

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Policy promises to boost morale, fitness

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs

Go ahead and cross off: "Don't have time to work out," from your list of excuses. The Commander's Physical Fitness Program authorizes full-time Fort A.P. Hill employees up to 78 hours within an eight-month period to participate in an approved physical fitness activity.

Employees enrolled in the new program are authorized three one-hour blocks of time a week to participate in aerobics classes, walk, jog, weight-lift, swim, or other approved fitness activities during their lunch hour.

"If an employee has a fitness activity that interests them, I encourage them to enroll in the program if they have their supervisor's approval," said Lt. Col. James M. Mis, commander, Fort A.P. Hill. "The employee is using 30 minutes of their lunch and we as an Army are giving them 30 minutes. There is a commitment on both sides, as well as their supervisor's commitment."

Mis and the Directorate of Morale, Welfare and Recreation began developing the program in December and quickly implemented it.

"There are a number of posts that have similar programs," said Carl Robinson, director, MWR. "We tried to kick off a similar program last year, but it was unsuccessful. Now that we have a recreation specialist certified in physical fitness, this was the ideal time to launch the program."

The program is supervised by MWR specialist and certified physical fitness trainer Tina Collier. Employees enrolled in the Commander's Physical Fitness Program must have supervisor approval and are required to check-in and out of the Community Activity Center during their approved fitness hour, Collier said.

"Before enrolling in the program, though, everyone will have to fill out a questionnaire about their family medical history, and health and fitness background," Collier said. "Some people may be required to get a physician's approval and an exercise prescription from their physician."



Fitness trainer and aerobics instructor Tina Collier, recreation assistant, Directorate of Morale, Welfare and Recreation, provides an aerobics demonstration of one of the classes she is offering during lunch as part of the Commander's Physical Fitness program. (Photo by Dianne V. Smith.)

Once the questionnaire is filled out, the participant will undergo a fitness assessment to gauge his or her current level of fitness, blood pressure, body fat and body mass index measurements, determine fitness goals and decide on a program.

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"I regret that I have but one life to lose for my country."

-- Nathan Hale, said before being hanged by the British as a spy (Sept. 22, 1776)

Grounds branch cuts, collects, creates

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

When the Fort A.P. Hill commander identified the need for a convoy live-fire course on Range 24, the Directorate of Public Works Roads and Grounds Branch went to work creating berms, grating roads, mowing grass, helping forestry clear trees, and hauling debris.

Within two weeks, the course was completed at a cost of \$30,500 – about half of the cost a contractor would have charged, said Steve Weatherby, production controller in Business Operations/Integration Division of the Directorate of Public Works.

The convoy live-fire course is only one example of how the Roads and Grounds Branch contributes to the training mission and the welfare of warriors, post employees and residents. The branch is also responsible for grounds keeping, refuse collection and operating and maintaining more than 300 pieces of equipment, said Allan Chenault, branch foreman.

Grounds keeping

The Roads and Grounds Branch mows more than 2,200 acres annually and will add about 600 acres to the mowing plan for this year's National Scout Jamboree, said James Coleman, a tractor operator who has worked in the branch since 1966. Coleman is the only permanent mowing operator, but seven temporary employees are hired to assist during the mowing season.

"When I first started working here, we had open cabs and were exposed to all of the elements," Coleman said. "If it was below 32 degrees, we'd just wrap up real tight. I've seen a lot of good changes here."

Coleman said he and his crew cut more than 250 miles of road



Skip Wilson, a temporary employee who has returned to the Fort A.P. Hill Roads and Grounds Branch for 13 years, helps Francis Fitzgerald with refuse collection in the housing area. Wilson is primarily a mowing tractor operator. (Photo by Mary A. Bodine.)

shoulders, high visibility areas like the headquarters area, camp sites, the ammunition supply point, and prepare ranges for training units.

Mowing the steep banks of the ASP bunkers has presented a challenge for groundskeepers.

"The bunkers have to be mowed using a four-wheel drive mower," Chenault said. "These men have to know what a machine is capable of doing and execute without any accidents."

When temporary employee Harry Johnson, who has returned to the Roads and Grounds Branch mowing crew for 14 years, first mowed the bunkers he said he "was shaking but after the first week (he) was alright."

Refuse Collection

Francis Fitzgerald, a four-year Fort A.P. Hill employee, has sole responsibility for refuse collection and recycling. During a day, Fitzgerald said he covers more than 130 miles and collects about

10 tons of refuse. This distance and load often increases depending on the number of units training on post.

"If I'm hauling a load of debris to the landfill that has to be sorted, I try to manage my time," he said. "It's easy to fall behind, but I get help from other people (in Roads and Grounds). Nobody likes handling refuse though."

Fitzgerald said he averages 16 hours a week working with cardboard recycling. The cardboard is recycled in Chesterfield, Va., and generates about \$500 a truck load, Fitzgerald said. Scrap metal is recycled in Fredericksburg, Va., but only generates \$20 a load. Money earned from recycling is used for recycling equipment, safety programs and supplies, and morale, welfare and recreation, Chenault said.

Equipment Operators

The most versatile employees of
(See Branch, Page 4)

Health and Fitness Awareness Day



The Health and Fitness Awareness Day centered around the new basketball court in the Community Activity Center. The directorates of Emergency Services and Public Works played the first game on the new floor; DES won 15-13. Players were (clockwise from top left): Kevin Mathieu; Joe Dougher; Randy Robillard; Billy Gordon; Sonny Zarecki; Chip Farmer; Patrick Jones; Mickey Carter; Mikey Greber; G.L. Abernathy; 3-year old Ryan Zarecki; Tim Casey; and Daniel Glembot. (Photos by Dianne Smith.)



Sonny Zarecki hoists up his 3-year-old son Ryan, for a basket, while Directorate of Public Works teammate Billy Gordon spots.

(Right) Robert Estes, Environmental and Natural Resources Division, DPW, gave blood as part of the Health and Fitness Awareness Day.



(Below) Soldiers training on post also came out to enjoy the free lunch and watch the fitness demonstrations and basketball game.



Post Commander Lt. Col. James M. Mis cuts the ribbon to officially open the new basketball court.

TRIVIAL MATTERS

Correctly answer the following trivia questions and you're entered to win a \$25 gift card from Bed Bath & Beyond:

Q: How is the date for Easter Sunday determined each year?

Q: When was the U.S. government given the right to tax its citizens?

Q: Which U.S. state has been the birthplace of the most presidents?

Q: Who was known as "the man who ate Democrats?"

Q: How did the phrase "bringing home the bacon" originate?"

Submit your answers to: mary.bodine@belvoir.army.mil. The drawing for the winner will be held March 22. Answers will be posted in the next UP AND DOWN THE HILL.

Last issue's winner was **MSG Richard Thomas** from Range Control. Below are the answers:

Q: Where did gangster Al Capone get the scar on his cheek?

A: Al "Scarface" Capone claimed he received the scar while fighting with the Lost Battalion in France during World War I. Actually, he was knifed in Brooklyn while working as a bouncer in a saloon - in a fight over a woman. Capone never served in World War I.

Q: Who was the first person to die in the gas chamber?

A: Gee Jon, convicted of assassinating a member of a rival Chinese tong, died in a gas chamber in Nevada State Prison Feb. 8, 1924. The idea of the gas chamber was introduced by Maj. D.A. Turner of the U.S. Army Medical Corps as the "quickest and most humane method of putting a human to death." The process took six minutes.

Q: How did the Brooklyn Dodgers get their name?

A: Dodgers was the abbreviation for trolley dodgers. To be a trolley dodger meant that you were able to slip through traffic. The players on the field needed the same kind of agility.

Q: What does the K in K rations stand for?

A: Most likely, it represents the first letter of the last name of the product's developer, Ancel Keyes.

Q: Did 007 have any significance for James Bond beyond representing his "license to kill?"

A: It was the number of seconds left until the atomic bomb was set to explode in Fort Knox when Bond shut it off in the movie "Goldfinger."



Equipment operator Wayne Martin, Roads and Grounds Branch, performs a preventive maintenance check and services on one of the tractor mowers. (Photo by Mary A. Bodine.)

Branch (Continued from Page 2)

the Roads and Grounds Branch are the equipment operators. These seven permanent employees are capable of operating anything from a riding mower to a 30-ton crane or a D-8 bulldozer, said Lee Fetty, engineer equipment operator.

Equipment operators are often tasked to move or create barriers for force protection; operate graders and fire plows to create fire breaks; support training by creating trenches, berms and safe roadways; clear storm damage and roadways; work closely with the Environment and Natural Resources Division to prevent erosion and protect wetlands; and maintain the assault landing strip, Fetty said.

"We average five service orders a day," Fetty said. "If we receive a work order for a water leak, we would immediately send an operator to dig up a water line. Other priority service orders would be trees blocking roadways or anything that could interfere with training. We're always on call and always available to support whoever needs us."

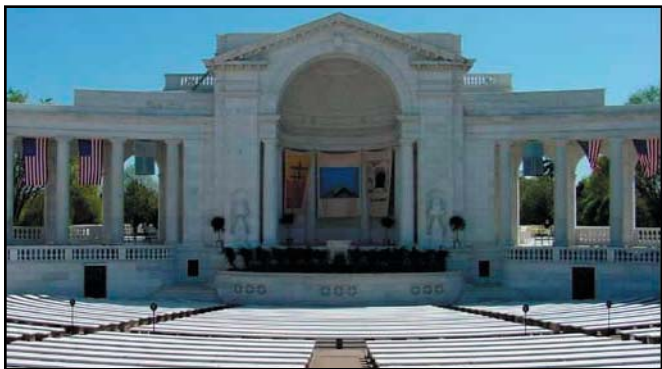
Although equipment operators are responsible for maintaining and repairing installation facilities and resources, many of their service orders include building ranges, said Patrick Jones, an equipment operator who has worked with Roads and Grounds for nine years.

Equipment operators have helped build or improve ranges 2, 6, 10, 24, 26, 32, 33 and the assault landing zone, he said.

Most of the equipment operators are trained "in-house," Fetty said. Each operator attends different safety and training classes and is responsible for training other members of the team.

"The Roads and Grounds mission is to give our troops the best facility to train for their combat mission," Chenault said.

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

The March 27 Easter Sunrise Service will be held at Arlington National Cemetery Memorial Amphitheater. (Courtesy photo.)

Arlington Cemetery hosts Easter service

by **Lori Calvillo**

Arlington National Cemetery Public Affairs

The National Capital Region will host an Easter Sunrise Service Sunday, March 27 in Arlington National Cemetery's Memorial Amphitheater.

The free, nondenominational worship service will begin with the United States Air Force Band playing a prelude concert at 6:15 a.m. Call to worship will begin at 6:30 a.m.

Rear Admiral Robert F. Burt, deputy chief of Navy Chaplains and Chaplain of the Marine Corps, will deliver the sermon. The service will be signed for the deaf.

Members of the military community and general public are invited to attend the joint-service event. Seating is available on a first-come, first-serve basis.

Free parking will be available in the cemetery's visitor parking lot and at the Fort Myer Memorial Chapel for Department of Defense identification card holders.

A free shuttle bus service will begin at 5:30 a.m. from both locations.

AKO supports Army Library program

Army Knowledge Online is partnering with Army Libraries to provide a broad scope of Army information that is readily accessible 24 hours a day. The AKO site, which serves as the Army Libraries Community page, provides user authentication and access to those services restricted to authorized Army users.

The Digital Army Library Service is the Army Library Program's homepage and its virtual library. Featuring a worldwide network for an Army in transformation, ALP has 81 general, 67 technical, 24 academic, and six other special libraries.

DALS also features 18 databases holding 8,000 full text journals and 2,675 e-books that were funded by the U.S. Army Community & Family Support Center. Additionally, DALS provides access to two million items from 34 military libraries in the Military Education and Research Library Network.

Supporting deployed soldiers, DALS institutionalized AKO user desktop access to a 24/7 Ask A Librarian Service. Launched on AKO in May 2003 and accessible to 1.7M users, this service shares expertise across the Army worldwide. It leverages the expertise of librarians in 29 global Department of Defense libraries; facilitates access to unique Army print collections; and supports concurrent creation of an Army knowledge base.

A strategic, knowledge-management resource, the Army Libraries Program enables the Army to gain and maintain full-spectrum knowledge superiority. Teaming with AKO, ALP concurrently facilitates education, self-development, training, research, outreach, well-being, and lifelong learning for Army soldiers, civilians and families.

Army Library Program and related sites:
 ● Army Libraries Community Page at: <https://www.us.army.mil/suite/login/welcome.html>
 ● Digital Army Library Service: www.libraries.army.mil
 ● Military Education and Research Library Network: <http://merln.ndu.edu>

(Information provided by the Army News Service.)

Policy *(Continued from Page 1)*

Collier said she will maintain files on all enrollees, tracking hours and progress in the program. Supervisors may also check with Collier to ensure their

employee is committed to the program.

"Everybody is Warrior-focused here," Mis said. "I hope that the Fort A.P. Hill team will take this

opportunity to posture themselves to support our Warriors by maintaining physical readiness."

For more information, call Tina Collier at 633-8219.

RECREATION

●TIME OFF ●COMMUNITY ●SPORTS

Use the following guide as your source for community activities:

Caroline County

March:

●BRAVO! Army Theatre Touring Company presents "The Complete History of America (Abridged)," 7 p.m., March 22 at the Bowling Green Town Hall. Doors open at 6:15 p.m. and admission is free.

For more information, call Dianne Smith at 633-8201.

●The Easter Bunny will drop off hundreds of treasure-filled eggs at The Virginia Bazaar, Ladysmith, Va., March 26. Children 12 and younger can begin hunting for these eggs at 1 p.m. Free photos with the Easter Bunny are available.

For more information, call 448-9488.

●Performance of "Blues in the Night," Mar. 31, 8 p.m., at the Town Hall Theatre. Performances by the Bowling Green Community Theatre. Free reception follows.

April:

●Performance of "Blues in the Night," at the Town Hall Theatre: April 1, 7 p.m.; April 2, 8 p.m.; April 3, 4 p.m. Performances by the Bowling Green Community Theatre.

●A Family Festival will be held at Caroline Middle School April 16.

For more information, contact Kristen Taylor at: ktaylor@bealenet.com.

●Come join the fun when The Virginia Bazaar, Ladysmith, Va., celebrates its 5th anniversary. Featured events and exhibits include: exotic animal adventures; VCU evacuation helicopter; clowns; door prizes, bands and antique cars. Parking and admission are free.

For more information, call 448-9488, or visit: www.vabazaar.com.

Fredericksburg

March:

●The 54th Annual Fredericksburg Fine Arts Exhibit will be held at the Fredericksburg Community Center March 13-20, and will feature regional artists' artwork. Free admission.

For more information, visit: www.fredericksburgva.gov/PR/index.htm.

●Enjoy the sweet side of life as amateur chefs, including children and adults, compete in a dessert contest while the public samples professionally prepared sweet treats, March 13, 3-5 p.m., in the atrium, 2300 Fall Hill Ave.

●Experience a day of 18th century entertainment recreating a colonial fair with an array of musicians, dancers, storytellers, crafts people and authentic food in Historic Market Square, 10 a.m.-4 p.m., March 19.

For more information, visit: www.famcc.org.

●Bring your children out for an Easter egg hunt at Memorial Park, March 19, 12:30 p.m.

For more information, visit: www.fredericksburgva.gov/PR/index.htm.

●EGGSpllosion! A celebration of spring at Curtis Memorial Park with a variety of children's activities including an egg hunt, 10 a.m.-3 p.m., March 19.

For more information, visit: www.co.stafford.va.us/parks.

●Actor James Earl Jones speaks followed by a moderated question and answer period, 8 p.m., at Dodd Auditorium, George Washington Hall, UMW.

For more information, visit: www.umw.edu/forum.

●The 10th Annual Children's Art Festival will be March 24-26 at the Dorothy Hart Community Center. Admission is free.

For more information, visit: www.fredericksburgva.gov.

April:

●The 15th Annual Multicultural Fair will be April 15, 10 a.m.-5 p.m. at the University of Mary Washington, Ball Circle and Campus Walk. The fair will feature multicultural entertainment, food and vendors. Admission is free.

For more information, visit: www.umw.edu/mult.

●Tartan Day! The Scottish heritage of Hugh Mercer is celebrated in outdoor exhibits and music provided by the Scottish Society, 9 a.m.-5 p.m., April 6, in the Hugh Mercer Apothecary garden. Admission is free.

●UMW art students will show their works from the past year and compete for awards at duPont Gallery, UMW, April 8-17.

For more information, visit: www.umw.edu/artg.

●University, local and special guest artists perform for a Jazz Festival, 7 a.m.-4 p.m., in Dodd Auditorium, George Washington Hall, UMW. Admission is free.

For more information, visit: www.umw.edu/musc.

●"We're Not Foolin' Around" silent auction will be 6-8 p.m., April 9, at the Alumni Executive Center, UMW. More than 125 items including travel, fine dining, jewelry, artwork, historical memorabilia, furnishings and event tickets at the this auction to benefit the Fredericksburg Area Museum.

For more information, visit: www.famcc.org.

●The 38th Annual All Breed Dog Show and Obedience Trials, an American Kennel Club-sanctioned competition, will be 8 a.m.-6 p.m., April 11-12 at the Fredericksburg Fairgrounds.

●St. James House, 1300 Charles Street, will be open for public viewing 1-4 p.m., April 19-24. This charming 18th century gentleman's cottage is open to the public just three times a year.

•WELL BEING •SAFETY

HEALTHY LIVING

Policing portions to prevent pounds

by 2nd Lt. Michele Kehrle

Dietetic Intern, Walter Reed Army Medical Center

When trying to lose weight or prevent the gain of it, most of us focus on what we eat. But what about how much? Portion sizes in the U.S. are out of control and so are the weights of Americans. It seems that as portions go from large to extra large to super size, so do our waistlines. The average American's weight is evidence of this phenomenon.

Sixty-four percent of Americans are overweight. In the last ten years, the typical American diet has increased by 148 calories a day potentially leading to a 15-pound weight gain per year. As most of us dine out, we find this is no surprise. The average restaurant plate has increased from 10 to 12 inches and one in four Americans believes in the "clean plate club," finishing everything in front of them regardless of how much.

Our increasing American weight seems to parallel the increasing American serving sizes. For example, when first introduced McDonald's french fries came only in portions of 2.4 ounces. Today, this is the smallest size offered, while the largest "value" size is 7.1 ounces. Sodas have also gone through a mutation. Since the introduction of their first 7-ounce soda, McDonald's has fed our thirst for high calorie beverages by offering sizes up to 42 ounces. As a result, the serving sizes of McDonald's french fries range from 216-640 calories. Sodas range from 91 calories in the "kiddie" size to 546 calories in the "super" size. It's no wonder that as portion sizes become super sized so do Americans.

Typical fast foods are not the only American favorites growing in size and contributing to our weight gain. Pizza has also undergone a metamorphosis. A once standard piece of pizza weighed in at 5 ounces and provided a little more than 300 calories. Today's typical chain and private pizzerias serve 8 ounce plain slices that provide more than 500 calories. This is without any toppings or a "stuffed crust." These days, new specialty slices of stuffed pizza with multiple toppings that are continually being introduced, can easily provide more than 1,000 calories: half the energy needs of an average adult for an entire day.

Then there's America's traditional chocolate bar: Hershey's. When first introduced, this sweet treat was 0.6 ounces and 95 calories, a guiltless addition to any diet. Today, Hershey's chocolate bars can be

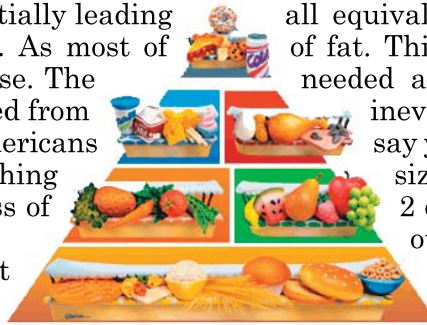
more than a meal with sizes that range from 1.6 to 8 ounces, the smallest being almost triple the original size. These large bars, often considered the value bar, can contain almost 1,300 calories. Less than three of these bars is equivalent to a pound weight gain.

So how do you break the cycle without ridding yourself of favorite foods? The answer involves policing your portions to reasonable sizes so that you too can remain a reasonable size. At Walter Reed Army Medical Center dining hall, a common lunch contains four chicken fingers, a standard 6 ounce serving of French fries, and a 16 ounce regular soda: all equivalent to 1,341 calories and 68.5 grams of fat. This is more than half the total calories needed a day for the average adult and will inevitably lead to weight gain. Now let's say you chose the actual, food group serving sizes with a lunch of two chicken fingers, 2 ounces of French fries, and a small, 12 ounce soda as well as 2 cups of salad with 2 tablespoons of low fat dressing: all equivalent to 730 calories, and a whole 610 calories less than the larger meal. What does this mean to you and your waistline? A decrease in 3,050 calories consumed per work week and the avoidance of a possible three-and-a-half pound weight gain per month.

There are simple ways to reduce serving sizes at home and when dining out. At home, use smaller plates so that portions appear larger, measure out portions to achieve desired serving sizes, and never eat out of the box or bag. When dining out, order half portions or smaller serving sizes if available and use "to go" boxes to set aside half of the entrée before you even begin eating. More importantly, never feel obligated to be a part of the "clean plate club." Eat slowly till you feel comfortably satisfied.

The increasing American portion sizes definitely seem to have influenced the weights of Americans. Though what we eat is important in the prevention of pounds, so is policing how much. When followed at every meal, small reductions in serving sizes can make big differences in the prevention of pounds and even weight loss. Sure we still want to eat what we like, but policing our portions is necessary to prevent gaining weight. Larger, value sizes are a tempting option, but remember that being offered more for less money is not always a "super" choice.

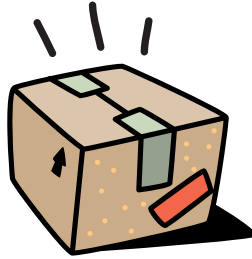
The American Dietetic Association promotes March as National Nutrition Month®. The theme this year is "Eat Smart, Stay Healthy."



NEWS NOTES

FD collects goods for troops

The Fort A.P. Hill Fire Department is collecting items for the 16th Quartermaster Company, Fort Lee, Va.; the unit is currently deployed. The unit requested support items through the Web site: www.anysoldier.com.



Some of the items that can be contributed to the unit through the FD are: body wash; games; CDs; DVDs; books; shampoo and conditioner; white socks; white tank tops; twin sheets; candy; gum; cookies; coffee; pens; film; photo albums; flashlights; batteries; extension cords; small rugs; over-the-counter medication; brown t-shirts; microwavable food items; female hygiene products; baby wipes; and hand sanitizer.

For more information, call Cindy Tate at 633-8267.

Federal tax assistance available

Members of the military services, active and Reserve/National Guard components, as well as their legal dependents, and military retirees are eligible for free federal income tax preparation at Fort A.P. Hill.

Tax assistance is being provided on a limited, appointment basis for Department of Defense identification card holders. Appointments are available 8 a.m.-2 p.m., April 6 and 13.

To schedule an appointment, call Katrina Hunter at 633-8797.

Sunrise service set for Easter



The Fort A.P. Hill community will have an Easter Sunrise Service March 23, 7 a.m., in the tent next to the directorates of Human Resources and Morale, Welfare and Recreation building.

For more information, call 633-8204.

Theatre entertains community

Fort A.P. Hill and Caroline County, Va., will host BRAVO! Army Theatre Touring Company for a presentation of "The Complete History of America (Abridged)," 7 p.m., March 22, at the Bowling Green Town Hall, 117 Butler Street.



BRAVO! is a five-Soldier performing group that entertains Soldiers and Department of the Army employees throughout the world. "The Complete History of America (Abridged)" is a 90-minute slapstick comedy that depicts 600 years of history.

The performance is open to the public and admission is free. No tickets are required, but seats are available on a first-come, first-serve basis. Doors open at 6:15 p.m.

For more information, call Dianne Smith at 633-8367.

Clinic administering flu shots

The Health Clinic at Wilcox Camp will be administering flu shots to Fort A.P. Hill employees and Soldiers, 9 a.m.-4 p.m., Monday through Friday.



Shots will be given on a first-come, first-served basis until supplies are exhausted.

For more information, call 633-8339.

Spring hops forward with hunt



Bring the kids out for a fun-filled Easter Egg Hunt March 26, 11 a.m., at the Picnic Area.

A pizza lunch will be provided for \$3.

The Easter Bunny will arrive on a Fort A.P. Hill fire truck and will be available for pictures.

All members of the Fort A.P. Hill community and their children are welcome to attend.

In case of inclement weather, the Easter Egg Hunt will be held in the Community Activity Center.

For more information, call 633-8207.

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