

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY



Photo by Mary A. Bodine

Prevention celebration

Fort A.P. Hill Firefighter William Wheeler, Directorate of Emergency Services, teaches 8-year-old Sarah Atkinson, a Caroline County resident, how to extinguish a fire at the 5th Annual Fire Prevention Week Celebration, sponsored by the fire departments of Fort A.P. Hill and Bowling Green. The celebration was held at the National Guard Armory Oct. 12. See Page 3 for article.

Post to compete for excellence award

by the Fort A.P. Hill Public Affairs Office

Fort A.P. Hill has been selected as a finalist for the 2006 Army Communities of Excellence Award and will host a team of examiners Oct. 30-Nov. 4.

The installation was selected as an ACOE finalist in 2003 and placed 3rd in the 2005 competition garnering monetary awards of \$500,000 and \$750,000, respectively.

Monetary awards of \$2 million for 1st place, \$1 million for 2nd place and \$750,000 for 3rd place are being offered for the 2006 competition.

“The competition this year was extremely close and Fort A.P. Hill should be extremely proud of the accomplishments and work that they have done to establish themselves as an Army role model,” said Col. Christopher Essig, Army Installation Management Agency Headquarters.

“Moreover, Fort A.P. Hill has separated themselves from the rest of this year’s ACOE competition participants by sustaining excellence throughout the garrison and aligning its internal performance management system,” he added.

(See Excellence, Page 4)

“It is God’s job to forgive Osama bin Laden. It is our job to arrange a face-to-face meeting.”

-- An American Serviceman

“Jury Duty”: The latest identity scam

by Steven Chucala

Fort Belvoir Staff Judge Advocate's Office

My previous alerts concerning repeated fraud attempts to gain our personal information by thieves masquerading as officials of ebay, and numerous other banks or credit companies, need to be renewed as crooks are busy inventing new ways to trick innocent people to reveal information with which to commit fraud and identity theft. Hardly a week passes that a client does not complain of thefts from financial accounts, fraudulent credit card charges or bad credit ratings due to unpaid bills and forgeries created by a thief.

The latest scam can be called the “Jury Duty Scam” since a thief telephones a victim and identifies himself as an officer for employee of the local court. The scammer announces to the victim that the victim failed to report for jury duty, and that a bench warrant was issued against the victim for his/her arrest. Obviously, the victim’s reaction is one of surprise which places him at an immediate disadvantage and much more susceptible to the scam that will follow. The victim will deny knowledge of any such claim; and will state that no Jury Duty notification was ever received.

The scanner then reassures the victim of the possibility that this is all “just a misunderstanding” or “some sort of clerical error” that can be straightened out on the phone. All they need to do is “verify” the victim’s information with a few simple questions. Any reluctance on the victim’s part to answer and the scanner will threaten that failure to provide the information will result in an immediate execution of the arrest warrant. The scanner obtains names, Social Security Numbers, dates of birth, and credit card or bank account numbers claiming that these will be used by their credit bureau to “verify” the

victim’s identity. Family members who receive these calls are especially vulnerable to coercion. Threats that the sponsor could be arrested, get a criminal record, and consequently, have a ruined military career are frightening and persuasive. Another highly vulnerable group are families of reserve and national guard soldiers serving in Iraq or Afghanistan who are under severed emotional stress to begin with.

Soldiers, civilian employees, retirees and their family members must be aware of these tactics and the threat posed to our personal privacy and economic well being. The best rule to remember is that legitimate court, government, banking, and other agencies do not call to solicit information and would send any inquiry by standard mail delivery.

The thieves continue to use e-mail modes of communication in addition to telephones. Minutes before composing this article, your author received a fraudulent message purporting to be from ebay and alerting him that they were doing an investigation that required him to respond to certain account questions. No reputable business or bank sends e-mail requests for personal information. The fraudulent message was immediately forwarded to ebay for their action. I urge everyone not to respond to any telephonic or computer requests for information as innocent as they may appear. Similarly, telephonic request for information so that you may receive discount coupons and be entered into contests should be denied by a blunt and unapologetic reply of “I do not give information to strangers!”

Passing more federal laws did not and will not end I.D. thefts. The nationwide theft epidemic will continue to grow as long as innocent people willingly and enthusiastically provide strangers and thieves with personal information thereby assisting them to commit crimes.

FEEDBACK:

Have you made changes your driving habits due to rising gas prices. If so, what type of changes have you made?



“I don’t go to as many places as I use to and if I have more than two or three things to do over a few days I try to do it all in one day.”

*Deborah Covington,
custodian, DPW*



“I haven’t changed my driving habits because I still need to go places and do things. But, it costs a lot more.”

*Mary Arcand,
office support assistant, DMWR*



“Definitely. I guess you could say I multi-task. I use to run out anytime and now I hold a lot of things together and do it all at once.”

*Christine Coates,
administrative assistant
to the commander, HQ*

Celebration teaches fire prevention

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs

After traversing through the child safety house, 5-year-old Kailey Wright said she now knows how to call 911 and can help get her 2-year-old sister Kamryn out of the house in case of a fire or other emergency.

The child safety house, a miniature home that teaches kids how to identify fire hazards, call 911 and react to an in-house fire, was one of many displays and demonstrations at the 5th Annual Fire Prevention Week Celebration, Oct. 28 at the National Guard Armory.

The celebration, which is cosponsored by the Fort A.P. Hill and Bowling Green Volunteer Fire departments, is designed to appeal primarily to children, said event coordinator Cindy Tate, fire prevention inspector, Fort A.P. Hill FD.

"I've found that it's better to teach the kids how to prevent fires and react to a fire, because they go right to the parents and even correct their parents," Tate said. "With parents, we could give them a brochure and never know if read it. But when kids go through interactive demonstrations like the child safety house, they retain the information."

In addition to the child safety house, fire department personnel also demonstrated how to use a fire extinguisher and how they perform vehicle extrication using the "jaws of life."

"I really liked the 'jaws of life,'" said Gabriel Dickson, 7, of Ladysmith, Va. "They tore the roof off and turned that car into a convertible!"

Other fire and rescue organizations also provided displays and demonstrations. AirCare 2, a medical evacuation helicopter out of Shannon Airport, Fredericksburg, showed families how they transport patients and care for them in the air. The Caroline County Sheriff's Office took the fingerprints of children for identification in an emergency. The Fort A.P. Hill forestry branch also demonstrated how fires may be beneficial for forests and the safety of people through the use of prescribed burns.

"We like to involve organizations and residents who are on and off base," Tate said. "This gives people more of a feel of what Fort A.P. Hill is all about."

The barbecue meal and giveaways, like fire hats, cups, safety coloring books and brochures, were donated by the fire departments and their personnel.

Although the Fire Prevention Week Celebration is the Fort A.P. Hill Fire Department's largest fire education and training event, the department has



Mary A. Bodine

Two-year-old Kaeron Garner of Bowling Green, cautiously looks at the Caroline County deputy taking his fingerprints at the 5th Annual Fire Prevention Week Celebration, cosponsored by the Fort A.P. Hill and Bowling Green Volunteer Fire departments, Oct. 28.

also implemented a fire warden program, which selects one person from each office to inspect their building and routinely check fire alarms; provides fire extinguisher training every week during the summer; and community organization speaking and demonstration engagements, Tate said.

Observance captures Hispanic culture

by **Mary A. Bodine**
Fort A.P. Hill Public Affairs Office

Fort A.P. Hill employees enjoyed the sights, sounds and tastes of Spanish and Latin American culture at the Hispanic Heritage Month luncheon at Tucker's Tavern Oct. 5.

By combining a Colombian static display, Flamenco music and an Hispanic culture-specific meal, event chairperson Shirley Bland, Directorate of Public Works, said she hoped to provide "something different" to the annual observance.

Yolanda Milliken, wife of John Milliken, Military Support Office, provided the Colombian display with artifacts, books and art from her personal collection. Born in Cali, Colombia, the country's third largest city, Milliken said she wanted her display "to show the good face of our country. It is a beautiful country with a rich culture."

The display included facts about Colombian cities, Indian figures, Milliken's personal artwork and books about the country and the artist Fernando Botero.

Guitarist Charlie Moeser, an adjunct instructor of guitar at Virginia Commonwealth University and the University of Richmond, performed for the audience. Moeser has studied Flamenco guitar and its origins since the 1960s, he said.

"I just was attracted to the sound of Flamenco music," Moeser said. "At the time, I had no idea how difficult it was to play. People still find it interesting for an American to play Flamenco guitar."



Mary A. Bodine

Flamenco guitarist Charles Moeser played several traditional flamenco songs for the audience at the Hispanic Heritage Month observance Oct. 5 at Tucker's Tavern.

Flamenco music is a "mix of folk music out of the south of Spain" with some Latin American influence, Moeser said. "Elements of Spanish sound and Flamenco music can be found in all types of music, to include rock music. For example, 'The Doors' relied heavily on it and the 'Gipsy Kings' have built a career on various rumba rhythms."

The Hispanic Heritage Month Observance is sponsored and coordinated by the installation commander and Special Emphasis Committee to recognize and celebrate diversity.

Excellence (Continued from Page 1)

To compete in the Army Communities of Excellence program, installations must complete a comprehensive organizational assessment evaluating operations against the Army Performance Improvement Criteria, which is based off of the Malcolm Baldrige National Quality Award. The assessment is limited to 50-pages.

The assessment studies how business processes are designed and deployed at Fort A.P. Hill, and how the installation fares in its business results across a variety of performance areas. The assessment package evaluates areas of leadership, strategic planning, process management, customer focus, human resource management and business results, against the criteria.

All Army installations were required to complete an organizational assessment this year, even if they did not elect to enter the ACOE competition.

The evaluation team validates, clarifies and

confirms the information contained in the installation organizational assessment.

After their visit to Fort A.P. Hill, evaluators will submit a report to Headquarters, Department of Army, where it will be reviewed and evaluated against other ACOE finalists by a panel of judges in December.

"Fort A.P. Hill's selection as a finalist for the third time is a testament to the improvements we've made and continue to make in our business processes," said Lt. Col. James M. Mis, commander, Fort A.P. Hill. "We've entered the ACOE awards program three times and have been a finalist all three times – we're three for three."

"Last year's site evaluation team said our employees were 'customer service zealots,'" he added. "This honor is a credit to our work force who continue to improve processes that benefit the warriors training here."

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

Military provides assistance to Pakistan

by Army News Service

KABUL, Afghanistan – U.S. forces are assisting with rescue, recovery and relief operations in Pakistan following an earthquake that killed between 20,000 and 30,000.

Five CH-47 Chinook and three UH-60 Black Hawk helicopters with U.S. Soldiers and supplies from Afghanistan arrived in Islamabad, Pakistan, Oct. 10 to assist with recovery operations in the wake of Saturday's devastating earthquake.

The helicopter crews were from the 3rd Battalion, 158th Aviation Regiment and 2nd Battalion, 6th Cavalry Regiment at Bagram Airfield and Kandahar Airfield, Afghanistan.

Additionally, a C-17 and its crew from the 7th Airlift Squadron, McChord Air Force Base, Wash., delivered 12 pallets -- weighing almost 90,000

pounds -- of food, water, medicine and blankets from Bagram. So far, 18 pallets of relief supplies have been transported by air to Pakistan along with essential personnel needed to assist with recovery operations.

The helicopters took off from Bagram Airfield again this morning to ferry supplies to earthquake-stricken areas and evacuate those injured.

Additionally, C-130 Hercules and C-17 Globemaster aircraft from Afghanistan will transport 30 pallets of relief supplies to a Pakistan Army Airfield near Islamabad, officials said.

"Our total focus is on relieving the suffering in Pakistan, help them stabilize and, in the longer term, recover," said Lt. Gen. Karl Eikenberry, Combined Forces Command-Afghanistan commanding general.

(Information provided by Combined Joint Task Force-76 Public Affairs in Afghanistan.)

Warrior Leader Course to train NCOs

The Army has announced that its Primary Leadership Development Course will be renamed the Warrior Leader Course, beginning Oct. 15, and officials said the new name reflects changes made to PLDC curriculum over the past year.

The course has been redesigned to better prepare Soldiers for asymmetrical warfare and now includes lessons learned in Iraq and Afghanistan, said Brig. Gen. James M. Milano, the Army's director of Training under G3.

WLC emphasizes the skills and knowledge small-unit leaders need in a contemporary operational environment, Milano said.

"We are a nation at war. We have taken the lessons learned from our deployments and incorporated them into our revised leadership course," said Col. David Abramowitz, commandant of the U.S. Army Sergeants Major Academy, who played a major role in redesigning the PLDC curriculum.

"These changes add rigor and relevance to the course and improve leadership skills and confidence in our junior leaders," Abramowitz said. "The course is revolutionary and warrants a name change."

Changes in the modular Army and operational environment now require decentralized leadership skills, Schexnayder said. He said a small unit leader is needed who can employ all warfighting functions rapidly.

The modular force structure and contemporary operational environment relies heavily on small-unit tactics. The demands of today's battlefield require leaders who can think independently, Schexnayder said.

The Warrior Leader Course is designed to provide the Army with NCOs who can visualize, describe, and execute squad-level operations in varied operational environments, Schexnayder said.

"The WLC places the responsibility of training

individual Soldier skills back on the junior leader," said Command Sgt. Maj. James E. Dale of the Sergeants Major Academy. "This course prepares him/her to assume that role."

Graduates of WLC will have experienced standard-based, performance-oriented and battle-focused training, which supports squad-level operations, Schexnayder said. Every specialist (promotable) and sergeant in the Army require training as combat leaders, he said.

The WLC incorporates recent lessons learned, Schexnayder said. The course constantly adapts to world threats by incorporating the experience from the battlefield, he said. Combat skills are trained and reinforced upon arrival; "weapon immersion" is emphasized throughout the new course.

For complete article, visit: www4.army.mil/ocpa/news/.

(Information provided by G3 Leader Development Division.)

RECREATION

• TRAVEL • COMMUNITY • SPORTS

Frightening Friday fear fill Fort A.P. Hill for Halloween

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs Office

From the ghastly horrors that await in the haunted forest to a milder pumpkin carving contest, this year's Halloween festivities offer something for everyone.

Family and children Halloween activities will be held at the Picnic Area, 7 p.m., Oct. 28; an adult celebration is scheduled for the same day and time at Tucker's Tavern.

"This event brings Fort A.P. Hill families together to enjoy a night of festivities and fun," said

event coordinator Susan Botkin, Directorate of Morale, Welfare and Recreation. "It is our most popular event. We encourage all to participate."

The Halloween celebration begins Oct. 24, when children 3 and older may pick up a pumpkin from the Community Activity Center for carving. Pumpkins will be judged Oct. 28 at the Halloween event. Prizes will be given to children in each age group with the most scary, funny or unique pumpkin designs. A separate costume contest with prizes will also be held.

The main event of this year's Halloween festivities is a Haunted Hayride through a forest, which is tailored to all ages, Botkin said. Other tamer activities include games, a moon bounce, mummy wrapping, and a raffle.

A canned food or non-perishable item, which will be donated to charitable or service organization in need, is required for admittance into the festivities.

For more information or to volunteer to support the Halloween festivities, call Botkin at 633-8367 or Latasha Woolfolk at 633-8219.

OFF Sides

Offsides is open to all employees. Players submit picks for two weeks worth of play (one entry per person, per issue). The person with greatest number of wins during regular season will win a \$50 gift certificate to Applebees. The earlier you begin to play, the greater the chance to win. For information about Offsides, call 633-8120 or e-mail: mary.bodine@us.army.mil.



Name: 50/50

Picks and Pans: I'm pretty much going with my same teams, Atlanta, Indianapolis, Washington and Cincinnati. I'm picking who I want to win in most cases - not who I think will win.

Scorecard: 37-37



Name: Eye of Da Tiger

Picks and Pans:

Pick: Bengals over Titans!!!

Pan: Miami will fall to Tampa!!!

Scorecard: 38-36



Name: Hokie Fan

Picks and Pans: Roethlisberger will be back this Sunday and Pittsburgh will continue to roll. Should have picked 'em last week, I've learned my lesson.

Scorecard: 41-33



Name: Sidelined

Picks and Pans: Did anyone test the Green Bay Packers before Sunday's game? For a team that has played this season like a JV HS team to win 52-3(!) against the Saints must be on something. Not to worry, they'll lose to Minnesota when they play next.

Scorecard: 39-35

Other players: AE, 35-39; JM 42-31; TM, 29-29; TA, 37-21



● WELL BEING

● SAFETY

HEALTHY LIVING

*National Breast Cancer Awareness Month***Breast cancer: early detection saves lives**by **Carlla E. Jones***U.S. Army Center for Health Promotion and Preventive Medicine*

Breast cancer is second only to lung cancer as the leading cause of cancer-related deaths among women. However, when breast cancer is found and treated before it spreads, 98 percent of women diagnosed with breast cancer survive at least five years.

Breast cancer develops when abnormal breast cells begin to grow out of control. When these cells group together, they form a mass called a tumor. Benign tumors usually do not spread. However, malignant tumors do spread and can grow into life-threatening cancers. Since breast cancer cells can grow without causing noticeable pain, it is important to find the cancer as early as possible. Finding breast cancer early greatly improves the likelihood that treatment will be successful.

There are three ways to screen for (detect) the early signs of breast cancer: a breast self-exam, a clinical breast exam, and a mammogram.

●All women should perform monthly breast self-exams (BSEs) after the age of 20. Women who make BSEs a regular monthly habit will be more likely to recognize potential trouble signs like: a new lump, swelling of the underarms, changes in skin color or texture, nipple pain or irregular discharge.

●Clinical breast exams (CBEs) are performed by a health care professional. During the CBE, the health care professional examines the appearance of

the breasts, looks for changes in shape or texture of breast tissue, and examines underarm areas. CBEs should be performed every three years for women in their 20s and 30s, and yearly beginning at age 40.

●A mammogram is an X-ray of breast tissue and is the best available method to detect breast cancer at its earliest, most treatable stage.

Both women and men are at risk for developing breast cancer. Breast cancer risk factors that cannot be changed include age, gender, hereditary factors, a family or personal history of breast cancer, race, previous abnormal breast biopsies, and previous exposure of the chest area to radiation therapy. For more information about these risk factors, go to the Cancer Research and Prevention Foundation Web site at: www.preventcancer.org/healthyliving/cancerinfo/breast-b.cfm.

There are also several breast-cancer risk factors that individuals can control through healthier lifestyle choices. You can lower your chances of developing breast cancer by eating a well-balanced, low-fat diet of full fruits, vegetables, and whole grains; getting moderate daily physical activity; and losing weight if you are overweight.

For more information about breast cancer go to “National Breast Cancer Awareness Month” at: www.nbcam.org/index.cfm, and the “USACHPPM Breast Self-Examination: A Facilitator’s Guide” at: <http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/TG256.pdf>.

Fun, danger lurk for children on Halloweenby **Marcia J. Flagg***Kimbrough Ambulatory Care Center,
Fort George G. Meade, Md.*

Halloween is an exciting time of year for kids and also one of the most dangerous. Children are four times more likely to be hit by a car on Halloween than any other night of the year. There is also an increased risk of falls and burns.

To help ensure children have a safe holiday, here are some important tips:

●Look for “flame-resistant” labels on costumes, beards, and wigs.

●Keep candles, pumpkins with candles, matches, and lighters out of children’s reach.

●Add reflective tape to costumes, bags, and sacks for greater visibility.

●Wear face paint instead of a mask.

●Do not go trick-or-treating alone if under age 12.

●Children and escorts should carry a flashlight.

●Trick-or-treat in familiar neighborhoods.

●Stay on well-lit streets and use

sidewalks, if available. Never cut across yards or use alleys.

●Only go to homes with porch lights on. Never enter a stranger’s home or car for a treat.

●Children should bring their treats home for inspection by an adult before eating.

●Adults should closely examine all treats to ensure that items have not been tampered with and are safely sealed.

●To avoid sugar overload, try to portion treats in limited quantities for the days following Halloween.

NEWS NOTES

Marines unite for birthday

In honor of the founding of the Marine Corps, all reserve, retired, and former active duty Marines at Fort A.P. Hill are invited to celebrate the Marine Corps birthday Nov. 10. Time and location are dependant on interest and are to be determined.

Call Woody Broaddus or Joseph Poirier at 633-8224 for more information.

Terrifying FearFest returns

The Community Activity Center has Paramount's Kings Dominion 1-day amusement park tickets at a discounted cost of \$24.

Through Oct. 30, Kings Dominion converts to one of the mid-Atlantic's most terrifying Halloween-

themed experiences -- FearFest -- complete with spine-tingling scare zones, menacing mazes and frightening attractions.

For tickets, call Latasha Woolfolk at 633-8219 or visit the CAC.

Gen. A.P. Hill to 'visit' post

The Fort A.P. Hill work force will commemorate the 180th Anniversary of Confederate Lt. Gen. A.P. Hill's birth and host a Veteran's Day observance 11:30 a.m.-2 p.m.

Following lunch at Tucker's Tavern, attendees will view a wreath-laying ceremony at the Medal of Honor Garden and a re-enactment of Hill's life by Patrick Falci.

For more information, call Mike Brandt at 633-8824.

SALUTES

● HAILS, FAREWELLS ● ACHIEVEMENT ● FAMILY

Farewells

Fort A.P. Hill bids farewell to the following employees:

- George E. Caldwell, DOL, departs to Okinawa, Japan, where he'll serve as transportation operations specialist with the Department of Defense Schools Pacific/Domestic Dependent Elementary and Secondary Schools.
- Stephen Holcomb, DOL, will transition to DPW maintenance mechanic, Oct. 16.
- Mary Bodine, editor of Up and Down the Hill, departs to MCB Quantico.

Achievements

- Cindy G. Tate, DES, was promoted from firefighter to fire protection inspector.
- Christine Coates, Sheila Rivera, Danny Glembot, Karen Mountjoy and Cathy Brooks gave their

time to lead two Consideration of Others sessions during the last quarterly training.

- Police officers Timothy Casey, Anthony Clark and Jason Rigdon are commended for attention to detail in apprehending a person driving under the influence.
- Police Officer Ken Delano is commended for assisting a pedestrian on Route 301.
- Police Officer John Hill's attention to detail and alertness prevented a person, whose driving privileges had been suspended, for gaining post access.
- Nadine Kibler, RMO, coordinated and executing a successful Combined Federal Campaign kick-off at Heth Schoolhouse Sept. 15. Fort A.P. Hill and Naval Surface Warfare Center Dahlgren contributed more than \$164,000 to CFC so far.

● Wanda Fortune, RMO, was guest speaker on the topic of Virginia American Indian Culture at the Defense Equal Opportunity Management Institute at Patrick AFB, Fla., Oct. 3-4. This engagement served to enhance cultural awareness and promote equality.

Family Members

- Ed Thornton, DOL, is a grandfather again. Nolan Thornton Huff was born Sept. 12 at 7 pounds, 13 ounces and 20 inches. Nolan's birth also commemorated the 35th anniversary of Thornton and his wife Janet.
- Police Officer Carlos "Country" Collins, DES, and his wife Rachel are the proud parents of a baby girl named Carly, born Oct. 4 at 7 pounds, 14 ounces and 25.1 inches long.

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

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Commander: Lt. Col. James M. Mis

Deputy to the Commander: Charles A. Munson

Public Affairs Officer: Ken Perrotte
Editor: Mary A. Bodine