

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Fort A.P. Hill places third in ACOE

by **Jeremy Heckler**
Fort A.P. Hill Public Affairs

Fort A.P. Hill is once again the third place winner in the annual Chief of Staff of the Army's Communities of Excellence competition, the Installation Management Agency announced this week.

The order of finish replicated the previous year's competition, with Fort Stewart and Hunter Army Airfield, Ga., taking first place and Fort Bragg, N.C., finishing second.

"This is good company to keep," said Lt. Col. James Mis, garrison commander, upon hearing of the recognition and the repeat of the top three installations. "It is outstanding for our installation to be noted for both the way we do business and the excellent results we achieve."

The first place winner will receive a monetary prize of \$2 million, with second place collecting \$1 million. Fort A.P. Hill will receive \$750,000, making a total of \$2 million won since the Caroline County installation began entering the competition. Fort A.P. Hill has been an Army finalist for the award in each of the three years it has entered. Each winner also receives a trophy and a commemorative flag.

Joint Force Headquarters, Ohio National Guard, and the 90th Re-
(See ACOE Page 2)

Marine battalion takes on Fort A.P. Hill ranges



Jeremy Heckler

Lance Cpl. Stanley Ruditis, Company A, 1st Battalion, 6th Marines, fires his M-240 down Range 3 during a training event March 30. The battalion came up from Camp Lejeune, N.C.

by **Jeremy Heckler**
Fort A.P. Hill Public Affairs

Marines from 1st Battalion, 6th Marine Regiment took to the ranges and training areas of Fort A.P. Hill recently in preparation for deployment.

The Camp Lejeune, N.C. based unit used their time here to work on crew-served weapons training as well as perfect their patrolling and convoy driving skills, said Chief Warrant Officer Robert Tagliabue, Marine Gunner for the battalion.

"This is a chance to get everybody

familiar with their weapons systems," said Sgt. James Redmon, section leader, Company A, 1st Bn., 6th Marines.

Tagliabue said the unit had a high turnover after returning home from Afghanistan last year.

The rotation to Fort A.P. Hill provided each company with a way to develop the skills upon which they need to work.

"Our goal is to train the new guys so they'll qualify on the weapons," said Redmon, who heads the M-240B section.

(See Marines, Page 2)

"A teacher affects eternity; he can never tell where his influence stops."

-- Henry B. Adams

ACOE

(Continued from Page 1)

gional Readiness Command were also winners in special categories of the competition.

The announcement concludes a rigorous selection process that saw Fort A.P. Hill advance through the competition, which included a weeklong site visit by a team of evaluators to each finalist's location, followed by a detailed scoring assessment by a senior panel of judges.

An awards presentation is scheduled for May 4 at the Pentagon.

Ken Perrotte, chief of public affairs, was Fort A.P. Hill's coordinator for developing the organizational self-assessment in each of the three years the post has competed in the Army-wide competition.

He explained the competition "guides organizations through a comprehensive look into how they do business."

To compete, Army installations complete a detailed organizational self-assessment package that responds to questions posed in the Army Performance Improvement Criteria, which are nearly identical to the standards applied for the prestigious Malcolm Baldrige National Quality Award.

The assessment is a thorough study of how business processes are designed and deployed, and how the installation fares in its business results across a variety of performance areas. The criteria cover areas such as leadership, strategic planning, process management, customer focus, human resource management and business results.

"The goal is constant improvement.

The criteria lead you to discover answers to the questions, 'Are we any good?' and 'Are we getting even better?'" Perrotte said.

Perrotte said each organization must look at the way it plans and organizes its work as well as its business results. He said he has seen an evolution in terms of people viewing their work as often interdisciplinary and intertwined processes.

"Over the past few years, we have employed dozens of cross-functional teams to look at how we can improve business processes," said Perrotte. "Several years ago that was a novel thing, now it's just the normal way of managing business."

"If you can refine and improve your business processes, you ultimately save resources whether its cash on the barrel or the time it takes to something right the first time, every time," he added. "Ultimately, this affects our 'bottom line,' which is how well we improve our support of the warrior who trains here."

Perrotte noted that the relatively new Plans, Analysis and Integration Office is now leading the charge in developing ways to institutionalize more of a "process view" across the installation, as well as rolling out ways to measure those processes and integrate the knowledge gained daily into future improvements and management planning.

Brian Taylor, management analyst, said, "A key part of this planning is reviewing and improving our key processes. These improvements generally include cost efficiency, cost avoidance, time and manpower savings and, where possible, integration of functions."

Fort A.P. Hill has reinvested in itself with the prize money gained from prior competitions. Construction is nearly complete on a new training building on the installation, which was funded by 2003 Army Community of Excellence dollars, said Ben McBride, Director of public works.

The facility, with its large common area, can serve many roles, which include providing conference facilities or classroom space for units.

Money from last year's third place finish will add a second building to the facility.

The building is designed to be used for smaller breakout sessions. The funds will also pay for new computers and other electronic equipment in the main building, said Lisa Skinner, director, Resource Management Office.

The upgrades will allow the installation to build on its success.

Work is under way on the next Fort A.P. Hill assessment package. Feedback reports from evaluators have been used to identify improvement targets. For example, Fort A.P. Hill is better trying to assess how the training and support military units received here benefits them in "real-world" operations.

An employee team, led by Scott Kittle of the Directorate of Plans, Training, Mobilization & Security, has been examining how that particular process can be improved to capture better, actionable feedback from warriors, to include those who are deployed

"The Fort A.P. Hill team never rests on their laurels," said Mis. "Instead, they look for opportunities to get better in providing the best training and support anywhere."

Marines

(Continued from Page 1)

Tagliabue said coming to Fort A.P. Hill lets each company in the battalion train relatively close to one another and rotate through each range quickly.

He said the training here better prepares them for a bigger training exercise at the Marine Air-Ground Combat Center at Twentynine Palms, Calif.,

where they will make final adjustments before their next overseas deployment.

"We all love this place," said Tagliabue.

"We try to get out here at least once or twice a year."

Tagliabue said the installation has some of the best ranges on the East Coast.

"The best thing about these ranges is that it records the targets and lets us

know what we hit," said Redmon.

The Marines also cited the assistance they receive as one of the reasons they keep coming back.

"The support here is the best anywhere," said Redmon. "These guys are the best anywhere."

"The Marines are a better unit today than two weeks ago due to the Fort A.P. Hill team," said Lt. Col. James Mis, garrison commander.

Poirer commands range, teaches warriors

by Jeremy Heckler
Fort A.P. Hill Public Affairs

On Range 3 a voice bellows out of the tower directing movements to the firers. While the voice may sound like the word of God, it is the sound of a retired Marine Corps Gunnery Sergeant who imparts his more than 20 years of knowledge and experience on the warriors who come to train at Fort A.P. Hill.

Jay Poirer, a range technician, engages each unit he works with to help them get the most out of their training.

"I could just sit out here and not care and just watch them do their thing, but I'm not that kind of person," said Poirer.

Poirer, 44, started working at Fort A.P. Hill last year. After he left the Marine Corps he worked for the State Department, teaching marksmanship to employees worldwide. Tiring of the commute and the trips away from family, the Caroline County resident came to Fort A.P. Hill.

Poirer said he didn't always have such a commanding presence on the range.

"When I first got here I tried not to be a Marine and I hit the bottom as I tried to learn my role," said Poirer.

He said he started to use his knowledge gained by writing doctrine on machine guns for the Marine Corps to help warriors with their training by going over the parts of the weapon and what must be done to fire accurately and safely.

"My supervisor said that we couldn't touch the weapons, but I can do everything but that and be effective," said Poirer.

Poirer's personality on the range came out of the principle of treating others how he wanted to be treated.

Poirer said it started with the idea of treating each other firmly, fairly and with dignity, and then dial in to what



Jeremy Heckler

Jay Poirer, DPTMS range technician, calls out instructions from his tower high above Range 3, the machine gun transition range.

the unit needs to make them successful.

"When Marines come out here they square each other away," said Poirer.

"When other units come out here they may not have the same intensity but have individuals who want that."

That intensity helps warriors concentrate on their training.

"The units realize what he's saying is important and it causes them to focus on what needs to be done," said Woody Broadus, Poirer's supervisor.

Poirer has taken parts of everything he's learned and put it to good use. As he stands in the range tower he booms out commands to the warriors on the firing line giving instructions, sometimes playfully with the unit.

"I can't talk this way to my kids," said Poirer, who has a 13-year-old

daughter and a 10-year-old son. "They say enough of that."

He said his style is all about inflection. Before entering the military, Poirer had been a student at the Julliard School of Music where he studied as a solo vocalist.

After a failed initial attempt to join the military, Poirer moved to the West Coast, and after some time trying other things he successfully enlisted in the Marine Corps.

Poirer distinguished himself by earning positions on Marine Corps' marksmanship teams.

"His background as a marksmanship instructor makes him extremely valuable on the small arms ranges because he's able to help out the weak shooters," said Broadus.

Poirer said the he continues to learn and grow from his fellow range operators.

"I'm the second youngest guy here," said Poirer. "I tend to ask questions and try to get answers."

That knowledge he can pass on to new warriors both from the tower and individually.

"I could just sit out here and not care and just watch them do their thing, but I'm not that kind of person."

-- Jay Poirer,
Range Technician, DPTMS

Supplying the means for warfare

by **Jeremy Heckler**

Fort A.P. Hill Public Affairs

While a Soldier with a rifle is the key to attacking the enemy, without ammunition to fire, the rifle is little more than a club.

The team at the ammunition supply point is the key in keeping those rifles loaded by tracking and issuing ammunition of all shapes and sizes to warriors from all of the armed services for use during training here at Fort A. P. Hill. They also help ensure force protection of the National Capital Region.

“We’re charged with the physical security and accountability of ammunition assets maintained at Fort A.P. Hill for training or operational requirements,” said Charles Rupe, ammunition officer.

The eight-employee team works in conjunction with units coming to Fort A.P. Hill to ensure that the ammunition they requested is readily available and ready to use here or to transport back to their home station in support of other operations.

When orders come in, inventory specialists process requests for ammunition and cross reference what the unit thinks they’ll need against what they have on hand, said Jerry Stafford, supply technician.

He said if they don’t have it they’ll order it from the Rock Island Arsenal in Illinois.

“As long as they have an authorization for a type of ammunition we try to have it here at least five days prior to their arrival,” said Stafford.

Stafford said when units contact the supply point he works with them to ensure they will have everything they need before they leave their home duty station.

“We try to limit customer dissatisfaction by ensuring that regulatory requirements are met before arrival at Fort A. P. Hill,” Rupe said.

Before the ammunition gets to the Soldier, the rounds are cleared for use, this is done by checking with the various agencies that control the worldwide



Jeremy Heckler

John Butler, a munitions handler at the Ammunition Supply Point, loads ammunition onto a truck for 1st Battalion, 6th Marines during their rotation to Fort A.P. Hill.

stockpile, Rupe said.

“My job is to make sure that when the ammunition gets to the Soldier it is safe for the soldiers to use and will function as intended,” said Virginia Stokes, quality assurance specialist ammunition surveillance.

Once members of the unit arrive on Fort A.P. Hill, they still need to come prepared. Safety and following regulations are two guiding principles at the ammunition supply point, Rupe said.

Even when a unit has the proper paperwork filled out and the proper personnel available, they still need to be able to prove that they can move the supplies safely before they can leave.

Stokes said one unit came to her and she sent them away three times to fix a flat tire before letting them load their ammunition.

While that might ruffle a few feathers, the goal is to be safe.

“This isn’t like an MRE or a pillow; it’s an accountable, controlled item with very specific regulations that pertain to handling, storage and transportation. It

is a supply class where we don’t have the authority to say, ‘This is how we are going to control it.’ Those decisions have already been made for us,” said Stokes.

“Many times unit personnel will arrive unqualified to sign for or transport Class V (ammunition) materials,” said Rupe. “We educate them and try to resolve the problems on the spot so that the issue can be completed.”

After units finish their training all unused ammunition as well as the expended casings are returned to the supply point.

Rupe said that after metal residue is returned, it is processed and sold as scrap.

Proceeds are used to support installation recycling programs and to fund morale support activities as directed by the commander.

“The signs of success at the end of the day are that no one was injured, no regulations were violated and the Warriors received the ammunition needed for training or the performance of their

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

April is sexual assault prevention month

by J. D. Leipold

American Forces Press Service

WASHINGTON – The Army, in conjunction with the observation of April’s National Sexual Assault Awareness Month, is highlighting its Sexual Assault Prevention and Response Program.

“We will use this opportunity to reaffirm our position that sexual assault will not be tolerated in any way, shape or form, and that sexual assault is a criminal offense which degrades mission readiness by devastating service members’ ability to work effectively as a team,” said Ms. Carol Collins, program manager of the Sexual Assault Prevention and Response Program.

Lt. Col. Carla Reed, former Program Branch Chief, recently returned from a tour of duty that studied this program in action, including in the OIF and OEF theaters. “As we took the Sexual Assault Prevention and Response Program’s policies and messages to the commanders and soldiers in the field, we conveyed the message that one sexual assault is too many, and that this crime has no place in the Army.”

The program was stood-up in September 2004, as part of the Army’s effort to eradicate sexual assault through training, prevention, education and awareness programs. In cases where prevention measures fail, victims should be assured that a system is in place to provide responsive, caring support, while holding offenders accountable.

“Upon entry into the Army, Soldiers will be trained in sexual assault prevention and response, and within all professional military education courses throughout their careers,” Reed said. “We have requirements for annual awareness training within units, as well as during changes of station.”

“With regard to responding to sexual assaults, the Army has a system in place whereby all those who provide support are integrated so they’re all talking to one another on behalf of the victim.”

“The first resource available to victims is ‘victim advocacy,’” added Reed. “Service members within units, called ‘victim advocates,’ can assist and support by explaining the process for accessing services, as well as escort the victim to talk to criminal investigators and to medical treatment appointments.”

Fort A.P. Hill is developing a program that addresses those

needs on the installation. Each new arrival to the installation, whether they are a new employee or participating in training, receives contact information and sexual assault reporting procedures, said Christine Coates, administrative support assistant to the command and one of the installation’s two unit victim’s advocates.

Coates and Tim Southard are on call 24 hours a day, seven days a week should tragedy strike.

Coates said if someone is a victim of sexual assault they should immediately report it to the police department. Coates or Southard will be called in to serve as victim’s advocates and will provide moral support to the victim as well as advise them of their rights.

Army leaders are being trained about their responsibilities, and to ensure they are fostering organizational climates that encourage service members to treat each other with dignity and respect.

Coates said Fort A.P. Hill will expand its program by presenting a class on the issue as part of the post’s quarterly Consideration of Others Training.

Sexual assault is one of the most under-reported crimes in the U.S., and the same holds true within the military’s branches. “Many victims don’t feel free to report sexual assaults because they often think they’ve done something wrong. Often, they feel guilty about having been in the situation

in which the assault occurred, so they choose not to report it. They also feel embarrassed or shame, or that their careers may be negatively impacted so they suffer in silence and try to handle the situation on their own,” Reed said.

Within the Sexual Assault Prevention Response Program, our goal is to provide a safe haven, and foster an

environment that encourages more victims to come forward to seek the help they need and deserve.

“Sexual assault is something the Department of Defense and the Army take very seriously. Our Army is a values-based institution; one in which one sexual assault is one too many,” said Reed.”

“I think it’s really important that people know that sexual assault can happen to anyone, no matter what gender, age or spousal relationship,” said Coates.

For more information on the Fort A.P. Hill sexual assault program contact Coates at 633-8366 or Southard at 633-8745.

“I think it’s really important that people know that sexual assault can happen to anyone, no matter what gender, age or spousal relationship.”

*-- Christine Coates,
Administrative support
assistant to the command*

New training building nears completion

by **Jeremy Heckler**
Fort A.P. Hill Public Affairs

Construction on the new training building next to Beaver Dam Pond nears completion.

“The project is about 85 percent complete and should be completed next month,” said Ben McBride, director of public works.

“Right now the contractor is finishing the ceiling, interior lighting and flooring,” said Jean Schofield, Public Works engineer assigned to the project.

Training Building Facts

- Building size:**
Approx. 4,900 square feet
- Connectivity:**
70 ports each network and voice
- Multimedia:**
Projection system

Schofield said two projects related to the project and awaiting approval. One is for a grinder pump that will connect to the septic system. The other is a fire alarm system for the building.

Once completed, the building will be the home of a variety of training and recreation events.

“When this is finished we can move a lot of the events we currently do at Heth schoolhouse there,” said Schofield.

The building will be wired so units can set up their computers for network access. Schofield said the building will also have audiovisual equipment similar to that currently in the post conference room.

The project was funded through Fort A.P. Hill’s award money from in the 2003 Army Communities of Excellence competition. While construction nears completion on the current building, a new building will soon rise next to it.

“Last week the Corps of Engineers awarded a contract for the design of a building adjacent to this building that units can use as breakout rooms during their training,” said McBride.



Jeremy Heckler

Thomas Daniel applies paint to a door frame at the new training center near Beaver Dam Pond.

FEEDBACK: *What can new employees contribute to Fort A.P. Hill?*



“A new employee can bring all of their experience to bear to make Fort A.P. Hill a better place.”

Scott Kittle, deputy director, DPTMS



“A fresh look from their experiences outside the installation.”

Michael Horton, police officer, DES



“They can make a difference and bring a ‘can do’ attitude.”

Tony Johnson, range maintenance, DPTMS

HEALTHY LIVING

● WELL BEING ● SAFETY

Chocolate can be healthy in moderation

by 2nd Lt. Katey Schrumm

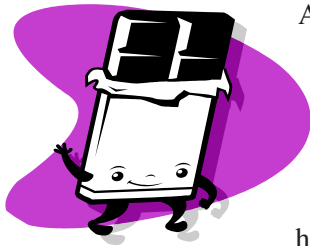
Intern, Walter Reed Army Medical Center

Chocolate is one of those “forbidden foods,” right? It rots your teeth, ruins your dinner, makes your skin break out and of course, causes you to gain that “spare tire” around the middle.

These myths have ruined the name of chocolate, having us believe it is something we should only eat on special occasions or if we’re “good.”

But what if I told you that it would be “good” for you to eat chocolate more often? Interested? Keep reading.

Hello, my name is Kate and I’m a chocoholic. I may be a health conscious runner and nutrition student, but I would gladly eat chocolate for breakfast.



OK, so maybe Chocoholics Anonymous isn’t a real thing, but maybe some of us wish it was. Our cravings have us dreaming of this sweet fix. I have always loved chocolate, so when recent nutrition research suggested it has some health benefits, I was thrilled.

We all know that aging is a part of life. With aging come many changes to our bodies and minds. These changes place us at increased risk for a variety of chronic diseases such as heart disease and cancer. Though our family history may contribute to these diseases, lifestyle also plays a big part. The foods you eat, exercise you do (or don’t do), and other behaviors such as smoking and drinking greatly affect your health. You’ve probably heard that before though. Let’s get to the good stuff: chocolate.

In recent years, scientists found that several foods contain substances called “antioxidants” that help our body fight diseases. Antioxidants are found in fruits, vegetables, tea, wine, nuts and many other foods. They work by stopping the activity of chemical compounds called “free radicals.” Free radicals damage our cells and are thought to cause cancer and heart disease. Unfortunately, they are always in our bodies because of normal body processes and environmental factors. Consuming foods high in antioxidants can help prevent some of this damage, avoid chronic diseases and slow aging.

So where does chocolate fit in this picture? Chocolate contains cocoa powder which is packed with flavonols, a type of antioxidant. The higher the cocoa content of the chocolate, the more flavonols it contains and therefore the healthier it is. However, as with many foods, all chocolate is not created equal. Only dark chocolate has enough

antioxidants to be considered beneficial because it contains a higher amount of cocoa. Milk, white and other types of chocolate, while very tasty, are not your best bet for disease prevention.

You might be wondering what exactly dark chocolate is supposed to do for you. A study done at the University of Cologne, Germany showed a connection between dark chocolate intake and blood pressure. The researchers found that a group of people who added 100 grams of a dark chocolate bar (containing 500 mg of the polyphenol antioxidants) to their diets showed a decrease in blood pressure while the group that added a 90 gram white chocolate bar without the polyphenols saw no change. High blood pressure places you at risk for many diseases like heart disease and stroke.

A second study at the University of California showed that dark chocolate may have a role in heart disease prevention. Flavonols in particular were related to more efficient functioning of the cardiovascular system. They are believed to have the same anti-blood clotting effect as aspirin, which decreases the risk of heart attack and stroke.

Is chocolate better than other sources of antioxidants? Yes and no. According to research done by Chang Yong Lee, cocoa has twice the amount of antioxidants as found in red wine and two to three times that’s found in green tea. Dark chocolate will give you more antioxidants per serving, however, foods like colorful fruits and vegetables will provide fiber, many other nutrients and less fat, saturated fat and calories than cocoa and foods containing it.

So where is this wonderful food? Everywhere. Companies have caught on quickly and made dark chocolate available in a variety of forms including chips (for baking), candy (bars and bite-sized), and cocoa. A good choice would be to mix the dark chocolate cocoa powder with some skim milk, vanilla flavoring and some type of sweetener and heat it in the microwave. You’ll get all the benefits of the antioxidants without the fat, saturated fat and cholesterol of processed dark chocolates and ready made cocoas.

An important point to remember is to eat everything in moderation. In addition to antioxidants, dark chocolate contains other not-so-healthy things like saturated fat and cholesterol. These can increase your risk for heart disease and obesity. However, eating small amounts of dark chocolate will allow you to get the benefits of the antioxidants without too much of the unhealthy things.

I hope I have somewhat cleared the name of this oh-so-yummy food. Remember, I’m not suggesting you eat chocolate as a meal or to replace any healthy foods in your diet with chocolate, but consider trying a small amount of dark chocolate in place of a different kind of sweet or treat.

NEWS NOTES



Betty Mayfield-Currington

Katelynn Wilson, 11, SaraLynn Currington and LiAnna Currington, 4, kneel at the edge of Beaver Dam Pond as they try to catch the biggest trout during the Youth Fishing Tournament held April 8. Chad Witt took home first place in the tournament.

Fort A.P. Hill Easter Egg Hunt

The Directorate of Morale, Welfare and Recreation has scheduled an Easter Egg Hunt on April 15 from 10 a.m. to 1 p.m. The egg hunt is for kids 12 and under. A pizza lunch is available for \$3 per person.

Those interested in participating must register by April 13. To register call 633-8335.

Commissary Case Lot Sale

Fort A.P. Hill and the Marine Corps Base Quantico Commissary will stage a "case lot sale" at Fort A.P. Hill April 22-23 from 9 a.m. to 4 p.m. in the Troop Issue Subsistence Activity building (1336). This sale is open to all authorized commissary patrons. Cash, check and credit cards will be accepted. For more information, contact Mark Crump at 703-784-2476.

Spring softball registration

Registration for softball season starts April 24. The season starts May 15. For more information call 633-8335

Warning on veteran's group

The Department of Veteran's Affairs has been notified of a group gathering personal information on veterans. Veterans Affairs Services is a private company that has been gathering information on a veteran's services site. The organization is not affiliated with the VA in any way.

If there are any examples of VAS acts, such as VAS employees assisting veterans in the preparation and presentation of claims for benefits, please contact Michael Daugherty, a staff attorney with the Department of Veteran's Affairs at Michael.Daugherty2@va.gov, (202) 273-8636.

New fishing rules in effect

The Directorate of Morale, Welfare and Recreation has updated the rules regarding fishing on the recreational ponds and lakes on Fort A.P. Hill. All those who fish from any type of watercraft must wear a personal flotation device at all times.

Fort A.P. Hill is open to ID cardholders, families and guests. Each person must check in and out at either the Game Check station or at the Community Activities Center during normal business hours.

Beaver Dam, Buzzards Roost and Fish Hook Lake are open to the general public and are not required to check in or out with Game Check. The perimeter waters of Bowie's Pond and Smoot's Pond and White's Lake are also open to the public. Those wishing to use Smoot's Pond or White's Lake must verify with Range Control at 633-8324 for approval.

Those with an overnight reservation at Bullock Pond Cabins, Travis Lake Lodge and the cottages are not required to check-in/out for fishing.

For further information please contact Game Check at 633-8244

March Madness final results

1. Benjamin Allen, DPTMS
2. Command Sgt. Major Roger Chase
3. (tie) David Spencer, DPW
3. (tie) Doug Fortune, DPW

The winner of the March Madness tournament received a two night stay at the Cape Henry Inn at Fort Story in Virginia Beach.

Winner of the 2004 Keith L. Ware Award for best newsletter in the Department of the Army

UP AND DOWN THE HILL is an authorized publication for members of the U.S. Army. Contents of this publication are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Headquarters, Fort A.P. Hill. This newsletter is published biweekly by the Public Affairs Office, Fort A.P. Hill, Virginia, 22437-3114. The printed circulation is 350. For information about this publication, call (804) 633-8120 or e-mail: jeremy.heckler@belvoir.army.mil.

Commander: Lt. Col. James M. Mis

Deputy to the Commander: Charles A. Munson

Public Affairs Officer: Ken Perrotte
Editor: Jeremy Heckler