Army opens combat arms MOSs to women

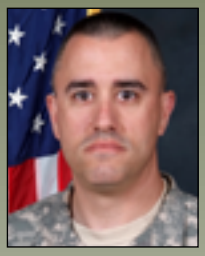
Marines hone combat skills

Old Guard vies for coveted EIB

Fort A.P. Hill Down Range

Vol. 2, No. 1 3.25.2016

Fort A.P. Hill Down Range



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The *Down Range - Fort A.P. Hill* newsletter is an award-winning monthly publication authorized and produced by the Public Affairs editorial staff in accordance with AR 360-1 to inform and entertain the installation community on people, policies, operations, technical developments, trends and ideas of and about the Department of Defense, the Department of the Army and Fort A.P. Hill.

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2009
Department of Defense
Thomas Jefferson Award

2009, 2010
U.S. Army Installation Management Command
Maj. Gen. Keith L. Ware Award

2004, 2009, 2010
Department of the Army
Maj. Gen. Keith L. Ware Award

2008
IMCOM - Northeast Region
Liberty Bell Award

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COVER SHOT

(Photo by Lance Cpl. Samuel Guerra)

7 Pfc. Deondrez Lighty, rifleman, 3rd Battalion, 2nd Marine Regiment, provides security during a Deployment for Training exercise held here, Jan. 29. Marines patrolled through the snow and woods to maintain squad proficiency in adverse weather conditions.

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Navy hero dedicates Medal of Honor to fallen friend

(U.S. Navy photo by Oscar Sosa)

President Barack Obama presents the Medal of Honor to Senior Chief Special Warfare Operator (SEAL) Edward C. Byers Jr. during a ceremony Monday at the White House.

By Terri Moon Cronk
Defense Media Activity

WASHINGTON - When President Barack Obama presented the Medal of Honor to Navy Senior Chief Petty Officer Edward C. Byers Jr. at the White House Monday, he said Byers could be defined by his deep sense of humility and as someone who doesn't seek the spotlight.

Byers, who received the military's highest honor for his gallantry in December 2012 in the rescue of an American hostage held captive by the Taliban in Afghanistan, stepped out of the White House after the ceremony to address the media. He thanked his family, friends and special operations teammates for their support.

"Everything we do is as a team," he said. "If it wasn't for that team, I wouldn't be standing here today."

Being a Navy SEAL and doing what he loves "is truly the best job in the world," he said.

FRIEND'S SACRIFICE

But there was someone else the softly spoken Byers wanted to acknowledge: his teammate and fellow Navy SEAL, Chief Petty Officer Nicolas Checque, who was the rescue operation's team leader.

Checque was mortally wounded in the ensuing Taliban attack that cold night in a remote building on an Afghanistan mountain, and he died of his injuries shortly after the successful rescue was complete.

> ***"To my teammate, brother and friend, Nicolas Checque, this award is truly his. He was an American hero."***
>
> - Navy Senior Chief Petty Officer Edward C. Byers Jr.

"To my teammate, brother and friend, Nicolas Checque, this award is truly his," Byers said. "He was an American hero and the hero of that operation. He died a warrior, (and) he died to bring home another American. I believe our nation owes him a debt of gratitude."

As a warrior, Byers said, Checque selflessly carried out the toughest of missions. He thanked his teammate's family for "giving their son to this country to help protect this (nation's) freedoms."

ONE STEP AT A TIME

Byers told reporters he doesn't know how long, or even how, receiving the Medal of Honor will change his life. He plans to take it one step at a time, he added.

"Today has been a very memorable day," he said. "(It) is something I'll never forget. I look forward to some much-needed time with family, friends and teammates. We're going to celebrate the lives of the brothers who have fallen protecting our freedoms."

Army reveals plan to fully integrate women into all MOSs, combat units

By J.D. Leipold
Army News Service

WASHINGTON - Acting Army Secretary Patrick Murphy and Army Chief of Staff Gen. Mark A. Milley told lawmakers the Army is opening the door to every job a Soldier can hold regardless of gender.

"This is the right decision for our Army," said Murphy, testifying before the Senate Armed Services Committee today. "The personal courage and selfless service made by women in our Army is no different than that exhibited by our men… we owe them the respect and honor to offer them the opportunity to succeed anywhere in our Army based upon only the merits of their performance."

Murphy said that after several years of extensive research, collaboration and practical evaluation, the service came to three primary conclusions - that women are capable of performing every job in the Army; that the maintenance of high standards, performance and professional conduct will be based solely upon what the position requires and nothing else; and that leadership is critical to integration.

Murphy added that full integration will likely take several years as the Army adjusts both to the culture and to growing individual skills within the force.

"For the record, I fully support opening military occupational specialties in the United States Army to all Soldiers regardless of gender," Milley said. "And, I believe full integration of women in all career fields will either maintain, sustain or improve the overall readiness… and our capability of the force if… and only if we maintain and enforce rigorous combat readiness standards and we maintain a merit-based results-oriented organization, and we apply no quotas and no pressure… we will not impose quotas on ourselves."

> ***"The personal courage and selfless service made by women in our Army is no different than that exhibited by our men."***
>
> - Acting Secretary of the Army Patrick Murphy

Milley said that once approved by Defense Secretary Ash Carter, the Army would execute what he called a "very deliberate, methodical and transparent process" to include developed and published measurable gender-neutral standards based on combat readiness requirements.

"I estimate that effective female integration into infantry, armor and special forces will require no less than one to three years of deliberate effort in order to develop the individual skills and grow our leaders," Milley added. "The Army is currently in the process of ensuring our facilities comply with law and DOD policies for access and gender-neutral living standards at both our basic and individual training."

The Army will integrate women through a "leader first" approach, with women able to serve as infantry and armor officers later this year in designated brigade combat teams.

The chief of staff said this spring female cadets and officer candidates, who meet the gender-neutral standard, will be given the opportunity to request either infantry or armor branches.

See WOMEN, page 11

(Photo by Spc. Dacotah Lane)

1st Lt. Shaye L. Haver, company commander, D Co., 1-4th ARB, made military history when she earned the Ranger tab at Fort Benning, Georgia, Aug. 21, 2015.

(Photo by Staff Sgt. Scott Brooks)

Capt. Kristen Griest, center, became one of only two female Soldiers to graduate and earn the Ranger tab, Aug. 21, 2015.

Army focused on stopping sexual retaliation, says G-1

By David Vergun
Army News Service

WASHINGTON - When asked about the 62-percent retaliation rate for Soldiers reporting sexual harassment and assault, Lt. Gen. James C. McConville replied to a lawmaker: "That's our biggest concern right now … we still need to get after it."

McConville, deputy chief of staff for Personnel, Army G-1, and his counterparts from the other services, testified before a Senate Armed Services Committee's subcommittee on Personnel hearing, March 9.

The message that retaliation and retribution are wrong, as well as criminal, needs "to get down to the lowest levels in the squads and commanders also have to be held responsible," McConville said.

In many cases of retaliation reports, commands have taken appropriate actions, he added. The Army has a good path for reporting sexual assaults, but retaliation has to be taken care of as well.

The Army and other services will be publishing policies to make service members understand the seriousness and consequences for retaliation or reprisals, he said.

The Office of the Secretary of Defense has initiated a working group with each of the services to develop overall Department of Defense policies. These policies will include common definitions, prosecutorial options available and increasing awareness of the problem and its prevalence in the services, he said.

National Sexual Assault Awareness and Prevention Month—April 2016

April is National Sexual Assault Awareness and Prevention Month. The Army's theme is "Sexual Assault. Sexual Harassment. Not in Our Army." Although we recognize preventive efforts during this month, make no mistake this theme must remain a year-round commitment for every member of the Army Team.

The American people send us their sons and daughters with the expectation we will protect, develop, and employ them to fight and win our Nation's wars. We accomplish this through a ready, capable, and professional force that takes care of its own.

Therefore, we remain personally committed to eliminating sexual assault and harassment from our Army. Such behavior has no place in a disciplined military force. The American public looks to the Army for leadership—and we will not fail in that mission.

Command engagement is crucial to preventing sexual violence and retaliation against those who report or witness an offense. We rely on leaders to set and enforce standards that ensure a healthy command climate for all Soldiers. If offenses occur, we expect leaders to ensure compassionate care for the victims and to hold offenders appropriately accountable.

We also believe that committed, engaged leadership down to the squad level along with prevention campaigns are crucial to our success. We encourage everyone to re-energize these efforts.

Every Soldier, Army Civilian, and Family member deserves to be and will be treated with dignity and respect. Sexual assault, sexual harassment, and retaliation have no place in our Army and are detrimental to combat readiness. As Army leaders, all of us have a duty to uphold our values by ensuring an Army free of sexual violence.

Army Strong!

Daniel A. Dailey
Sergeant Major of the Army

Mark A. Milley
General, United States Army
Chief of Staff

Patrick J. Murphy
Acting Secretary of the Army

In short, "it's a crime, it can and will be punished and it won't be tolerated," he emphasized.

As a parent of three children, "I expect, and my wife demands that we provide a safe and secure environment for our children," he said. His two sons and daughter are all serving in the Army.

The Army, "has put a tremendous amount of resources into SHARP. People are getting it, but we need to continue working on it," he added.

Sexual harassment and assault are part of a larger issue of upholding Army Values, McConville said.

Every year, 120,000 Soldiers come into the Army and each of those Soldiers comes in with differing sets of values, he said. It's important to inculcate each of those Soldiers with Army Values.

Changing the culture starts from the top, but a lot of it also needs to come from the bottom up, from the squad level, he said.

LeWonnie Belcher, a branch chief of the G-1 SHARP Program Office, said there are a couple of data points pertaining to retaliation and sexual assault/harassment. In a recent RAND report, it states that 52 percent of women who officially reported a sexual assault (normally penetrative offense) felt some sort of professional or social retaliation (downgrade of performance appraisal, promotion denials/ exclusion from social events or given the cold shoulder treatment, etc.).

There's another statistic that's cited, and that is from the Workplace Gender Relations Survey of the Army active component. That survey states that 62 percent of women who reported unwanted sexual contact, perceived some form of professional or social retaliation.

Any climate, any place

Marines hone combat skills

3/2 Marine Courtesy Story

CAMP LEJUENE, North Carolina - After six months of careful planning, more than 700 Marines from 3rd Battalion, 2nd Marine Regiment, with attachments from 2nd Combat Engineer Battalion and Combat Logistics Battalion 2, conducted a Deployment for Training exercise here, Jan. 18 - Feb. 4.

The DFT is designed to simulate operating in a deployed environment and to prepare the unit for any future contingencies they may encounter while deployed to Okinawa, Japan. However, the Marines chose to train at Fort A.P. Hill for a specific reason - larger training areas.

"These ranges afford the Marines (an opportunity) to fully prepare for what they are going to see at the Integrated Training Exercise and in combat," said Capt. Mark Greenlief, the unit operations officer. "We were able to sit down with range control and design specific ranges that allow us to meet our training objectives."

The large range, "28 papa," allowed the Marines to hone their combat tactics on a much greater scale.

"We are able to do full platoon attacks out here," said Lt. Col Sean Dynan, battalion commander. "This is a huge step for mission readiness."

The Marines also faced an erratic opponent during the DFT; the unit suffered a little training interference with about two feet of snow which had blanketed the unit.

"Dealing with (uncertainty) is important for any infantry battalion," Dynan said. "I'm glad it happened to mine, because this will only make us better."

The snow had not cooled and dampened the battalion's desire to be an effective fighting force. Despite whatever obstacles the Marines stumbled across, they continued training to maintain mission readiness.

"You do not waste a moment when it comes to preparing for combat," Dynan said. "Being here together builds a stronger battalion."

(Photos by Lance Cpl. Samuel Guerra)

While his squad moves out on patrol, Pfc. Bradlee Hodson, rifleman, 3rd Battalion, 2nd Marine Regiment, scans the area for any aggressors. His unit recently conducted an exercise here to train and fine-tune the Marines' infantry tactics.

Marines march to a Bangalore torpedo impact zone during a training exercise held here recently. The range exercise was designed to ensure that the Marines maintain proficiency with their assigned weapon systems.

Day 2 of this year's combined 310th ESC/3rd TBX Best Warrior Competition, matched Soldier against Soldier on the marksmanship range for a chance to represent their unit at the 377th Theater Sustainment Command level.

(Photo by Capt. Sean Delpech)

Unit's **finest** compete for Best Warrior title

By Capt. Sean Delpech
310th Sustainment Command (Expeditionary)

Army Reserve Soldiers from the 310th Sustainment Command (Expeditionary) and the 3rd Transportation Brigade (Expeditionary) converged at Fort A.P. Hill, Feb. 26 – Mar. 2, to compete and earn the command's 2016 Best Warrior title.

Unhindered by the freezing weather conditions, the Soldiers came motivated and prepared to challenge the barrage of warrior task tests.

Day 1 of the competition began with an Army Physical Fitness Test followed by a written essay and written exam.

Day 2 continued with 9mm pistol and M-16 weapon qualifications, followed with combined day-and-night land navigation.

Day 3, the Soldiers competed in a combatives tournament, a react-to-ambush simulator test, and an 8-mile ruck march that began with a ride in a UH-60 Black Hawk helicopter.

The final event culminated on Day 4 with a Soldiers' board.

According to Command Sgt. Maj. Joseph L. Legra, 310th ESC command sergeant major, what was so remarkable this year was the extensive cooperation and partnership between the 310th and the 3rd TBX in planning and conducting the competition.

"We knew that the planning needed some work, so the 310th ESC and 3rd TBX came together to co-host the Best Warrior Competition," Legra said. "We were able to do this together and get more training for both units with less budget."

Each unit sent their top Soldiers and noncommissioned officers to compete. Only two, however, will go on to represent the command at the 377th Theater Sustainment Command Best Warrior Competition in May. There, they will compete with other Soldiers from every Reserve major subordinate command.

"The Best Warrior Competition is the gateway for these Soldiers to move forward and compete in the next higher level event," said Command Sgt. Maj. Levi G. Maynard. "If they succeed at this level, they have shown that the rigorous training they went through has prepared them to be the best, not just at the Best Warrior Competition, but as NCO's and future leaders."

See WARRIOR, page 9

(Photo by Capt. Sean Delpech)

Day 1 of the 310th ESC Best Warrior Competition included the Army Physical Fitness Test.

WARRIOR

continued from page 8

Preparation is a fulltime task, but unlike their active duty counterparts, Reserve Soldiers aren't exposed to military training on a day-to-day basis and often sacrifice countless hours of personal time to prepare for the APFT and hone their warrior proficiency skills.

"Preparing for the competition takes a lot of dedication," said Sgt. Monique D. Smalls, Headquarters and Headquarters Company, 359th Transportation Battalion, 3rd TBX. "It's not easy. It challenges you to deal with a lot of stress - a lot of us have school, work fulltime and want to do well with our military obligation. So, it's good stress because it makes you push yourself to reach your full potential."

Legra added that the Soldiers who competed in this year's competition can carry back that knowledge and experience to their home station.

The trainers and cadre also gain from the competition, because while they are running the ranges and land navigation courses, they are also sharpening their skills, said Legra. The knowledge and experience each group gains from competition, they now have the opportunity to mentor the Soldiers at their respective units.

Combat camera conducts heavy weapons training

Soldiers with the 55th Signal Company (Combat Camera), fired individual and crew-served weapons during a heavy weapons range exercise, held at Fort A.P. Hill, Dec. 1 - 3.

The purpose of the exercise was to familiarize the Soldiers with the M203 grenade launcher, M249 light machine gun, and the Mark 19 40mm grenade machine gun.

"We must have … predictable and sustained funding to deliver the readiness that our combatant commanders require to meet the missions that continue to emerge."

- Gen. Daniel B. Allyn
Vice Chief of Staff of the Army

'No. 1 readiness risk is sequestration'

By Lisa Ferdinando
Defense Media Activity

WASHINGTON - The biggest challenge to the military's readiness is sequestration, Vice Chief of Staff of the Army Gen. Daniel B. Allyn told lawmakers, March 15.

Sequestration is a provision of the Budget Control Act of 2011 that imposes across-the-board spending cuts if Congress and the White House cannot agree on more targeted cuts aimed at reducing the budget deficit.

The uncertain and restrictive budget environment is forcing the Army to make tough choices, Allyn told the Senate Armed Services Committee.

Allyn and his counterparts from the Navy, Air Force and Marine Corps spoke at a hearing on the current state of readiness of U.S. forces.

"We must have … predictable and sustained funding to deliver the readiness that our combatant commanders require to meet the missions that continue to emerge," Allyn said.

The Army is accepting considerable risk by reducing its end strength while deferring modernization programs and infrastructure investments, he said.

"For the United States Army, our No. 1 readiness risk is sequestration," he said. The other service leaders echoed that sentiment about their respective branches.

Ripple effect of sequestration

Vice chief of Naval Operations Adm. Michelle Howard said the Navy can maintain a ready fleet through a stable budget and being able to procure and maintain ships with certainty.

Howard said she was in the fleet during a round of sequestration. Deployments were canceled and maintenance periods were shifted.

"The ripple effect of that goes through the years," the admiral said. "You not only lose the maintenance time, but you lose qualification time for people, and that experience set can never be bought back."

Maintaining Marines forward-deployed around the world requires carefully allocating limited funds and working around budget limitations, said Marine Gen. John M. Paxton Jr. said.

Sequestration was also felt throughout the Air Force, the service's vice chief of staff, Gen. David L. Goldfein, said.

"We also broke faith with our airmen, especially our civilian airmen," he said. "When they were furloughed, we lost a number of them who decided that if the company was not invested in them, they were not going to stick with the company."

The threat of sequestration must be removed, Goldfein said.

(Photo by Marine Lance Cpl. Samuel Guerra)

A Marine forever!

Retired Marine Maj. John Fasulo shows Marines with 3rd Battalion, 2nd Marine Regiment, how land mines work during a Deployment for Training exercise held here, Jan. 29. A combat veteran of the Korean War and Vietnam Conflict, Fasulo enjoys sharing his expertise with the Marines to ensure they gain some familiarity with various weapon systems and techniques used by enemy forces.

Federal employees, Soldiers must be cautious of political activity on social media

By Carrie E. David
SMDC/ARSTRAT Public Affairs Office

Most federal employees - military and civilian - who have served through at least one election cycle know of the limits on political activity imposed by The Hatch Act and service-specific rules, but the ever-growing popularity of social media has raised many new questions over what political activity is permissible.

Passed in 1939, The Hatch Act, restricts the political activity of civilian employees serving in a variety of federally funded programs, but it was amended in 1993 to allow them to engage in certain types of political activity while in their personal capacity.

"While The Hatch Act allows most federal employees to participate in some types of political activity, the act prohibits political activity while on duty, while wearing an official uniform or insignia, while using a government vehicle, and in any federal workplace," said Sarah Green, senior ethics attorney, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command. "The ease of accessing one's personal social media and email though have made it much easier for federal employees to unknowingly violate the law."

Political activity in this case is defined as any activity directed at the success or failure of a political party or partisan political group or candidate in a partisan race. Complying with the act is possible if employees remember a few guidelines, Green said.

Receiving political or partisan emails or invitations to fundraisers at work is not inherently a problem if employees keep the guidelines in mind.

"Federal employees may receive a political email at work, and they may forward that email to their personal accounts," Green said. "They may not forward that email to others, and definitely not to subordinates. And under no circumstance can a federal employee solicit or receive political contributions at any time, nor invite individuals to political fundraising events."

Social media with its likes, shares, tweets, profile pictures and posts creates its own minefields.

"Federal employees may not like, friend or follow the social media page of a partisan group or candidate in a partisan race while on duty or in the workplace," Green said. "If a federal employee displays a political party or campaign logo or candidate photograph as his profile picture, then he cannot post, share, like, or tweet anything while on duty or in the workplace even if the item is nonpolitical."

Service members' social media activity is further restricted.

"Service members may express their personal views on public issues or political candidates on social media, much as they would be permitted to write a letter to the editor," Green said. "If the service member is identified in any way as being active duty, then the entry must clearly and prominently state that the view is not that of the Department of Defense.

"In addition, Soldiers may friend, like or follow the social media page of a political party or partisan candidate, campaign, group or cause," Green said. "They cannot, however, engage in any partisan political activity. They cannot link to, share posts, or encourage others to like or follow said entity."

For more information, view the Political Activity Guidance for Senate Confirmed Officials at DoD and The Hatch Act: Frequently Asked Questions on Federal Employees and the Use of Social Media links to the right.

For answers to more specific questions, individuals should contact their organization's ethics counselor or email the U.S. Office of Special Counsel at **hatchact@osc.gov**.

WOMEN continued from page 5

Milley noted that since 2011, the Army has opened nine MOSs to women and 95,000 positions in combat arms units. Additionally, the 160th Special Operations Aviation Regiment was opened to women in 2014 and Ranger School was integrated this past year.

"These experiences have informed and enabled the Army to successfully implement gender integration and increase our combat readiness," Milley said. "Make no mistake about it, this process is going to have challenges, but if we proceed with a methodical and deliberate execution, like all previous integration efforts, it's my belief the Army will be successful."

Army observes women's history of contribution

By J.D. Leipold
Army News Service

The U.S. Senate hosted a panel, March 17, to discuss the role women have played in public service and Defense by inviting senior Army women to speak about their experiences.

Before they assembled for the panel, senior leaders mingled with fellow Soldiers and Senate staffers, offering their thoughts on the importance of remembering just how far women have come since suffrage.

Less than a century ago, women didn't have the right to vote, even though they had served in the military as far back as the American Revolution.

"I think as we lift barriers on people, you'll see them flourish over time and move forward," said Army Chief of Legislative Liaison Maj. Gen. Laura Richardson. She added that women have no interest in seeing standards changed to accommodate them.

This year, the Army is opening all military occupational specialties to women and the service has established gender-neutral standards for combat arms positions.

"The first thing you want to know is if your buddy on your left and on your right can do the job, and it has nothing to do with gender," Richardson said.

"That's very important for women, that standards are not changed," she continued. "You will hear the loudest voices on that subject coming from women … we want to earn it as it's supposed to be and with the requirements that are as they are."

Over the course of the country's wars, women have served in the military as nurses, office and factory workers, as truckers and pilots and even spies, but until recently they were not permitted by law to fight directly alongside men as combatants.

"I think with over 52 percent of our population being women, that it's really important to reach out and recognize the talent that exists inside the whole nation," said Maj. Gen. Camille Nichols, director of the Defense Department Sexual Assault Prevention and Response Office.

Nichols was a member of the second class at West Point to have women graduates in 1981. "I think because we are more than half the population that we're sometimes just taken for granted many times … this ceremony helps put a spotlight on the fact that there are still some inequities in our society and that we need to address those."

Nichols added, "One of the most powerful things that got me to join the military, then stay in the military, was that I got equal pay, so I think we need to take a long hard look at how we can take the talent and pay the talent for what they are worth."

During World War II, about 60,000 women joined the Army Nurse Corps and while they were awarded commissions as second lieutenants, they weren't considered part of the regular Army and received half the pay of their male counterparts. It wasn't until February 1944 that Congress passed a bill granting Army and Navy nurses actual military rank for the remainder of the war plus six months.

Spc. Kayla McCullough, 23, a 3-year member of the 3rd U.S. Infantry Regiment (The Old Guard), joined the Army after serving in her junior ROTC unit in high school. She said she thought it was important to celebrate and remember how far women have come, not just in the in the military, but in all careers.

"I think the Army itself has come a long way as far as women standing equal in the service -- it's a wonderful thing that I'm able to be a part of it," she said. "I have a very young daughter who when she's older, I'll explain to her and make sure she understands that she can do and be anything she wants to be and that all she'll have to do is put her mind to it and strive to be the best she can be… I'll try to be her best example."

Like McCullough, Spc. Natalie Xavier is also in her third year with the Army and Old Guard. At 31 and a mother of three with a civilian husband who supports her steadfastly, she intends to make the Army a career.

"I think it's really phenomenal how far women have come … there are a lot of mentally tough really strong women out there who can compete against men and even beat them … it's wonderful we have this opportunity to do anything in the Army," Xavier said. "It's really important that we take time out to reflect on the changes the Army is making and recognize the positive direction we're moving in."

In 1981 Congress issued a resolution authorizing the president to proclaim March 7, 1982 as the start to "Women's History Week." Then in 1987 Congress declared March as "Women's History Month" in perpetuity.

Post celebrates African-American contribution to nation's defense

Employees and special guests of the command converged at Romenick Hall to celebrate the achievements and contributions of African-Americans at Fort A.P. Hill and the nation, Feb. 24.

During the luncheon, Louis Scott, director, Information Management Office, presented a video highlighting the contributions of Whitney M. Young, Jr., who as head of the National Urban League was instrumental in breaking down the barriers of segregation and inequality which held back African Americans.

Employees sample food as part of the Black History Month activity.

(Photos by David San Miguel)

Louis Scott, Information Management Office, spoke of the contributions of Civil Rights leader and activist, Whitney M. Young, Jr.

SAFETY

Taking individual safety serious

Courtesy U.S. Army Combat Readiness Center

Who is responsible for safety on the job? Is it the government, the company, the boss or the other members of a crew? Actually, all of them have a responsibility for safety. But ultimately, the challenge is personal.

Behavioral Warning Signs

These behaviors indicate that people are not taking responsibility for their own safety.

• Being too tired for the job

• Consuming drugs or alcohol at work

• Taking responsibility for safety is a full-time job. This is how to do it:

• Be aware of surroundings at all times. A work environment can change from one moment to the next, for example with the approach of a vehicle, something falling from overhead or the presence of an intruder. Stay alert.

• Upgrade workplace safety training on a regular basis. Take advantage of company training sessions. Review the operator's manual for equipment used, and company safety documents such as the emergency plan.

• Keep up first aid and cardiopulmonary resuscitation, CPR, skills. Community organizations offer sessions at off-work hours. Take advantage of any safety training which may benefit you or your workplace.

• Talk about safety with team members. In the break room, at meetings and in one-on-one conversations, put the focus on safety.

• Perform workplace inspections. Maybe other inspectors will have overlooked the faded sign marking the eyewash station or the fire door that will not stay closed.

• Look for solutions to safety problems. When finding something wrong, try to figure out how to make it right. If a machine guard is inadequate, perhaps go to a supervisor with a practical plan for beefing it up.

• Do not be afraid to point out unsafe practices by fellow workers, using common sense and courtesy, of course, and encourage them to do the same. When a mistake is made, it is better to be embarrassed than electrocuted.

• Do not let someone else, even a supervisor, make someone do something they believe to be unsafe. If somebody says it is okay to enter a confined space unprotected, he or she is wrong. It is just possible a boss could use some more safety training too.

People can do a lot to keep their fellow workers safe. But in the end, everyone is responsible for his or her own safety.

(Photo by David San Miguel)

Watching what they eat and monitoring food portions is one way Fort A.P. Hill employees, Jessica Pope and Nadine Norris, maintain their health.

Eating right reduces risk of chronic disease

By Claudia Drum
Registered Dietician
U.S. Army Public Health Command

March is National Nutrition Month and this year's theme is "Savor the flavor of eating right." Eating right is an important part of feeling and looking your best. Also, healthy eating is one of the most powerful tools you have to reduce your risk of chronic disease.

According to the newly released 2015-2020 Dietary Guidelines for Americans, a healthy eating pattern emphasizes plenty of vegetables - any kind without added salt, fresh fruits and whole grains; a variety of lean protein choices and small amounts of healthy oils and fats - avocados, flaxseed, olive oil, canola oil and safflower oil. Furthermore, the DGA recommend you reduce your added sugar - less than 12 teaspoons per day or 48 grams per day, sodium - less than 2,300 milligrams per day and and saturated and trans-fats intake - pre-packaged cakes, cookies, pies, whole milk dairy products and red meats.

The DGA are science-based recommendations aimed at helping you make better overall food choices. Small, positive changes in your diet can lead to an improvement in your performance - both mental and physical. Start making changes today and savor the flavor of eating right!

Small changes to help you savor the flavor of eating right:

• Spruce up your leafy green salad with a small handful of nuts - almonds, walnuts and pine nuts and chunks of fresh fruit - apples, pears and oranges. Top it off with a small amount of oil and vinegar-based dressing.

• For work, pack a small container of cucumber slices, sugar snap peas, celery/carrot sticks or sliced jicama and enjoy with one to two tablespoons of spicy hummus or no sugar-added nut butter.

• Keep fresh fruit or a small container of dried fruit on hand for on-the-go snacking.

• Add an extra handful of veggies - frozen, fresh or low-sodium canned to soups, stews, casseroles and stir-fry recipes.

• Choose 100 percent whole grain bread, brown rice or whole wheat pasta.

• Mix one-half ground turkey and one-half ground beef - 93 percent lean to make chili, hamburgers or spaghetti sauce.

• Mash one-eighth of a ripe avocado and spread it on sandwiches in place of mayonnaise.

• Choose water, freshly brewed unsweetened tea or seltzer with a twist of lemon or lime instead of regular soda.

• Place a bowl of fresh fruit on the counter and keep pre-portioned nuts, whole grain crackers, fresh fruit/veggies and low-sodium popcorn on hand for snacking.

• If you are in the mood for cookies, opt for two instead of three. Slow down and take your time, so you can enjoy every bite.

• Season foods with lemon, herbs and spices instead of salt.

• Cook more often at home and/or modify portions and dishes when dining out. Split an entrée; ask for dressing or high-fat toppings on the side so you can control the portion.

• Choose plain, Greek yogurt and mix in pureed or mashed fresh fruit or muesli.

• Aim for at least two fish/seafood meals per week. Choose baked, grilled or broiled without unhealthy fats/butters.

A registered dietitian or nutritionist can help you interpret and apply the Dietary Guidelines to your lifestyle. For more information on healthy eating, go to **www.eatright.org** or the Performance Triad at **http://armymedicine.mil/Pages/Nutrition.aspx**.

Post hosts morale-boosting St. Patrick's Day 5k Run/Walk

The St. Patrick's Day 5k Run/Walk brought young and old military and civilian runners together for a morale-boosting, enjoy-the-outdoors fitness activity, Mar. 18.

(Photos by Michael Meisberger)

Command Sgt. Maj. W. Alex Ho, garrison command sergeant major, steadies his pace as he nears the finish during the recent St. Patrick's Day Run/Walk.

Margaret Fake and Becky Bland get into the St. Patrick's Day spirit.