



Vol.46, No.2

"The Best Training and Support -- Anywhere!"

February 11, 2011



PX improvements  
better Warriors'  
shopping  
experience

# Net Zero key to sustaining installations

**By Lt. Gen. Rick Lynch**  
*Commanding General*  
*Installation Management Command*

The Army has a bold vision for managing natural resources on its installations: they will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out, so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: we all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

Army Net Zero's holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three, energy, water and waste, we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery, and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place. Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality. Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks,

washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing, and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing. For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits over the past year, I have seen how our garrisons have taken steps — great strides in some cases — to manage our resources more efficiently. Look at the water projects at Forts Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So I know there will be tremendous interest in an opportunity that the Assistant Secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three. These installations will receive long-term,

in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only do we have to learn about energy, water and waste management best practices and technologies, but we also

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## Garrison Commander

Lt. Col. John W. Haefner

## Garrison Command Sergeant Major

Command Sgt. Maj. Miguel E. Reyna

## Public Affairs Officer

Jennifer Erickson

## Editor / Photojournalist

David San Miguel

2009

Department of Defense  
 Thomas Jefferson Award

2009, 2004

Department of the Army  
 Maj. Gen. Keith L. Ware Award

2009

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

2008

U.S. Army Installation Management  
 Command - Northeast Region  
 Liberty Bell Award

**The Down Range - Fort A.P. Hill newsletter is an award-winning bi-monthly publication authorized and produced by the PAO 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.**

**The views and opinions expressed in this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the U.S. Army or this command.**

**Send submissions and correspondence to Public Affairs Office, Attn: Editor, Down Range - Fort A.P. Hill, 18436 4th St., Bldg. 112, Fort A.P. Hill, VA 22427-3114. Telephone: (804) 633-8120, DSN 578-8120.**

## PX store improvements add to patron's shopping experience

By David San Miguel  
Editor

In a concerted effort to improve the quality of life for Warriors training here, renovations to the Army and Air Force Exchange Service PX at Wilcox Camp have been completed.

The improvement project was a part of the Installation Design Guide developed by Parsons, Inc. in 2006. This guide mapped highly visible and used areas on the installation needing beautification which would also incorporate force protection requirements, environmental features and Warrior quality of life enhancements.

The improvements included new landscape features which meet minimum force protection standards; rehabilitation of the parking lot and driveways of which excess pavement was removed and bio-retention areas added to enhance the visual aesthetics and incorporate storm water management best practices; new concrete walkways and pedestrian crosswalks to meet Americans with Dis-



Photo by David San Miguel

**Facility renovations like these “help make the patrons’ PX experience more enjoyable,” says Sylvia Ramirez, Wilcox Camp PX store manager.**

bilities requirements; the addition of two picnic shelters with fans and lighting, new triple-sided message board and trash receptacles.

According to Sylvia Ramirez, the PX store manager, these upgrades “will afford customers

an area to sit down, eat and relax.”

“Whether they’re here shopping or just visiting, it gives our patrons ... our troops a place to have a good experience while they’re here,” she added. “We’re glad to be here to serve our

troops.”

Other changes include wider aisles and shorter shelves to allow patrons easier access to stocked items, and consolidating all beverages in one area.

## VA develops plan to increase quality care for Veterans

WASHINGTON -- The Department of Veterans Affairs is creating a new office to develop personal, patient-centered models of care for Veterans who receive health care services at VA's more than 1,000 points of care across the Nation.

“VA has become one of the Nation’s leaders in quality health care and is increasingly cited as the standard to emulate,” said VA Under Secretary for Health Dr. Robert A. Petzel. “However, we must always continue to find ways to deliver more with our systems to the incredible patients we are honored to serve.”

“We need to be data-driven, providing the treatments and therapies with the best clinical evidence,” he added. “We need to be patient-centered, never losing sight that we have been given the noble mission to care for our Nation’s Veterans, families and

survivors.”

The new VA Office of Patient Centered Care and Cultural Transformation began operations, Jan. 17 and is based in Arlington, Va.

The office’s director, Dr. Tracy Williams Gaudet, comes to VA from Duke University Medical Center where she served as the executive director of Duke Integrated Medicine since 2001. Dr. Gaudet received her Bachelor of Arts and medical degrees from Duke University.

“The VA’s vision and commitment to cultural transformation comes at a pivotal moment for health care in this country, and I am deeply honored to be joining VA in this important work,” Gaudet said. “The Office of Patient Centered Care and Cultural Transformation will be a living, learning organization in which we will

discover and demonstrate new models of care, analyze the results, and then create strategies that allow for their translation and implementation across the VA. In this way, we will provide the future of high-quality health care to our Veterans.”

The VA Office of Patient Centered Care and Cultural Transformation will have four regional implementation teams at select VA medical centers across the country: Birmingham, Ala; East Orange, N.J.; Dallas; and Los Angeles.

Each VA medical center was selected for excellence already demonstrated in producing cultures of patient-centered care based on established criteria. These regional teams, comprised of patient-centered care consultants, will be responsible for facilitating the culture change for patient-centered care at all VA facilities. --ARNEWS

# Changing mindset helps reduce negative stress

By Ramon M. Maisonet

Employee Assistance Program  
Fort Campbell, Ky.

This could change your life forever - guaranteed or your money back!

Ready to become everything you already think you aren't? Follow these tips and prepare to reap a tremendous harvest.

## 1. Incorporate "5 Year Rule"

One key to controlling our negative stress is to have a realistic expectation of others.

Steven Covey portrays this nicely in his concept of "Win-Win," in which one looks at entering into a mindset that constantly seeks mutual benefit in all interactions with others.

This as opposed to having the thought that everyone and everything exists for our convenience or purpose. This thinking, when our expectations are not met, will ultimately lead to frustration, anger and ultimately stress.

Thoughts like these lock us into emotionalizing rather than rational engagement.

When in a situation of disagreement, dissatisfaction or even offense, ask this question

of yourself, "Will this ultimately matter in five years?" The answer may lead to a more insightful perspective of the situation.

## 2. Protect Yourself from Abuse

Being emotionally victimized, especially at work, is no fun. While we may not possess the power to change a work environment, we can gain freedom from mistreatment with a simple change in perspective and attitude.

In his book "Yes You Can!," author Sam Deep describes a unique method in which we are to pity our attackers. Says Deep, "Once you are able to feel sorry for them for having such awful lives that they need to treat you badly, you can free yourself emotionally from the effects of their mistreatment."

Remember that you don't have to be close with everyone; just being polite goes a long way toward getting along and appropriately dealing with difficult people.

## 3. Don't Wait until Midnight Hour

One of the most heartbreaking observations that I have made in my everyday conversations with people is the tendency

in our human nature to put off living. We go off on frequent daydreams to the "Garden of Eden" so to speak, of the far off horizon - instead of enjoying the tomatoes that are growing in the garden right outside of our windows.

"How strange it is, our little procession of life" wrote Stephen Leacock. "The child says: 'When I am a big boy.' But what is that? The big boy says: 'When I grow up.'"

And then, grown up, he says: 'When I get married.' But to be married, what is that after all? The thought changes to 'When I'm able to retire.' And then, when retirement comes, he looks back over the landscape traversed; a cold wind seems to sweep over it; somehow he has missed it all, and it is gone. Life, we learn too late, is in the living, in the tissue of every day and hour."

## 4. Expect less of Others

A friend of mine recently showed me a beautiful blue topaz set she had gotten from her husband "just because;" the set included a ring, a necklace and a pair of earrings. "I had no idea" she said pleasantly surprised,

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## NET ZERO

have to learn the business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone, every Soldier, Civilian and Family member, has a role to play in managing our resources. Maybe it seems like a smaller role — turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is im-

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portant — our future.

Energy efficiency and security is a critical issue for the Army.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, Civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk. The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today.

It is the right thing to do.

**FORT A.P. HILL MWR**  
**Two Person Team**  
**Trout Tournament 2011**

**Location: Beaverdam Pond**  
**Saturday, 26 February 2011**  
**0800 - 1500**  
**Cost is \$40.00 per team**

**Tournament registration at**  
**Outdoor Recreation from**  
**0700-0745 (No Later)**

**First and Second prizes**  
**will be awarded for total**  
**weight of trout caught.**

**Please call and pre-register at**  
**(804)633-8244 by 21 February.**

**The MWR Concession Truck will**  
**be available for food sales at**  
**Beaverdam Pond during the**  
**tournament.**

**For More informations please call**  
**(804)633-8244**



# U.S. Mint unveils three coins commemorating Army at war, during peacetime and today

By C. Todd Lopez  
Army News Service

WASHINGTON -- Three coins commemorating the Army are now available for purchase from the U.S. Mint.

The designs for the three coins were unveiled, Jan. 31 at the Pentagon. The coins feature artwork that commemorates the Army at war, the Army during peacetime, and the modern Army of today. A portion of the proceeds from the sale of the coins goes toward construction of the National Museum of the U. S. Army.

What I love about these coins is that they celebrate Army history with their images and honor the 30 million American men and women who have worn the uniform since 1775, said retired Brig. Gen. Creighton W. Abrams Jr., the executive director of the Army Historical Foundation.

Abrams said the coins are important for two reasons.

The first, he said, is that sale of the coins will help the AHF build the Army museum at Fort Belvoir, Va. Second, it will engage, educate, inspire and honor Soldiers, Veterans, Families and visitors of all ages.

The three pieces include a \$5 dollar gold coin, a silver dollar and a clad half-dollar.

The gold coin features five Soldiers, from the colonial times through the modern era. The silver coin features both a male and female bust, in front of a globe, meant to symbolize today's worldwide deployments. Finally, the clad coin represents the peacetime contributions of the active Army, the Army National Guard and the Army Reserve Soldier.

"Their symbolic value is certain to resonate with our more than one million serving Soldiers and their Families, and our 11

million surviving Army Veterans across the country as sincere public appreciation for their selfless service and personal sacrifices," said Abrams.

The three coins are available for purchase on the U.S. Mint's website -- and range in price from just under \$20 for the clad coin to \$450 for the gold coin. The coins were designed by artists at the U.S. Mint, and will be struck at the mints in Denver, San Francisco, Philadelphia and West Point, N.Y.

The number of coins to be produced by the mint is limited by the public law that allowed them to be created in the first place. The mint will produce 100,000 gold coins, 500,000 silver coins, and 750,000 half-dollar coins.

Those interested in purchasing coins can visit the U.S. mint website at [www.usmint.gov/catalog](http://www.usmint.gov/catalog).



Photo by Spc. Scott M. Mucci

**Overcoming tremendous odds, Spc. Alejandro Zuniga not only lost 100 pounds but now aces the Army's fitness test.**

## Guardisman hopes to inspire others to lose weight, achieve fitness goals

By Sgt. Rebekah Malone  
Louisiana National Guard

PINEVILLE, La. -- Louisiana National Guardsman Spc. Alejandro Zuniga scored an incredible 401 points on his most recent Army Physical Fitness Test -- something even he found hard to believe considering the state he was in less than two years ago.

Zuniga, a member of the 1021st Engineering Company, 205th Engineer Battalion, overcame tremendous odds recently when he racked up well over the max number of points needed to score an excellent rating on the APFT.

Just 18 months ago, and 100 pounds heavier, Zuniga was battling despair and depression.

One day, he had enough.

"When I was bigger, I was on the edge of depression. I felt helpless," Zuniga said. "Just one day something someone said struck me. I am so much more confident now."

Too large to run, Zuniga started by walking. Within a couple of months, he was able to run three miles without walking.

Today, he runs four miles a day, six-days a week, then boosts his workout with 100 push-ups a day and lifts weights for at least an hour. This strict program allowed Zuniga to achieve the remarkable feat few Guardsmen have ever heard of.

"I almost passed out when I heard," said Zuniga. His first sergeant had a similar reaction.

"I said, 'Are you serious?'" said 1st Sgt. Jack Toney when he heard Zuniga's score. "A perfect score is 100 points in each of three categories on the test, for a total combined score of 300. I have never seen a score like this one in 24 years of service."

Zuniga completed 112 push-ups, 117 sit-ups and ran the two-mile run in 10:07.

An unofficial extended scale is used once a Soldier passes the total event requirement for a perfect score. He was awarded one additional point for each push-up, sit-up and six seconds off his time for the run.

Toney saw first-hand Zuniga's work ethic when they served together on Task Force Kout Men in Haiti last summer.

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“that he would go this far!” Her smile told me that the gift was an unexpected, but welcome, addition to her jewelry set. (The corresponding contrast to this would be to give more of you to others.)

### 5. Apply your Heart to Instruction

As a former non-commissioned officer in the U.S. Army, I lived the motto, “Be, Know, Do.” The secret to the releasing the power of this motto was in the revelation, that is, if you change what you know, you will ultimately change what you do and what you can be; therefore, make it a priority to gain wisdom.

The proverbs say, “By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures.”

Do this and one can be entitled richly with a good name, one can walk in the steps of being esteemed, whose heart will be glad and whose inner being will rejoice. It really does not get any more magical than that, I promise.

Death and life are in the power of the tongue, therefore claim this New Year and prepare to conquer; that is unless you have already made other plans...



*Photo by David San Miguel*

### Snack truck open for business

Marc Massey, lodging manager, Directorate of Family, Morale, Welfare and Recreation, receives an order of shrimp and fries during his lunch break. The snack truck will be available each Monday at various locations on post from 11 a.m. until 1 p.m. For locations, call the FMWR staff at 633-8201.

## Maintain indoor air quality for health during frigid temps

By Colin O'Conner

*Installation Safety Office, Fort Campbell, Ky.*

Air pollution is thought of as an outside concern, like smog hanging in the air. However, the air inside homes and offices can be more polluted than the air outside.

The elderly, children and people suffering asthma and respiratory problems are especially sensitive to indoor pollutants. But even healthy adults can suffer health effects many years later, after repeated exposure.

Modern buildings are constructed airtight, so pollutants and irritants can't escape and fresh air doesn't infiltrate. So what can you do to clean up the air you breathe?

The simplest way to improve indoor air quality is to let in fresh air. Whenever the temperatures outside are mild enough, open a window or door to allow fresh air in. This will allow pollutants and irritants to escape and dilute their concentrations indoors.

Cleaners, fragrances and household chemicals are common sources of volatile organic

compounds in indoor air. Most chemicals are derived from petroleum products. Inhalation of these chemicals can lead to irritation in the lungs, headaches, dizziness, exhaustion and decreased productivity.

Limit the amount of chemicals in your home or office. Store chemicals outside the home or in the garage. Throw away old or unneeded chemicals safely.

Avoid using aerosol sprays. Aerosol cleaners, furniture polish and air fresheners suspend chemicals in the air that then enter your lungs.

Look for fragrance-free or naturally-scented products. Use mild cleaners that don't include artificial fragrances. There are plenty of effective natural cleaning products and fragrances.

Mold is all around us. But given the right conditions it can thrive indoors and create health hazards for occupants. Indoor relative humidity should be maintained at 30-50 percent. Use ventilation fans for bathrooms and kitchens. Ventilate crawlspaces to pre-

vent the buildup of moisture. Wipe up any accumulated moisture. Clean up any visible mold growth and locate and eliminate the moisture source.

One of the most dangerous indoor air pollutants is carbon monoxide. It is a colorless, odorless and tasteless gas that is the byproduct of incomplete combustion. It is highly toxic to humans and animals in high quantities, but can cause fatigue, headaches, confusion, nausea and dizziness in lower quantities.

Use fuel burning appliances correctly and ensure they are working properly. Do not use any gasoline-powered engines indoors, even for a short time. Ensure gasoline-powered engine exhaust doesn't enter the home or office. And use a carbon monoxide alarm.

So while your house or office is shut tight to keep warm this winter, consider the air quality.

Eliminate sources of pollutants, get fresh air in when you can and add some houseplants to clean the air.

*Sergeant Major of the Army to retire*

## Academy commandant will assume duties



*U.S. Army photo*

**Command Sgt. Maj. Raymond F. Chandler, III, will be sworn in as the Sergeant Major of the Army, March 1, at the Pentagon.**

Secretary of the Army John McHugh and Army Chief of Staff Gen. George W. Casey, Jr. have announced that Command Sgt. Maj. Raymond F. Chandler, III, will become the next Sergeant Major of the Army March 1.

"We have the utmost confidence in Command Sgt. Maj. Chandler and look forward to having him join our leadership team," said McHugh. "He has the right qualities and credentials to assume this vitally important duty that Sgt. Maj. of the Army (Kenneth) Preston has skillfully and adeptly performed for the last seven years."

Chandler is currently the commandant of the U. S. Army Sergeants Major Academy.

"Command Sgt. Maj. Chandler is the right Soldier to lead our NCO Corps," Casey said. "He has demonstrated excellence in every position, and has the depth of experiences required to help us lead our Army."

Chandler will be sworn into the new position March 1.

"Being named the 14th Sergeant Major of the Army is truly an honor," Chandler said. "I am humbled, yet excited by the opportunity to serve our Soldiers and their Families in light of the challenges ahead."

In June 2009, Chandler became the first enlisted commandant of the U. S. Army Sergeants Major Academy.

In his new position, Chandler will serve as the Army Chief of Staff's personal adviser on matters affecting the enlisted force. The role involves extensive travel and focuses on Soldier training, noncommissioned officer development and the well-being of Families.

The Sergeant Major of the Army recommends quality-of-life improvements to Army leadership and often sits on councils that make decisions affecting enlisted Soldiers and their Families. He also routinely testifies before Congress on these issues.

Preston leaves the position as the longest serving sergeant major of the Army.

"Many of the great CSMs and SGMs serving around the Army today are a product of CSM Chandler's leadership and development efforts," Preston said. "He brings a broad breadth of experience and I have no doubt he will provide the strategic vision and professionalism long associated with this position."

A native of Bridgewater, Mass., Chandler joined the Army in 1981 and has served in every enlisted leadership position from tank commander to command sergeant major.

Prior to his assignment as commandant of the Sergeants Major Academy, Chandler served as the command sergeant major for the U. S. Army Armor School.

His awards and decorations include the Legion of Merit, the Bronze Star, eight Meritorious Service Medals, eight Army Commendation Medals, two Army Achievement Medals, the Korea Defense Service Medal, Iraqi Campaign Medal, the Army Superior Unit Award, the Meritorious Unit Commendation and the Combat Action Badge.

He is also a recipient of the Order of Saint George (Bronze Medallion), the Distinguished Order of Saint Martin and the Honorable Order of Saint Barbara.

--ARNEWS

# NEWS NOTES

## Officials plan first 'Don't Ask, Don't Tell' repeal briefing

By Cheryl Pellerin  
American Forces Press Service

WASHINGTON -- The first in a series of briefings to describe the Defense Department's progress in implementing repeal of the so-called "Don't Ask, Don't Tell" law is coming soon, Pentagon Press Secretary Geoff Morrell said, Jan. 26.

The briefing -- by Clifford L. Stanley, undersecretary of defense for personnel and readiness, and Marine Corps Gen. James E. Cartwright, vice chairman of the Joint Chiefs of Staff -- likely will take place soon, Morrell said.

Stanley is leading the effort for the Pen-

tagon.

The House of Representatives passed legislation in May that called for the president, defense secretary and Joint Chiefs chairman to certify the implementation plan before the repeal takes effect.

On Nov. 30, Pentagon officials released the report of a working group that reviewed issues associated with a potential repeal. And on Dec. 18, the Senate voted 65-31 for repeal, and President Barack Obama signed the bill into law Dec. 22.

On Jan. 7, at a Pentagon news conference with Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, Defense Secretary Robert M. Gates updated reporters on the

department's plan for implementing repeal of the law, which has been in effect since 1993 and remains in effect until the process is complete.

Gates said the three-step process includes finalizing changes in regulations and policies and getting a clearer definition on benefits.

The second phase is to prepare training materials for use by personnel specialists, chaplains, commanders and other leaders, and those who are in daily contact with servicemembers, he said.

The third phase, the secretary explained, is the actual training for all servicemembers.

FORT AP HILL'S  
**BIGGEST LOSER**  
COMPETITION!!

**The Biggest Loser Program will run from January 13th through March 31st.**

**Weigh-ins are still being taken at the Community Activities Center. So there're still time to register.**

**Final weigh-in results will be taken Mar. 31st also at the CAC.**

Prizes will be awarded to Male and Female 1st and 2nd place winners based on the total percentage of weight lost.

**For more information, call the CAC staff at (804) 633-8219**



## INSPIRED

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Even after an exhausting day of construction work, he still made time for a work out, the first sergeant added.

"Zuniga would work, and I mean work, all day on his project site and come back to the base camp and run and do PT on his own," explained Toney.

"It was incredible. I wouldn't have believed it if I didn't see it myself," said Sgt. Patrick Mahoney who graded Zuniga's PT test. Mahoney said his main concern was being able to count fast enough.

Not content with just his own success, Zuniga has started helping others achieve their goals as well.

"I want to be a trainer for the National Guard," he said. "I want to be that person to go to get help. If I was 265 pounds and lost 100 pounds, I know everyone else can too."

**FMWR VALENTINE'S 5K RUN/WALK**

**FEBRUARY 14<sup>TH</sup> @ 0830**

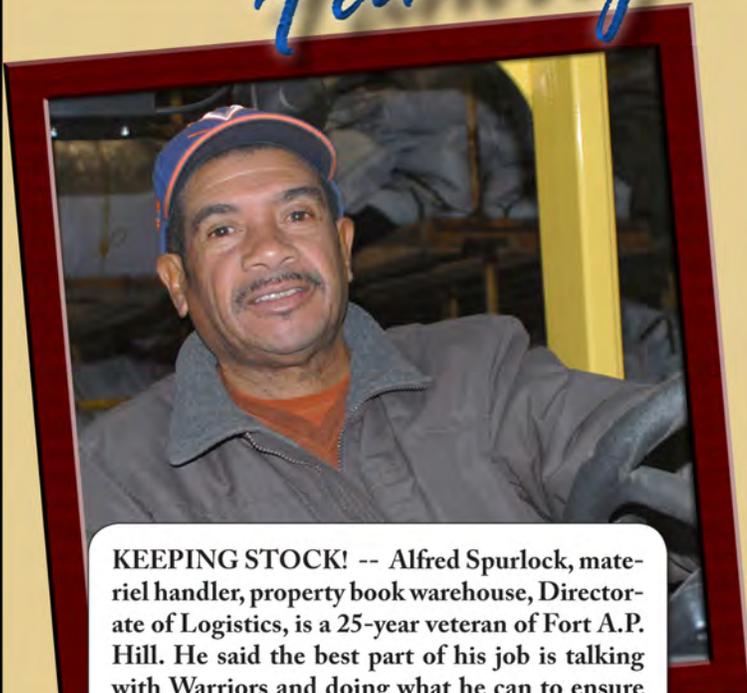
THE 5K RUN/WALK STARTS AT THE CAC, PROCEEDS DOWN THE NATURE TRAIL, ALONG FAMILY HOUSING, AROUND BEAVERDAM POND AND BACK TO CAC. T-SHIRTS FOR THE FIRST 40 TO COMPLETE THE COURSE.

The MWR Food Truck will be available for Breakfast sandwiches and sport drinks before and after the Run/Walk.

POC is Judy at 633-8201



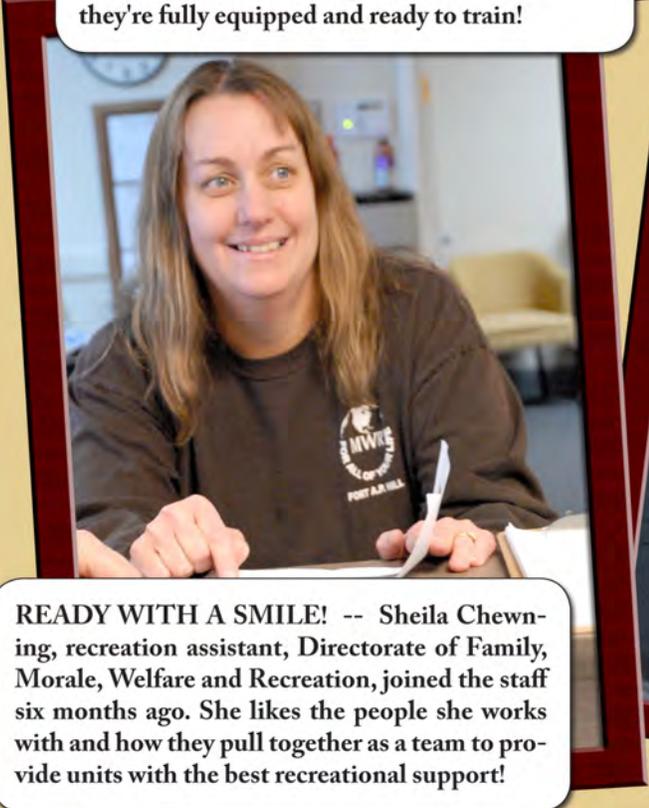
# OUR FORT A.P. HILL *Family*



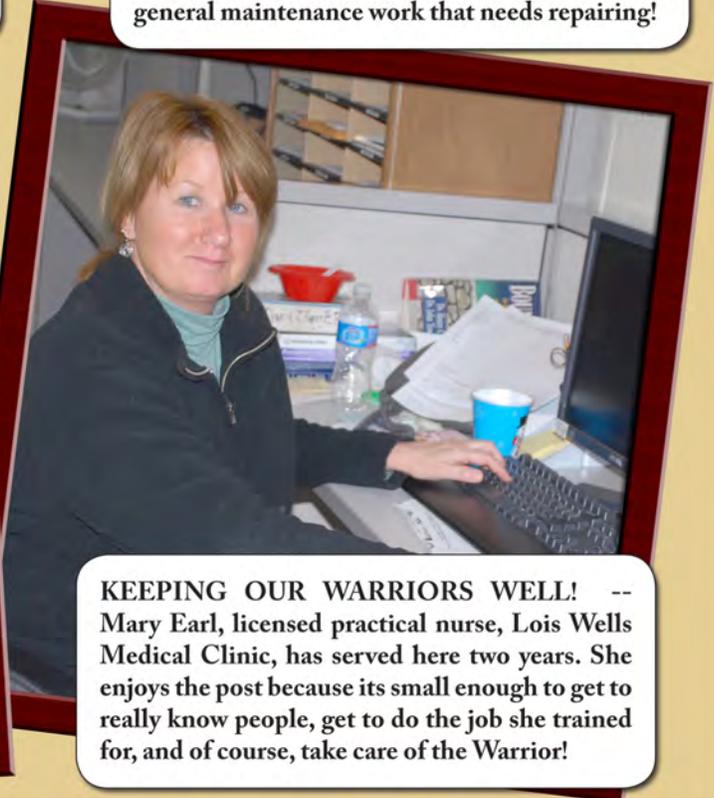
**KEEPING STOCK!** -- Alfred Spurlock, materiel handler, property book warehouse, Directorate of Logistics, is a 25-year veteran of Fort A.P. Hill. He said the best part of his job is talking with Warriors and doing what he can to ensure they're fully equipped and ready to train!



**MISTER FIX-IT!** -- Bradley Wales, carpentry shop, Directorate of Public Works, has worked on Fort A.P. Hill for 10 years. He said the post is a nice place to work because he never gets bored. Here, we get to do a lot of different things -- any general maintenance work that needs repairing!



**READY WITH A SMILE!** -- Sheila Chewning, recreation assistant, Directorate of Family, Morale, Welfare and Recreation, joined the staff six months ago. She likes the people she works with and how they pull together as a team to provide units with the best recreational support!



**KEEPING OUR WARRIORS WELL!** -- Mary Earl, licensed practical nurse, Lois Wells Medical Clinic, has served here two years. She enjoys the post because its small enough to get to really know people, get to do the job she trained for, and of course, take care of the Warrior!