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# The Signal



Friday, October 17, 2008

Published for the Department of Defense and the Fort Gordon community

Vol. 29, No. 42

## News UPDATE



### Free seminars

Physical therapists from the Dwight D. Eisenhower Army Medical Center are hosting a **free** lecture series throughout the month of October to celebrate National Physical Therapy Month. The series will consist of two different lectures. The first, titled "An Introduction to Fitness: Getting started on a Fit Life," will provide attendees with the motivation, knowledge and tools needed to begin and maintain a lifelong fitness program. Capt. Eric Nelson, a physical therapist, will present the program from 11:30 a.m. to 12:30 p.m. **Oct. 20.**

The second lecture, "The Healthy Back," will educate attendees regarding basic mechanics and will provide habits and exercises helpful in preventing back pain. Physical therapists Jeremy Hutton and Ashley Fox will be the presenters. The lecture will be held from 7:30 to 8:30 a.m. **Oct. 21.** All programs will be given in the first floor auditorium of DDEAMC. Service members, their Family members, retirees and Department of Army civilians are welcome.

For more information contact Capt. Eric Nelson at (706) 878-0184.

### Remembrance Day

The Augusta Chapter of the Military Order of the World Wars is hosting the "Massing of the Colors and Remembrance Day" celebration at 3 p.m. **Nov. 16** in Alexander Hall.

The ceremony honors the American flag and those living and dead who have struggled to preserve it. All veterans, Junior Reserve Officers' Training Corps cadets, Army Senior Reserve Officer Program members and members of other patriotic organizations in the Central Savannah River Area are welcome.

For more information contact retired Lt. Col. Charles Schuman, MOWW project officer, at (706) 294-0677 or by email at [schumancl@aol.com](mailto:schumancl@aol.com).

## Soldier receives three Purple Heart Medals

**Charmain Z. Brackett**  
Correspondent

One Soldier, three honors. "We're recognizing a

Soldier for his actions – actions plural," said Brig. Gen. Donald Bradshaw, commander of the Dwight D. Eisenhower Army Medical Center and Southeast Regional Medical Command,

Tuesday at the hospital auditorium. "He's receiving three Purple Hearts."

Staff Sgt. Craig Showers, of the 61st Cavalry, 101st Airborne from Fort Campbell, Ky., received the awards after three separate incidents in late May. He arrived in the Middle East in March.

Twice on May 22, Showers was in a convoy in a tank which hit improvised explosive devices resulting in wounds to various parts of his body. Then on May 31 in Afghanistan, his tank rolled onto a tank mine shattering his ankle.

"He's doing well because of our partnership" with the active duty rehabilitation unit at the Charlie Norwood VA Medical Center, Bradshaw said.

Showers had few words during the ceremony.

"I didn't want to receive any of these, but it happens," he said.

Several from his unit at Fort Campbell attended the ceremony to show their support.

Established by Gen. George Washington during the Revolutionary War, the Purple Heart is the oldest medal in the Army and the first given to enlisted Soldiers.



**Brig. Gen. Donald Bradshaw, Southeast Regional Medical Command and Dwight D. Eisenhower Army Medical Center commanding general pins the Purple Heart on Staff Sgt. Craig Showers during a ceremony at DDEAMC, Oct. 7.**

Photo by Charmain Z. Brackett

## New Signal unit coming

**Marla Jones**  
Deputy Public Affairs Officer

The U.S. Army has approved activation of a continental U.S.-based theater signal command, to be headquartered at Fort Gordon.

The 7th Signal Command (Theater) will have its headquarters element at Fort Gordon, and will have signal brigades stationed on the east and west coasts. The ribbon-cutting for the Fort Gordon Headquarters in Building 21715, will be 10:30 a.m. Oct. 23.

The formal activation ceremony will be held in February 2009.

Brig. Gen. Jennifer Napper, 7th Sig. Cmd. (Theater) commander will be the third general officer commander at Fort Gordon. Currently, the commanders of the U.S. Army Signal Center and the Dwight D. Eisenhower Army Medical Center are one-star generals.

Napper comes to Fort Gordon from the Defense Information Systems Agency in the Pentagon, where she served as deputy director of Joint Task Force-Global Network Operations, directing the operation and defense of the Global Information Grid.

The 93rd Signal Brigade, which was activated at Fort Gordon in 1998 and inactivated in 2007, will be activated again at Fort Eustis, Va.

The second signal brigade to be activated as part of the 7th Signal Command is the 106th Signal Brigade, to be located at Fort Sam Houston, Texas.

The two brigades will be activated in phases, with a planned full operational capability by 2010.

By 2010, the 7th Signal Command Headquarters at Fort Gordon will have a full staff of 171 civilians and 68 military. The employees will be computer network defense, personnel, supply and other specialties.

The mission of the 7th is to operate and defend the Continental U.S. portion of the Army's global computer network, called LandWarNet.

The command will assure total global network access for all Signal Soldiers from the combat units deployed around the world and those on desktop computers to the White House Communications Agency.



**Brig. Gen. Jennifer Napper, commanding general, 7th Signal Command (Theater)**

## Command fully supports drug free activities

### Red Ribbon Week campaign set

**Michael Reed**  
Employee Assistance Program Coordinator

Red Ribbon Week is a way for the community to take a visible stand against drugs and to show a personal commitment to a drug-free lifestyle through the symbol of the red ribbon.

This year the Department of Defense theme for Red Ribbon Week is: "Ask me, See me, Be me—Heroes Remain Drug Free."

Illegal drugs do a great deal of harm to people's bodies, minds, and the communities. There is also a negative impact caused by drugs on children and Families. It is important to recognize that drugs are a serious issue in this country. Everyone, especially children must be educated about the dangers of substance abuse.

Research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance use and abuse.

The first Red Ribbon celebration was organized in 1986 by a grassroots organization of parents concerned about the destruction caused by alcohol and drug abuse. The Red Ribbon was adopted as a symbol of the movement in honor of Enrique "Kiki" Camarena, an agent with the U.S. Drug Enforcement Administration who was kidnapped and killed while investigating drug traffickers. The campaign has reached millions of children and has been recognized by the U.S. Congress.

The financial impact on Georgia's government from substance abuse related costs and services are significant.

In 1998, the most recent year for which this data is available, Georgia spent over \$1.5 billion on substance abuse related costs and services across program areas including justice, education, health, child-Family assistance, mental health developmental disabilities, public safety, and the state workforce. This figure amounted to nearly 10 percent of the total expenditures for the state.

Red Ribbon Week is an opportunity to be visible and vocal in the desire for a drug-free community. Everyone is encouraged to join in honoring Camarena's memory and show support by wearing the red ribbon badges.



### National Drug-Free Work Week observance October 20-26

Drug-Free Work Week is a national awareness campaign promoting drug-free workplaces. The Federal Government is a model employer in addressing drug and alcohol abuse issues, with the Federal Drug-Free Workplace Program mandated by Executive Order 12564 (1986), as well as the additional supports available to employees, including Employee Assistance Programs, comprehensive health insurance, and generous leave programs.

During Drug-Free Work Week, we want you to know about your rights, responsibilities, and resources, so you can maintain a healthy, productive life at work and at home.

If you, a co-worker, or a Family

member needs help with a substance abuse issue, or other issues that are non-clinical in nature and can be dealt with by brief counseling, the Fort Gordon Employee Assistance Program can help.

The following resources are free of charge and available to all employees:

-The Fort Gordon Employee Assistance Program, a confidential counseling and referral resource: Website: [www.gordon.army.mil/dhr/ALDrug/default.html](http://www.gordon.army.mil/dhr/ALDrug/default.html). Phone: (706) 791-5797, located at Ft. Gordon ASAP, 202 7th Ave., Bldg. 38702.

-Fort Gordon Army Substance Abuse Program, Employee Assistance Program coordinator, contact information: (706) 791-5797, [Michael.alvin.reed@us.army.mil](mailto:Michael.alvin.reed@us.army.mil).

Displays to provide information on the Fort Gordon Employee Assistance Program will be set up at the Post Exchange on Oct. 20 and the Commissary on Oct. 21.

For additional information about Drug-Free Work Week, visit the Substance Abuse and Mental Health Services Administration website at [http://workplace.samhsa.gov/FedPgms/Fed\\_DFWP.aspx](http://workplace.samhsa.gov/FedPgms/Fed_DFWP.aspx) or the Department of Labor's Drug-Free Work Week information at [www.dol.gov/workingpartnerswelcome.html](http://www.dol.gov/workingpartnerswelcome.html)

### Red Ribbon Week celebrations

- 9 a.m. - noon Oct. 27, Commissary
- 9 a.m. - noon Oct. 28, Army/Air Force Exchange Service
- 9 a.m. - noon Oct. 29, Dwight D. Eisenhower Army Medical Center
- 8:30 a.m. - 3:30 p.m. Oct. 30, Freedom Park School