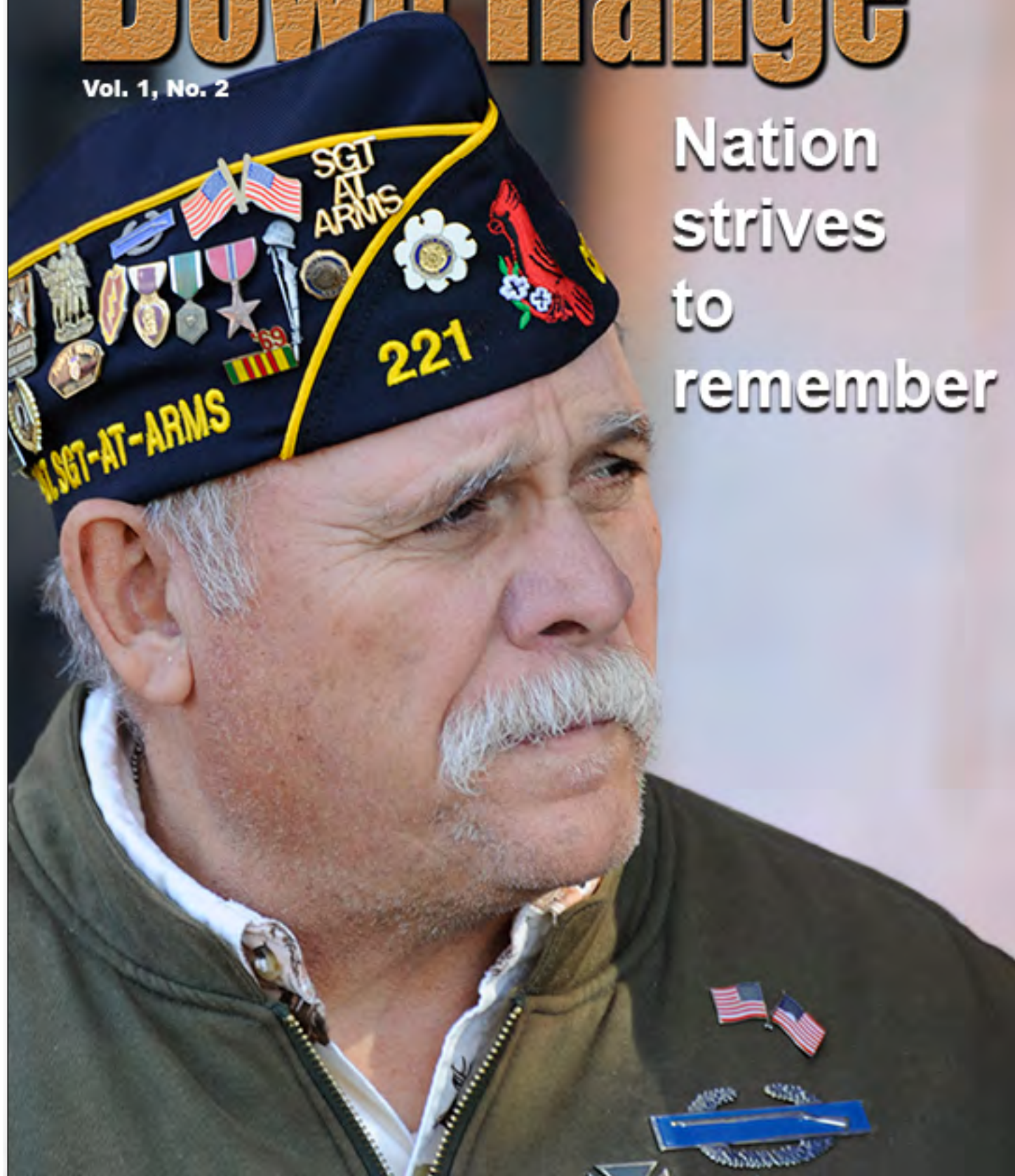


Fort A.P. Hill Down Range

Vol. 1, No. 2

Nation
strives
to
remember



Groberg awarded Medal of Honor at White House ceremony

By JD Leipold
Army News Service

WASHINGTON - Medically-retired Army Capt. Florent A. Groberg became the 10th living service member to receive the Medal of Honor for selfless actions on the battlefield in Iraq or Afghanistan.

President Barack Obama draped the nation's highest military award for conspicuous gallantry around the 32-year-old's neck in the East Room of the White House in front of the Soldiers who were part of the personal security detachment he led in Kunar province, Aug. 8, 2012.

Obama told the story of how the French-born former Soldier came to America, became a naturalized citizen in 2001, the same year he graduated high school, and then attended the University of Maryland where he competed in track before graduating and receiving his Army commission in 2008.

"Training, guts, teamwork," the president said. "What made Flo a great runner also made him a great Soldier. In the Army, Flo again took his training seriously - hitting the books... paying attention to every detail in field exercises, because he knew that he had to be prepared for any scenario."

The greatest test of his training happened on his second deployment to Afghanistan where he was hand-picked to lead a security detail. On that day in 2012, he led his men by foot in a diamond-shape formation tasked with protecting two brigade commanders, two battalion commanders, two sergeants major and an Afghanistan National Army brigade commander.

As the formation approached the provincial governor's compound, Groberg noticed off to his left a man dressed in dark clothing, walking backward, some 10 feet away. The man spun around and turned toward the captain who simultaneously sprinted toward him and began pushing him backward and farther from the detail. As he pushed him away, the young captain noticed a bomb hidden under the man's clothing.

"And at that moment, Flo did something extraordinary. He grabbed the bomber by his vest and kept pushing

him away," the president said. "In those few seconds, he had the instincts and the courage to do what was needed. One of Flo's comrades, Sgt. Andrew Mahoney, had joined in too, and together they shoved the bomber again and again... pushing him so hard he fell to the ground onto his chest... ball bearings, debris, dust exploded everywhere."

The blast threw Groberg 15 to 20 feet and knocked him unconscious. When he awoke he found himself in the middle of the road in shock, an eardrum blown out and his left leg broken with most of his calf muscle torn away and bleeding badly.

What Groberg didn't know at the time was that a second suicide bomber had also released a bomb killing four others outside the perimeter.

"That blast by the bridge claimed four heroes Flo wants us to remember today," Obama said. "One of his mentors, a 24-year Army vet who always found time for Flo and any other Soldier who wanted to talk, Command Sgt. Maj. Kevin Griffin; a West Pointer, who loved hockey and became a role model to cadets and troops because he always cared more about other people than himself, Maj. Tom Kennedy; a popular Air Force leader known for smiling with his whole face, someone who always seemed to run into a friend wherever he went, Maj. David Gray; and, finally, a USAID (U.S. Agency for International Development) foreign service officer who had just volunteered for a second tour in Afghanistan, a man who moved to the United States from Egypt and reveled in everything American, whether it was Disneyland or chain restaurants or roadside pie, Ragaei Abdelfatah.

"These four men believed in America... they dedicated their lives to our country... they died serving it," the president said.

He added that Groberg suffered significant nerve damage and has endured more than 33 surgeries to keep his leg.

"Today, Flo is medically retired, but like so many of his fellow veterans of our 9/11 generation, Flo continues to serve," the president said. He will serve as a Department of Defense employee to help take care of our troops and keep our military strong.

"And, every day that he is serving, he

will be wearing a bracelet on his wrist, as he is today, a bracelet that bears the names of his brothers-in-arms who gave their lives that day," Obama said. "The truth is, Flo says that day was the worst day of his life. And that is the stark reality behind these Medal of Honor ceremonies, that for all the valor we celebrate, and all the courage that inspires us, these actions were demanded amid some of the most dreadful moments of war."

Garrison Commander

Lt. Col. David A. Meyer

Garrison Command

Sergeant Major

Command Sgt. Maj. W. Alex Ho

Public Affairs Officer/Editor

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Department of Defense
Thomas Jefferson Award

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

2010, 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 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.

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President says nation must remember Veterans

By Jim Garamone

Army News Service

Speaking at the Arlington National Cemetery, Nov. 11, President Barack Obama challenged all Americans to do more than recognize Veterans just once a year.

While it is right and proper to recognize Veterans on Veterans Day, "our tributes will ring hollow if we stop there," the president said after placing a wreath at the Tomb of

the Unknowns.

If tomorrow, after the parades and the ceremonies, we roll up the banners and go back to our daily lives, forgetting the bond between the service of our Veterans and our obligations as citizens, then we will be doing them a profound disservice, he said.

Veterans Day "is also a reminder of all that they still have to give to our nation and our duty to them," Obama said.

In addition to the 21.5 million Veterans

who served in previous conflicts, each year another 200,000 service members join their ranks.

This next generation of Veterans- tested in the wars in Iraq and Afghanistan - deserve the care they were promised, the president said.

"The good news is that in recent years, we have made historic investments to boost the VA budget, expand benefits, offer more mental health care and improved care for our wounded warriors, especially those with post-traumatic stress and traumatic brain injury," he added.

Despite the progress, we are going to keep investing in the facilities and the physicians and the staff to make sure that our Veterans get the care they need when they need it, he said. "That is our obligation, and we are not going to let up."

Government alone can't do it all, nor should it, the president said. "I realize that with less than 1 percent of Americans serving in uniform, the other 99 percent of folks don't always see and appreciate the incredible skills and assets that our Veterans can offer.

"On this Veterans Day, here's what I want every American to know. Our Veterans are some of the most talented, driven, capable people on Earth," he said.

Leaders, tested on the battlefield, have no fear of making decisions in a corporation. Specialists using cutting edge technologies can apply those skills in the civilian sector. Veterans demonstrated the ability to adapt, and while primarily warriors, also have performed humanitarian work and recovery operations.

"They've managed large-scale projects. They've learned how to work on teams, how to stay committed to a mission, how to solve seemingly intractable problems," Obama said. "They get stuff done, and they are selfless, and they are brave and they are qualified. And America needs folks who know how to get stuff done.

"Our Veterans are moms and dads, they are teachers and doctors, engineers and entrepreneurs, social workers and community leaders, he said. Service members who come home are not done serving. They are the ones volunteering for Scout troops or service organizations or at religious institutions



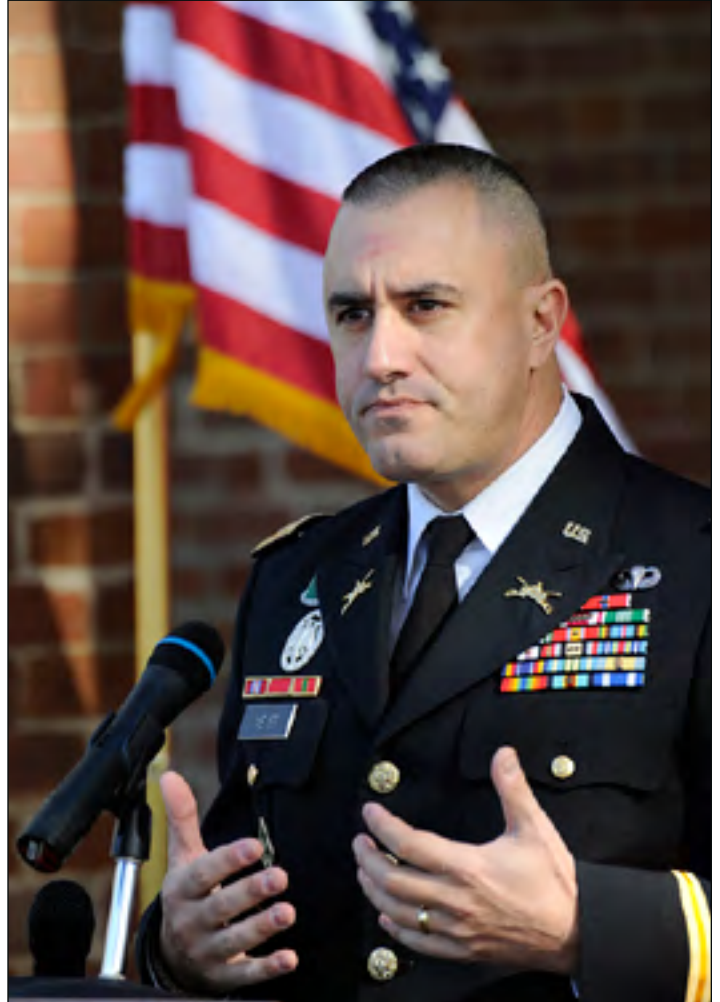
Photo by David San Miguel

Navy Veterans, Swain, who served during World War II, and his brother, Peter Swain, who served in the Korean War, attend the Bowling Green Veterans Day Observance at the steps of the Caroline County Courthouse, Nov. 11.

Bowling Green hosts annual Veterans Day observance



Veterans, young and old, male and female, gathered at the Caroline County Courthouse steps in downtown Bowling Green for the annual Veterans Day observance.



(Photos by David San Miguel)

Lt. Col. David A. Meyer, garrison commander, Fort A.P. Hill, challenged the audience of Veterans to encourage future generations not to forget their service to the nation.



Caroline County deputies post the colors.

Veterans from all branches of the service, and from a host of military conflicts, salute the colors during the playing of taps. The Veterans met at the steps of the Caroline County Courthouse for the annual Bowling Green Veterans Day observance, Nov. 11.



Bowling Green Elementary hosts Veterans Appreciation Lunch



Caroline High School JROTC cadets, Command Sgt. Maj. Jacob Donald, Capt. Ryan Johnson, Capt. Mick Campos and Maj. Collin Taylor, posted the colors at the Bowling Green Elementary School Veterans Appreciation Lunch, Nov. 11.



Fort A.P. Hill employee and retired Army Staff Sgt. Tim Casey shares a moment with his son, William.

Another Fort A.P. Hill employee and former Army Spc. Jessica Pope enjoys lunch with her son, Quentin, at the Bowling Green Elementary School Veterans Appreciation Lunch held Nov. 11.



(Photos by David San Miguel)

Former Army Sgt. Bill Anderson, a Vietnam Veteran, and his wife, Sandra, visit their grandson, Michael Southworth, during a Veterans Appreciation lunch hosted at Bowling Green Elementary Nov. 11. The program recognized all Veterans for their service to the nation.

Caroline Middle remembers nation's Veterans



A Veteran salutes the colors during the student-led Veterans Day observance held at Caroline Middle.



(Photos by David San Miguel)

Former Pfc. William J. Tuck, Jr., a Korean War Veteran, points to the stone commemorating his service to the nation from 1952-54 as a military police.



(Photos by David San Miguel)

The Caroline Middle School History Club welcomed Veterans from each of the nation's military conflicts and recognized their service at a student-led Veterans Day observance, Nov. 11.



The sign says it all...

Korean War Veterans, John Clatterbaugh and John F. Thomas, Sr., lay a wreath at the 38th Parallel Korean War Memorial on the Caroline High School campus.

The Caroline Middle School History Club hosted the ceremony to recognize their service to the nation.





Command Sgt. Maj. W. Alex Ho helps himself to the Thanksgiving potluck.



Fort A.P. Hill employees enjoy a bounty of plenty during the installation's Thanksgiving Potluck held, Nov. 19.

(Photos by David San Miguel)

Turkey Trot 5K Results

Nov. 24, 2015
(27 participants)

Male

20:55	Ashley Gray	DPTMS
23:46	Michael Lesperance	EOD
24:09	Andrew Jansen	EOD
24:32	Rob Gilbert	N/A
25:04	Jon Varner	N/A
25:11	Andrew Gentry	EOD
25:22	Michael Rock	EOD
25:57	Russell Lowman	N/A
26:36	Nolan Neumann	NSWG
26:44	Richard Sommers	EOD
27:03	Curtis Reynolds	N/A
27:25	Casey Kreps	EOD
31:16	Kevin Cheatham	EOD
40:02	Matt Osborne	EOD
41:40	Michael McNary	N/A
41:41	Eric Zurfice	N/A
42:10	James Ruzicka	N/A
42:11	Thomas Gilmore	N/A
45:14	Brendan Davidson	N/A
45:19	Shane Baker	N/A

Male Master

24:06	Robert Elliot	N/A
27:59	Scott Meredith	DFMWR
31:40	Bill Knode	NSWG

Female

44:55	Lindsay Taylor	DFMWR
45:18	Kim Evans	N/A
58:15	Fatima Belkacem	DPTMS
58:16	Madelaine Perrotte	DPTMS



(Photos by Michael Meisberger)

Runners braved the frigid, near freezing temperatures to run in Fort A.P. Hill's annual 5K Turkey Trot Race, Nov. 24.



Ashley Gray crosses the finish with a strong 20 minute, 55 second time in the annual 5K race. A Reserve Marine 1st Sgt. and live fire coordinator with the Directorate of Plans, Training, Mobilization and Security, Gray led the pack of 29 runners throughout much of the race. His nearest competitor trailed behind by nearly a full three minutes.

Preparation key to safe winter driving

By Art Powell

U.S. Army Combat Readiness Center
Fort Rucker, Alabama

Former late night television comic David Letterman used his "Top 10" list for laughs, but a list of winter driving hazards isn't funny.

Taking steps to avoid the hazards and ensuring your vehicle is good to go for winter driving doesn't require humor, but instead involves planning and common sense.

"Winter driving is tough on any vehicle and, just as you do when warmer weather arrives, you need to have your vehicle serviced and checked so it's ready for the season," said Walt Beckman, program manager, Driving Directorate, U.S. Army Combat Readiness Center. "Some items are do-it-yourself things, others need to be performed by a certified mechanic."

To reduce the chance of mechanical issues leaving you in the cold, get your car serviced now. Visit a mechanic for a tune-up and other routine maintenance, including an inspection of all hoses and belts, and remain alert for signs of other parts needing repair or replacement.

Once you're on the road, winter driving hazards will be waiting for you. Dr. William Van Tassel, manager of the American

Automobile Association's driver training programs, pointed to the importance of visibility, speed and healthy tires.

"Reduced visibility can be a killer, mak-



*For a safety message from the
U.S. Army Combat Readiness Center
click on the image above.*

ing it harder to see everything going on around your vehicle," he explained. "Next, many drivers fail to reduce their speed, overestimating their tires' traction. Lastly, too many drivers don't realize it takes longer for the vehicle to respond to steering and pedal inputs."

What can a driver do to mitigate the risks associated with these issues?

"First, see and be seen: keep your headlights on, and clear all snow from your vehicle. Second, adjust your speed down to the corresponding lower traction," Van Tassel said. "Third, do one thing at a time: brake, then turn, then accelerate. Fourth, be smooth; drive as if you have a hot cup of coffee in your lap."

When the temperature drops, so does

a vehicle's battery power. For gas-powered engines, be aware it takes more battery power to start your vehicle in the cold. Electric and hybrid vehicles experience reduced driving range.

Whatever you drive, make sure your battery is up to winter challenges.

Other common sense items to remember when planning include checking your cooling system, filling your windshield washer reservoir and checking your windshield wipers. If you can't see where you're going, the best preparations don't matter. Also check that your window defrosters (front and rear) work properly.

The value of preparation pays off big time if it prevents problems on the road, said Van Tassel.

"In winter conditions, one never knows what sort of driving-related emergency could arise," he explained.

"In emergency situations, even seemingly small preparations could end up saving a life. That's why it's so important to make sure your vehicle's drive train and tires are road ready, and to have a complement of useful items aboard such as flashlights, blankets, food, water, cellphone, shovel, traction mats and gloves. These and other items could make the difference."

Taking safety to heart this hunting season

By David San Miguel

Editor

What started to be a great weekend hunting with friends came to an abrupt halt when one of the guys broke his arm. Confident of his skills to ascend his deer stand, the hunter had decided against using a safety harness. As a result, the group called off the hunt and spent much of the weekend in the hospital emergency room.

Fortunately, no one suffered serious injury. But the fall could have inadvertently set off a chain of events that included the hunter's rifle firing and gravely wounding, if not killing, one of his buddies hunting nearby.

According to the National Shooting Sports Foundation, tree stand incidents account for about 80 percent of all hunting accidents. Overall, the injury rate for hunt-

ers is relatively small, approximately 50 per 100,000 participants. There are ways to make hunting even safer, however.

To prevent tree stand mishaps, the International Hunter Education Association recommends hunters wear tree stand restraints or harnesses at all times until they're safely back on the ground. Additionally, hunters should plan for instances where they might fall, get caught by the restraint system and find themselves hanging in the air.

The IHEA also advises hunters to never hunt alone. Hunting with a partner increases the chance of survival in the event of injury or unexpectedly getting lost in unfamiliar terrain. Likewise, hunters should advise family and friends of their location to provide first responders a point of reference in the event of an emergency.

Standard throughout much of the

United States, hunters are required and/or highly encouraged to wear hunter orange vests and hats to increase their visibility in the brush. Fatalities could result if hunters mistake an individual for game or do not check the foreground or background before firing. A hunter orange vest and hat does much to mitigate this risk, but hunters must nonetheless adhere to other safety precautions, such as not pointing the muzzle in an unsafe direction or ignoring proper handling procedures for crossing fences, obstacles or difficult terrain.

Other tips include carrying a flashlight, glow stick and whistle during hunting excursions. These devices not only increase visibility during the evening hours, but also provide a means to signal for help or to ward off unwanted predators.

For more information on seasonal safety, visit <https://safety.army.mil>.

Native Americans place special honor in military service

By Gary Sheftick

Army News Service

FORT MEADE, Maryland - All of the 566 Native American tribes across the country have special respect for those who serve in the military, said the editor of Native Peoples Magazine.

Mary Hudetz, editor-in-chief of the magazine and president of the Native American Journalists Association, spoke during a National Native American Heritage Month observance at the Defense Media Activity last year. A member of the Crow tribe in Montana, she lives in Phoenix, Arizona, headquarters of the magazine, which has a circulation of 100,000.

"I think in every tribe, there is this amazing way to pay tribute to Veterans," Hudetz said. Some have special dances at powwows for Veterans. Others select Veterans as their tribal leaders and many allow Veterans to lead ceremonies.

The Kiowa tribe, for instance, has the Black Leggings Warrior Society, created specifically to honor Veterans and those who are currently serving in the military. Also known as the Ton-Kon-Gah, this society was established generations ago and hosts a special annual festival for its Veterans in Anadarko, Oklahoma.

Not all tribes have such a society, but Hudetz said all of them are proud of their Veterans.

Hudetz recently interviewed a 101-year-old veteran considered by many as the last Crow "war chief." Dr. Joseph Medicine Crow fought in World War II.

In the traditional Crow tribal culture, if a warrior could accomplish four major deeds on the battlefield, he became a war chief:

- touch an enemy in combat without killing him
- take the enemy's horses
- lead a successful war party
- disarm an enemy without taking a life

Joe Medicine Crow was able to achieve all four during World War II, Hudetz said. He even convinced his commander that he should release horses from a farmhouse so that German Soldiers could not use them



(U.S. Army Photo)

Charles Chibitty, in a formal ceremony at the Pentagon, Nov. 20, 2001. Then Secretary of Defense Donald Rumsfeld presented Chibitty with the Knowlton Award in recognition of his significant contributions for the military intelligence efforts.

to escape.

He is often called the last Crow war chief, Hudetz said, because battle has changed today, and has made the four tasks too difficult to achieve, particularly when it comes to stealing horses.

Sometimes it is difficult to preserve Native American culture and language, she said, and misconceptions about the culture are widespread.

"Like many ethnic groups, we face a lot of stereotypes," Hudetz said. Some people see Native Americans as stoic or possessing super powers such as controlling the weather or having the ability to talk with animals, she said.

"Native-American women are often presented as exotic, even with the best of intentions from the media and journalists sometimes," Hudetz said. She added that sometimes native women are portrayed as mystical and having powers such as shamans or "medicine men."

Such generalizations can be "very emotional" for Native American women, Hudetz said.

Another misconception is that all tribes

have casinos, Hudetz said.

"Not all tribes are casino-rich," she said. "Mine certainly is not."

Many people think that the majority of Indians live on reservations. Actually today, about 80 percent of Native Americans now live in urban areas, according to the last census, she said.

When asked if the culturally correct term to use is American Indian or Native American, Hudetz said that Native American is more accurate.

"We're not Indians," she said, because those indigenous people live in India or the West Indies.

"But yet, when I grew up, we called ourselves Indians ... it doesn't offend, it doesn't sting to say that, but for media and song purposes, it's always best to use the tribe if you can."

"As long as it's not the 'R' word (redskins)," or Injun, then it's alright, she said.

The word "redskins" is not used in print by her magazine, Hudetz said, because it's considered a racial slur.

MWR Holiday Operating Hours

Java Café

Nov. 23: 6 a.m.-1 p.m.
Nov. 24-30: Closed
Dec. 1: 6 a.m.-1 p.m.

Primo's Express

Nov. 21-30: Closed
Dec. 1: Closed

Outdoor Recreation

Nov. 23-25: Mon.-Fri.: 9 a.m.- 5 p.m.; Sat.: 8

a.m.- noon; Sun.: Closed

Nov. 26-27: Closed

Nov. 28-30: Mon.-Fri.: 9 a.m.- 5 p.m.; Sat.: 8

a.m.- noon; Sun.: Closed

Dec. 1-23: Mon.-Fri.: 9 a.m.- 5 p.m.; Sat.: 8

a.m.- noon; Sun.: Closed

Dec. 24: 9 a.m. – 1 p.m.

Dec. 25: Closed

Dec. 26-30: Mon.-Fri.: 9 a.m.- 5 p.m.; Sat.: 8

a.m.- noon; Sun.: Closed

Dec. 31: 9 a.m.-1 p.m.

Jan. 1: Closed

Jan. 2-4: Mon.-Fri.: 9 a.m.- 5 p.m.; Sat.: 8 a.m.- noon; Sun.: Closed

Recreational Lodging

Nov. 23-25: Mon.-Fri.: 8 a.m.- 4:30 p.m.; Sat.: 9 a.m.-3 p.m.; Sun.: 9 a.m.-3 p.m.

Nov. 26-27: Closed

Nov. 28-30: Mon.-Fri.: 8 a.m.- 4:30 p.m.; Sat.: 9 a.m.-3 p.m.; Sun.: 9 a.m.- 3 p.m.

Dec. 1-23: Mon.-Fri.: 8 a.m.- 4:30 p.m.; Sat.: 9 a.m.- 3 p.m.; Sun.: 9 a.m.- 3 p.m.

Dec. 24: 8 a.m. - noon

Dec. 25-27: Closed

Dec. 28-30: 8 a.m.-4:30 p.m.

Dec. 31: 8 a.m.-noon

Jan. 1-4: Closed

Downtime Zone/Rec Center

Nov. 23: 8 a.m.- 4:30 p.m.

Nov. 24-29: Closed

Nov. 30: 8 a.m.- 4:30 p.m.

Dec 1-2: 8 a.m.- 4:30 p.m.

Dec. 3: 8 a.m.- noon

Dec. 4: 8 a.m.- 4:30 p.m.

Dec. 5-6: Closed

Dec. 7-11: 8 a.m.- 4:30 p.m.

Dec. 12-13: Closed

Dec. 14-18: 8 a.m.-4:30 p.m.

Dec. 19-20: Closed

Dec. 21: 8 a.m.- 4:30 p.m.

Dec. 22-31: Closed

Jan. 1-3: Closed

Jan. 4 Jan: 8 a.m.- 4:30 p.m.

Ambrose Fitness Center

Nov. 23-26: Mon.-Fri.: 6 a.m.- 8 p.m.

Nov. 26: Closed

Nov. 27: 8 a.m.- 4:30 p.m.

Nov. 28-30: Mon.-Fri.: 6 a.m.- 8 p.m.; Sat.: 8 a.m.- 4:30 p.m.; Sun.: Closed

Dec. 1-23: Mon.-Fri.: 6 a.m.- 8 p.m.; Sat.: 8 a.m.- 4:30 p.m.; Sun.: Closed

Dec. 24: 6 a.m.- 2:30 p.m.

Dec. 25: Closed

Dec. 26-27: Mon.-Fri.: 6 a.m.-8 p.m.; Sat.: 8 a.m.- 4:30 p.m.; Sun.: Closed

Dec. 28-31: 8 a.m.- 4:30 p.m.

Jan. 1: Closed

Jan. 2-4: Mon.-Fri.: 6 a.m.- 8 p.m.; Sat.: 8 a.m.- 4:30 p.m.; Sun.: Closed

Family and MWR Presents:

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Garrison Headquarters, Fort A.P. Hill

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