. Admission is free and open to everyone in the Fort Lee community.

Registration for the 5K walk/run begins at 8 a.m. The starting line go-signal is set for 9 a.m. Participants can look forward to a scenic volksmarch route that includes wooded trails through Petersburg National Battlefield Park. Pets are welcome. Children, 12 years old and younger, will receive a certificate of achievement for participating.

Both the volksmarch and health festival are centered upon the Army Surgeon General's Performance Triad initiative to move from a health care system to a system for health, noted Lt. Col. Paul Kassebaum, KAHC commander. The Performance Triad stresses the importance of physical activity, nutrition and sleep to achieve a balanced and holistic approach to care.

Lending their expertise to the health festival will be representatives from the Pediatric, Active Duty and Family Medicine clinics,



File Photo

A group of runners take off at the start of the Kenner Army Health Clinic's annual Volksmarch in 2017. Participants of all ages ran and walked along a scenic route. This year's event is set for Oct. 20, 8-11 a.m.

Optometry, Pharmacy, Orthopedic/Physical Therapy, Preventive Medicine, Behavioral Health, and the Army Wellness Center, among

many others.

Festival-goers can use this opportunity to learn more about health risks like lack of

exercise, obesity, poor diet choices and too little sleep, all of which can contribute to chronic disease. Additionally, the experts on hand are a good source of information for those seeking better fitness strategies to improve their overall wellness and health.

Flu vaccines will be available for family members and retirees enrolled to the clinic. Also, the Armed Services Blood Program will be conducting a blood drive to support our military service members on missions overseas.

"We are looking forward to promoting physical activity and healthy living for the entire family at our annual volksmarch celebration," Kassebaum confirmed. "We can improve our military community's readiness by preventing health care issues before they occur."

Capt. Scott Miller, chief of KAHC laboratory services and event coordinator, noted how military treatment facilities like Kenner continue to sponsor events such as the annual volksmarch and health festival that "invest in improving the readiness and resilience

SEE **VOLKSMARCH**, page 15



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Amy Perry

Twenty-two Quartermaster School instructors pose with Command Sgt. Maj. Sean Rice, QM Corps Regimental CSM, after being awarded Basic Army Instructor Badges during a ceremony Sept. 25 at the Petroleum and Water Department's Maj. Gen. Robert K. Guest Auditorium. The badges represent successful completion of a rigorous qualification process involving additional studies and favorable classroom evaluations by senior department leaders.

QM School honors 22 NCOs at instructor badge ceremony

Amy Perry

Production/News Assistant Editor

Twenty-two Quartermaster School noncommissioned officers were awarded Basic Army Instructor Badges during a ceremony Sept. 25 at the Petroleum and Water Department's Maj. Gen. Robert K. Guest Auditorium.

Presenting the distinguished uniform medallions and accompanying certificates was Command Sgt. Maj. Sean J. Rice, QM Corps Regimental CSM. He was joined by senior enlisted leaders from each QMS training department.

These ceremonies are part of the Army Instructor Development and Recognition Program. IDRP seeks to promote instructor achievement by encouraging and rewarding specified activities that result in personal and professional growth.

"It's humbling" to be able to recognize Soldiers for their excellent work, Rice said early in his remarks at the event.

"From Brig. Gen. Douglas McBride (Quartermaster General) and myself, we want to congratulate the new recipients of the instructor badge," he said. "Those who know me are aware I don't take this badge lightly, so it's an honor to be here to present these awards you."

Earning this badge keeps the corps' instructors on the right path in their career, Rice acknowledged, and right now, it's challenging to work on this accomplishment since the Army is asking a lot of its Soldiers with the implementation of new guidance.

"I do pray every day that the words I share with you result in a success story, today, tomorrow and the months and years ahead as you further distinguish yourself as educators," Rice also commented. "All of you have sacrificed and given up time from your own families because of your hard work. The best I can do is ask you to challenge yourself during these challenging times and show my appreciation to each and every one of you. Appreciate each other and celebrate often your accomplishments."

Under the IDRP, three instructor badges – basic, senior and master – are available. In order to be awarded the BAIB, candidates must undergo a rigorous certification program that includes requirements at the TRADOC and local command levels. Among them are completion of a basic instructor course, accumulation of at least 80 hours of platform time as a primary instructor and two favorable classroom evaluations 30 days apart. The criteria are greater for earning the senior and master badges, including facilitation of course improvements and revising lesson plans.

The distinguished instructor badges are worn on the left breast pocket of the Army uniform, similar to drill sergeant qualification emblems – both symbolizing professional excellence in training and education. The phrase imprinted on the instructor badge "experto cred" is latin for "believe the one who has experience in the matter."

NEWS BRIEFS

Community Invited to Pink Friday Walks

As part of the Breast Cancer Awareness Month activities on post, Pink Friday Walks are set for each Friday in October, 11:30 a.m. - 1 p.m., on the track at the Strength Performance Center, building 6008, 16th Street and A Avenue. All community members are welcome. The next events are Oct. 12, 19 and 26.

No registration is required. Participants may walk one or more laps in support of someone who is battling breast cancer or to commemorate those who have died from the disease. The event host is the Logistics Readiness Center – Fort Lee.

For details, call 804-734-5211 or 734-4637.

Army Career Skills Information Session

Job seekers can learn about employment, education, training and support services to enter the labor market at a Workforce Innovation Opportunity Act orientation workshop Oct. 12, 10 a.m. - noon, in the Soldier Support Center, building 3400.

The national Army Careers Skills Program provides free job coaching, licensure and credentialing, job placement and more. The seminar is for those separating from the military in 6-9 months, spouses and veterans. Registration is suggested.

For details, call 804-734-5814.

Exchange Pet Photo Contest

Authorized shoppers have a chance to win a \$1,000 gift card during the Army and Air Force Exchange Service Halloween Pet Photo Contest through Oct. 31.

To enter, submit a photo of a pet wearing a Halloween costume to shopmyexchange.com/sweepstakes. Four runners-up will each receive a \$500 gift card. Photos must be in .jpg, .png or .pdf file format. The contest is open to those 18 and older. No purchase is necessary. Winners will be announced on or about Nov. 15.

Archaeology Month 'Trowel Talk' Events

The Regional Archaeological Curation Facility will host three "Trowel Talk" sessions with Petersburg National Battlefield Curator Emmanuel Dabney Oct. 16, 12:30 p.m., 1:30 p.m. and 2:30 p.m., in building 5222, 22nd Street and Shop Road.

Dabney will display artifacts from house sites within the battlefield and discuss the effects of Civil War activities on archaeological discoveries. An RSVP is requested by Oct. 15 by calling 804-765-7026.

The RACF also is posting a [#guesstheartifact](https://www.facebook.com/ArmyFortLee) contest on Fort Lee's Facebook page each Monday for four weeks. For details, visit www.facebook.com/ArmyFortLee.

Exchange Rewards Good Grades

The Army and Air Force Exchange Service is rewarding hard-working students in grades 1-12 who maintain a "B" or better average. As part of the "You Made the Grade" program, youngsters can receive a \$5 Exchange gift card every grading period during the 2018-'19 school year. Qualifying students also can register for a worldwide drawing to win a \$2,000, \$1,500 or \$500 Exchange gift card.

To receive the \$5 Exchange Gift Card, present a valid military ID and proof of an overall "B" average at the customer service area in the main store.

Other details are available at www.shopmyexchange.com.

IG Office Ready to Help Community

The Fort Lee Army Inspector General's office is available to any community member seeking help with issues involving suspected misconduct and unfair or illegal business practices on the installation.

All consultations are confidential. Walk-in services are available. The office hours are Monday-Wednesday and Friday, 8:30 a.m. - 4:30 p.m., and Thursday, 1-4:30 p.m. The office is in building 9028, near the PXtra on Mahone Avenue.

For details and appointments, call 804-765-1550.



Dani Johnson, CASCOM Public Affairs Officer

Runners represent Team Lee at 34th annual Army 10-Miler

Maj. Gen. Rodney D. Fogg, CASCOM and Fort Lee commanding general, far right, and Command Sgt. Maj. Michael J. Perry, CASCOM CSM, proudly pose with the Fort Lee Army 10-Miler team and its coach Larry Toler, far left, on Oct. 3 in the command suite lobby at Mifflin Hall. On Sunday, the team was among the 35,000 participants taking part in the 34th annual race that begins and ends at the Pentagon with a course that winds through the nation's capital. Fort Lee placed second in the Master's Coed division for runners age 40 and older. The 10-miler is the kickoff event for the Association of the U.S. Army Annual Meeting and Exposition at the Walter E. Washington Convention Center in Washington, D.C. Photos are available at [Facebook.com/armytenmiler](https://www.facebook.com/armytenmiler).

Post worker among state honorees



Contributed Photo

Na'Stelle Graves, third from left, a Fort Lee Soldier for Life - Transition Assistance Program employee, poses with fellow honorees and representatives from Virginia's Chamber Foundation and Department of Veterans Services at a Sept. 25 awards ceremony in Richmond. Two Army and one Navy employee were thanked for their support of the recently launched HIRE VETS NOW program – an intensified effort to organize professional development and career networking events that bring together transitioning service members, military spouses and business representatives. According to Human Resource Department Director Carrie Meinzer, Graves “aggressively manages” transition services here, with outcomes ranging from monthly networking and career skill-building events to regular email blasts containing information about regional learning opportunities, job openings and more. The other first-time recipients of the Virginia Values Veterans – Installation Award are Gary Adams, Transition Services specialist at Fort Belvoir, and Amanda Slosson, Navy Region Mid-Atlantic Regional Transition Outreach coordinator. “These individuals have gone above and beyond their call of duty to engage in this partnership with our agency, the Chamber Foundation and other key partners to assure the success of the HIRE VETS NOW program,” said John L. Newby II, Virginia DVS commissioner.

Soldiers receive retirement recognition



Contributed Photo

The honorees of the Sept. 26 Installation Retirement Ceremony proudly pose for a commemorative photo on the stage of Wylie Hall auditorium. The retired Soldiers pictured from left to right are: Maj. Arthur R. Ball Jr., Army Logistics University Support Battalion; Chief Warrant Officer 2 Jason R. Cook, 12th Military Police Detachment (CID); Command Sgt. Maj. Gerald K. Johnson, Virginia Army National Guard; CSM Jeremy W. Gross, 29th Brigade Engineer Battalion, Schofield Barracks, Hawaii; 1st Sgt. Angel Gonzalez, HHC 101st Brigade Support Battalion, Fort Riley, Kansas; Sgt. 1st Class Momodou D. Kah; 59th Ordnance Brigade; Staff Sgt. Darcel G. Dingle, 615th Air Support Battalion, Fort Hood, Texas; and SSG Andrew W. Kemp, 832nd Ord. Bn. The event was hosted by the 23rd Quartermaster Brigade. The next Installation Retirement Ceremony is set for Nov. 15.

Spc. Kwadasia Grant

Unit: HHC, 23rd Quartermaster Brigade
MOS: 92F- petroleum supply specialist
Age: 21
Time in service: three years
Marital status: single
Hometown: Suffolk
Describe yourself: “Quiet, shy and caring with a big heart.”
Personality strengths: “My compassion.”
Personality weakness: “I have difficulty drawing the line between helping and helping too much.”
Is being too compassionate compatible with military service? “I do have issues drawing the line, but I won’t let people walk over me. I’m not a pushover.”
Pastimes: “I like music. When I go home, I practice with my brother and cousin, who are both musical as well. I sing and they play instruments.”
When you are most satisfied: “Probably when I’m with my family.”
Worst fear: “Bugs.”



T. Anthony Bell

Best movie: “‘The Pursuit of Happyness’ starring Will Smith. The movie’s message is no matter what you go through, you can overcome it.”
What you believe in: “Having goals, mor-

als and standards and putting forth the effort to get what you want.”
Describe your family life growing up: “I have two brothers and four sisters. I’m the second oldest. My dad is a pastor, so my household was pretty strict. There was a lot we couldn’t do, clothing we couldn’t wear or places we couldn’t go because of the position he held.”
Somebody you admire: “My parents – I haven’t always agreed with them, but I think they always did what they thought was best for us. For instance, they struggled at times, but they shielded us from whatever they were going through.”
The biggest point of contention with your parents growing up: “I would say relationships with friends. For example, my parents didn’t like my first boyfriend at all. I was drawn to him even more for that reason. They had been listening to other people and drawing conclusions. He wasn’t a bad person.”
How you would summarize growing up as a preacher’s kid: “It wasn’t bad for me, but you do have to be mindful of what you do

that doesn’t just affect you but everybody – the church, the family, etc.”
A celebrity or historical figure you would like to meet: “I like Jazmine Sullivan (the R&B singer). I think she has a great voice and sings with passion.”
Your ideal life: “I would be a neonatal nurse, have a husband and family – no more than three children – and live in a big house where my parents and all my sisters and brothers can visit.”
If you won the lottery: “I would travel and go everywhere – visit every country. I also would give it away to charity, maybe cancer research.”
If you could do anything right now, what and where would it be? “I would go parasailing on the beach.”
Something about you no one knows: ‘That I have attitude issues. I can sometimes get really mad. That’s why I try to be this positive person and be nice to everybody because I know once I’m angry, I just shut down. Once that happens, it’s a struggle to get out of it.”

SEE **SPC GRANT**, page 15

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TRIBUTE TO

A MARINE'S MARINE

Fort Lee Devil Dogs honor Lt. Gen. Puller with 64-mile relay run to his hometown

T. Anthony Bell
Senior Writer/Special Projects

SALUDA – Few U.S. military officers are more revered than Virginia native Lt. Gen. Lewis Burwell “Chesty” Puller. More than 47 years after his death, the mere utterance of his name causes Devil Dog chests to swell and platoons to call out a respectful “ooh-rah” in his honor.

For Marine Detachment Fort Lee, the connection to Puller is even stronger given the proximity of the famous general’s hometown and final resting place. As it has done for many years, the unit conducted its annual Chesty Puller Memorial Relay Run Oct. 4 to the towns of West Point and Saluda.

More than 250 Devil Dogs participated in the grueling 64-mile, 12-hour event culminating at Puller’s burial site at Christ Church Parish cemetery.

Lt. Col. Morina Foster, MD Fort Lee commanding officer, said the 25th edition



Photos by T. Anthony Bell

(CLOCKWISE FROM LEFT) Pfc. Jason Hoffman, Pfc. Devin Alvarado and Pfc. Steve Chavez pay their respects to Lt. Gen. Lewis Burwell “Chesty” Puller and his wife, Virginia Montague Evans, at the Christ Church Parish cemetery in Saluda following the annual Chesty Puller Memorial Relay Run Oct. 4. More than 250 students and cadre from Marine Detachment Fort Lee participated in the 64-mile event. • Pfc. T. Steinhagen and others toast to Puller’s heroism. • Marines bow their heads in prayer. • The runners file into the cemetery grounds of the Christ Church Parish. • Pfc. Alex Matip stares front and center during the gravesite ceremony.

of the event allowed her to share Puller’s legacy with new Marines attending initial entry training here.

“What this meant to me as the detachment commander was having the opportunity to impart some history to those coming into the Marines Corps today,” she said. “A lot of their knowledge about Chesty Puller is only PowerPoint-deep. Participating in the run allows us to instill in them a little bit more about our history and traditions.”

Puller is celebrated as the most decorated Marine with five Navy Crosses and an Army Distinguished Service Cross among a long list of other medals, awards and citations. Puller saw combat tours in

Haiti, Nicaragua, during World War II and the Korean War. As a fighting man, his exploits in battle along with his square jaw and intense gaze contributed to his enduring symbolism.

The Marine Corps mascot, always a purebred English bulldog, is known as “Chesty Pullerton.”

The MD’s top enlisted Marine, Sgt. Maj. Matthew Moore, who participated in last year’s event, said although Puller has been deceased for nearly a half century, young Marines can still relate to what he represents.

“I think it was the grit, tenacity and his courage in the face of extreme adversity in combat – something every Marine as-

pires to,” he said.

Pfc. Terry Jones, 21, from Havelock, N.C., said the run is not only an event few Marines get the opportunity to participate in but also acknowledged it is inspirational to learn more about the Marine he heard so much about as a young recruit.

“I think he’s a very motivating Marine,” he said. “I read up on his history, and he did a lot and was always there for his Marines. Listening to his stories in boot camp kind of motivated me to push through and helped me realize it could always be worse. Trying to live up to his legacy was the best thing I can do as a Marine.”

At the church parish, the Marine students and cadre were joined by Rev.

Stuart Wood, rector of Christ Church, and Elizabeth Evans, Puller’s sister in-law. Wood provided a history of the church, talked about Puller’s life after his retirement and led the group in prayer.

Later, the Marines toasted Puller, placed wreaths on his and his wife’s gravesites and sang the Marine Hymn. Moore said the ceremony is indeed a special occasion.

“This actually brings the corps closer to the family and Chesty,” he said. “Having a member of his family here to share the event makes us feel like we’re with him today.”

Puller is buried next to his wife, Virginia Montague Evans.

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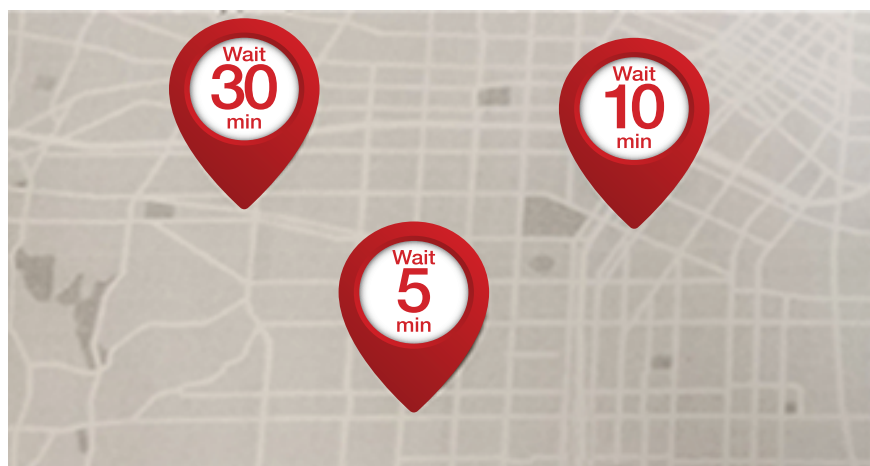
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INTERNATIONAL INFECTION PREVENTION WEEK 2018

Clinic joins community campaign to curtail spread of cruddy critters

Lesley Atkinson

KAHC Public Affairs Officer

To highlight the importance of infection prevention and raise awareness of everyone's role in protecting the public, Kenner Army Health Clinic is joining the observance of International Infection Prevention Week Oct. 14-20.

Within the clinic, the Army health care team will be engaging the community through the presentation of displays located in the pharmacy waiting area and main entrance lobby. Both locations will have informational hand-outs, games and giveaways.

"We want to inform our community about this important topic, outlining ways in which beneficiaries, families and healthcare providers can work together to keep everyone safe," said Deneen Archer, Patient Safety/Infection Prevention manager at Kenner. "It takes a team to truly protect patients everywhere, and we need everyone's help."

The 2018 IIPW theme is "Protecting Patients Everywhere." The history of the awareness and call-to-action campaign started in 1986 when it was officially launched by President Ronald Reagan. The Association for Professionals in Infection Control has spearheaded the annual effort to highlight the importance of infection prevention among healthcare professionals, administrators, legislators and consumers.

According to the Centers for Disease Control and Prevention, approximately 1-in-25 people are diagnosed with health care-associated infections each year in the U.S. Not only does this cost the medical care system billions in excess expenditures, it also results in the deaths of 75,000 patients each year.

"You are an important part of infection prevention, so please speak up for your

care," Archer said. "Things that you can do to prevent the spread of germs are to properly wash your hands often, and make sure everyone around you does the same. Sneeze and cough into your elbow, not your hand. If you're sick, stay home as much as possible."

Other helpful tips for infection prevention include taking prescribed medications as directed. If having surgery, ask the provider if showering with a germ-killing soap ahead of time would be beneficial. Also, ask about safe injection practices (one needle, one syringe, one time only), and if hospitalized and the room looks dirty, ask to have it cleaned. Catheters commonly used during hospitalization should be promptly removed if they are no longer required. The sooner it is removed, the better to prevent infection.

Keeping immunizations up-to-date, including annual flu shots, is another good practice. Parents with younger children should be particularly mindful in this area to reduce the likelihood of transmitted infections in a public school setting where children may not be as diligent about hand washing, covering their mouths when they cough or sneeze, or avoiding contact with their mouth, nose or eyes after touching a contaminated item.

Over the years, the IIPW observance has vastly expanded to every corner of the globe. It's an opportunity to bring awareness to patients and promote safer health care practices to reduce the threat of health care-associated infections.

Kenner provides free downloadable resources and activities for patients and families as well as fact sheets on infection prevention basics, settings of care, and more. The "Infection Prevention and You" website is accessible at www.apic.org/infectionpreventionandyou. For other assistance, contact Archer at 804-734-9028.

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CALENDAR

LOCAL ACTIVITIES FOR THE FORT LEE COMMUNITY

Express Oktoberfest Celebration | Oct. 13

The Fort Lee Express Gas Station is hosting an Oktoberfest and Fall Celebration, Oct. 13, 1:30-4 p.m. All community members, age 18 and older, are welcome. Admission is free.

The event will include prizes, giveaways, a Monster Truck and more.

For details, call 804-861-8081.

Fort Lee Oktoberfest | Oct 13

The installation's annual Oktoberfest event is set for Oct. 13, 5-10 p.m., at the Lee Club. The festive evening is open to the public.

The cost for adults is \$9. It is free for children, 12 and under. Tickets can be purchased at the Leisure Travel Office, Cardinal Golf Club, the Fort Lee TenStrike Bowling Center or at the Lee Club Soup and Salad Lunch. A special Oktoberfest Mug is available for \$28, which includes admission and the first fill of the mug.

For other details, visit lee.armymwr.com/calendar/event/oktoberfest/2586115/31583.

MHS Band Showcase | Oct. 13

"The Showcase of Bands," a competition featuring 19 marching groups from across Virginia, will be held Oct. 13, 3 p.m., at Midlothian High School, 401 Charter Colony Parkway, Midlothian. The bands include Prince George High School. Admission is \$8.

For details, visit www.midloband.org/showcase.

High Street Haunts Home Tours | Oct. 14

Participants can tour nine historic High Street homes in Petersburg and hear tales of the spirits that may still dwell in them Oct. 14, 1-5 p.m.

Tickets are \$20 in advance and are available at www.eventbrite.com/e/high-street-haunts-tickets-48352783477.

For details, visit www.highstreethaunts.com.

'Hire Vets Now' Event | Oct. 17

Hire Vets Now, a Virginia initiative focused on transitioning service members and veterans, will hold a networking event Oct. 17, 11:30 a.m. - 1:30 p.m., at the Soldier Support Center, B Avenue, building 3400.

This free event also is for military spouses. To register, visit www.vachamber.com/hirevetsoct17. For details, email r.dare@vachamber.com.

QM Museum Lunch and Learn | Oct. 18

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

A "Million-Mile Jeep" will be on exhibit in the museum as well as several other fully restored jeeps including one from World War II.

For details, call 804-734-4278.

Lee Homebuyer's Workshop | Oct. 18

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

Topics include personal finance, credit issues, qualifying and applying for a loan, home inspection, the role of the real estate agency and more. It is open to everyone in the Fort Lee community.

For details, call 804-765-3862.

ALU Monster Mash Dash | Oct. 19

The Army Logistics University Support Battalion will hold a Halloween Family Fun 3K Run and Walk Oct. 19, 6:30-7:30 a.m., starting and ending at lot 5 adjacent to ALU.

For details, call 804-762-8121 or 765-8102.

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SPC GRANT, cont. from page 6

One life-changing event: “One of the greatest things that happened is the birth of my baby sister who is now 6 years old. Because my parents worked, it was up to me to step up and help them out. It changed me for the better. I started to do better in school, my attitude changed and I started to help out more around the house. I also realized my younger siblings watched everything I did, so I worked to set a good example for them. My responsibilities required me to wake up at 4:30 a.m. I had to ready myself for school, get my sister dressed for daycare and also make sure my brother and I made it to school on time. I was in afterschool detention a lot because we were tardy many times, and I would take double detention so my brother didn’t have to do it because it wasn’t his fault. I would also pick up my sister in the afternoon. She was more of my child than my little sister. I loved her and took care of her as if she was my own. I still do today.”

Why you joined the Army: “I wanted to go to college and didn’t want to take away from my younger siblings. I wanted to be one less person my parents had to worry about.”

Has the Army met your expectations? “I thought it was going to be harder and meaner. It really isn’t that bad, however. It’s really just a mind game – as long as you know who you are and why you’re here. I think it’s a good opportunity, especially if you’re first starting out.”

What it means to wear the uniform: “I think you should wear the uniform with pride and honor. Not everyone get the opportunity to wear it, and some take it for granted. They’ll say, ‘Well, it’s a paycheck,’ but it’s so much more than that. You meet so many people and gain so many friendships. The Army really becomes your family.”

Best thing about the Army: “The relationships you form with people from all over the world and of different backgrounds.”

Worst thing about the Army: “Having to be away from your family during deployments.”

Where you see yourself in five years: “I see myself with a degree and continuing my military career.”

– Compiled by T. Anthony Bell

VOLKSMARCH, cont. from page 3

of the Army Family.” The event encourages community members to incorporate health-promoting behaviors and decisions into their everyday lives or life space.

“The volksmarch is a traditional European community activity in which participants spend time with family and friends, enjoy nature, eat homemade foods and get healthy exercise all at the same time,” Miller said.



“That’s the vision we have for this celebration every year with the added 5K race thrown in to add to the excitement. We hope to see maximum participation, making our 6th annual Volksmarch and Health Festival the best of them all.”

A forecast of sunny skies, mild temperatures and trees with vibrant fall colors also should serve as inspiration to dust off your lederhosen, dirndls and other German-themed

attire and come out to Fort Lee for this exhilarating community event. Just remember to wear shoes appropriate for hiking, bring water for hydration and ensure canines are leashed and current on vaccinations. Food will be available for purchase at the festival site.

For more information, call the KAHC Public Affairs Office at 804-734-9086.

– KAHC

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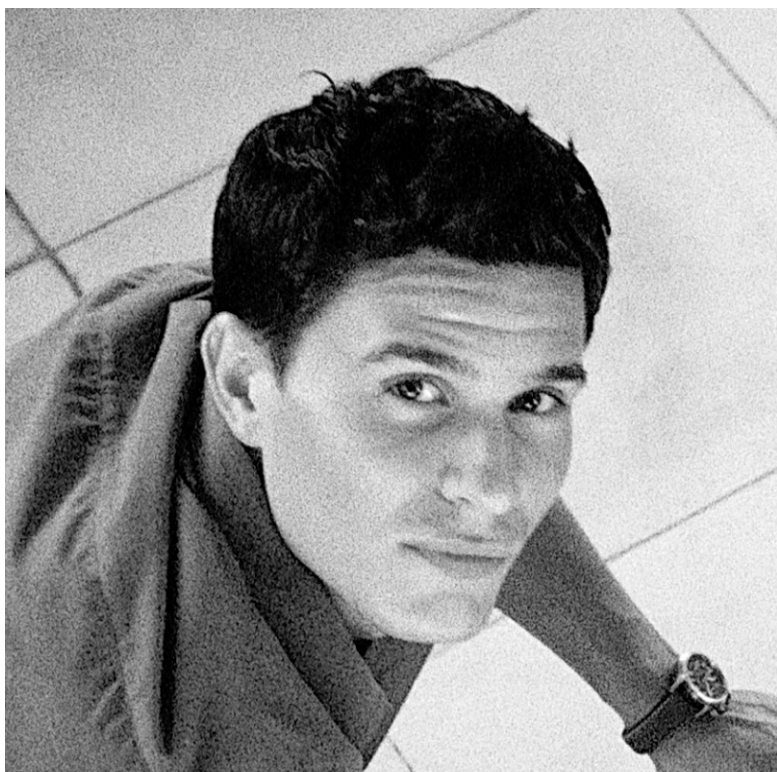
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