

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Pentagon ceremony honors Army's best

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

Fort A.P. Hill was recognized for its third place finish in the Army Communities of Excellence program at a Pentagon award ceremony Aug. 15.

Installation Commander Lt. Col. James M. Mis and Public Affairs Chief Ken Perrotte accepted the award on behalf of the Fort A.P. Hill community. More than a dozen members of the Fort A.P. Hill work force and their families were present.

The Army Communities of Excellence program assesses Army installation management processes against the Army Performance Improvement Criteria, adapted from the Malcolm Baldrige

National Quality Award criteria.

Dr. Francis J. Harvey, secretary of the Army, presented Mis and Perrotte with a trophy, installation Army Communities of Excellence flag and a check for \$750,000. Fort Stewart and Hunter Army Airfield, Ga., earned the top prize of \$2 million dollars. Fort Bragg, N.C., placing second, was presented with a check for \$1 million.

The monetary prize could be used toward a new training venue for the garrison staff and Soldiers training here or it may be used to provide a new recreational opportunity, Mis said. Suggestions will be solicited from the work force as to how the money will be used, he added.

(See Army's best, Page 3)

Marines 'survive' training at Fort A.P. Hill

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

A relaxing day for Marines attending the Basic Reconnaissance Course includes building a shelter, creating snares and traps to catch animals for food and then learning how to kill, clean and cook the captured animal in order to survive.

Survival training is a one-day addition to the BRC, which is run by the Expeditionary Warfare Training Group out of Fort Story, Va., said instructor Gunnery Sgt. James Hypes. Graduates of the course earn the specialty of Reconnaissance Marine and are assigned to a Marine Reconnaissance Battalion.

Survival training, along with patrolling and land navigation, is conducted at Fort A.P. Hill. Twelve
(See Training, Page 3)



An Expeditionary Warfare Training Group student, Marine Staff Sgt. Craig Blasingame, tries to stoke his fire by blowing on it during survival training. (Photos by Mary A. Bodine)

"Imagination is more important than knowledge."

-- Albert Einstein, On Science



Jeremy Fennell (left), a graduate student at Virginia Commonwealth University, measures the length of a downed tree with Michelle Fabie, an environment science major at the University of Virginia. Fennell and Fabie were hired as field technicians to conduct a fuel load assessment. (Photos by Jason Applegate)

Students collect data for post planning

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

Quickly snatching her equipment from the forest floor, Michelle Fabie dashed out of the dense woods like a track star, more than a dozen yellow jackets trailing behind.

In the nearly three months the University of Virginia senior has been working at Fort A.P. Hill, Fabie and three other college students hired as summer field technicians have also been confronted by an angry deer, surprised by a stoic owl and nearly attacked by a flying squirrel.

The four students spent every day, combating rain and oppressive heat, collecting data on the amount of downed debris in Fort A.P. Hill's forests. The data will be used "in planning for both wildfire management as well as wildlife habitat," said Jason R. Applegate, Range and Training Land Assessments coordinator, Directorate of Public Works.

Field technicians examined about 400 plots – areas in the forest with a 10-meter radius – and collected data on tree species, diameter, forest canopy, amount of downed debris and type, vegetation, observed wildlife, percent ground slope

and other pertinent information, said Christopher Graham, a summer-hire field technician who will continue work with the Environmental Division as a temporary contractor.

"This is the first large-scale data collection of forest debris we've done," Applegate said. "The nature of the program has changed from looking at fuels on a small site at Range 34 to collecting data from plots on the north and south sides of post."

The data, which will be analyzed this year, will provide an accurate picture of the effects of wildfire and prescribed burns conducted in the range complex on Fort A.P. Hill in relation to the types of vegetation and wildlife on the installation's denser northern training areas. The data may also be used to plan prescribed burns and to determine the most effective training uses for the land, he added.

"In addition to collecting data, we also took photos of the areas we examined," Applegate said. "The photos, along with the data, provide a detailed picture of the vegetation in a training area and could be used, for example, to determine whether the land is best suited for training activities like land navigation."

Once the data is analyzed, it



John French (left) an ocean and Earth sciences major at Old Dominion University, and Christopher Graham, who graduated from Dickinson College in Carlisle, Pa., measure the depth of leaf litter.

may also be used to validate the current forest inventory, which was based largely on aerial photos, he added.

"Really, there are eight to 10 goals of this program," Applegate said. "But there is no shortage of what this data could be used for."

(See *Students*, Page 3)



Post Commander Lt. Col. James Mis accepts the Army Communities of Excellence third place trophy from Army Secretary Dr. Francis J. Harvey. (Photo by Mary A. Bodine)

Army's best (Continued from Page 1)

Fort A.P. Hill was also an ACOE finalist in 2003, garnering a monetary prize of \$500,000, which is being used to build a training facility near Beaverdam Pond.

The training facility was also an employee suggestion, Mis said.

The ACOE program, now in its 15th year, recognizes "the superstars of installation management in the Army," said Lt. Gen. David W. Barno, Army assistant chief of staff for installation management, at the awards ceremony. "Every single one of you involved in this activity, in this recognition today, worked tirelessly, often behind the scenes and out of the limelight, to take care of Soldiers and their families and set the conditions for their success on the battlefield."

Barno commended Fort Stewart, Fort Bragg and Fort A.P. Hill for their Soldier-centric focus, which he said is the "centerpiece of our readiness and the centerpiece of our volunteer force."

Students (Continued from Page 2)

Field technicians used a systematic process to collect data, said Graham, who has a bachelor's degree in physics from Dickinson College in Carlisle, Pa. By following a prescribed order of steps, technicians ensured that all data was collected from each sight.

"It's exciting to know that all of the data we collected will be used," said Fabie, who is an environment science major. "Only one of us (field technicians) had

Training (Continued from Page 1)

days of the 10-week course are held here "because it is the closest to Fort Story and the easiest training installation to work with as far as scheduling and available training space," Hypes said.

"Survival day is sort-of a reward for finishing land navigation," Hypes said. "Students are given basic items to survive on their own. They receive classes in building crude weapons, shelters, snares and how to capture and humanely kill an animal for food."

Students, who range in ranks from private to captain, are then given limited time create their own weapons, shelters and snares.

"This is their opportunity to use their imagination and become aware of the tools that are available to them in the environment," said Marine Staff Sgt. Robert Langlois, BRC instructor. "Everything they learn here has a real-world application."

The Basic Reconnaissance Course has an attrition rate of 30-35 percent and is considered one of the Marine Corps' "most physically and mentally demanding" courses, Hypes said. The course is held here and at Fort Story eight times per year.



Lance Cpl. Justin Swarts (left) and Pfc. Chris Knipe, Basic Reconnaissance Course students, build a snare out of branches and 550-cord used to capture birds .

forestry experience, so I think we all were able to use this job as a learning experience. It was challenging at times, but I enjoyed it because it was different every day."

The other two technicians were John French, who is studying ocean and Earth sciences at Old Dominion University, and Jeremy Fennel, a biology graduate student at Virginia Commonwealth University.

Differences in powers of attorney explained

by Steven Chucala, Esq.

Fort Belvoir Staff Judge Advocate's Office

Most military members and their families have heard of powers of attorney, whether they be special or general. They have also heard about living wills and some people wonder if a Last Will and Testament is necessary if they have powers of attorney. But few people actually understand the legal definition of each term and how each differs from the other.

Regardless of various titles, all of the named documents are legal instruments calculated to achieve specific goals. Confusion exists because of individual beliefs and because the same type of document may have different names and or differing authority through out the United States depending on the name or its content given it by a state legislature or court decision. The best way to understand each document and its purpose is to concentrate on what each accomplishes as opposed to the title it may possess.

There is and unlimited number of powers of attorney that treat specific needs ranging from selling a home to care and custody of children known under the generic title of special powers of attorney.

Special powers of attorney are therefore authored based upon an interview of the client who is the "principal" to determine exactly what authority is being granted to the "agent." Each special power of attorney should be discussed with the legal assistance staff to ensure the correct and adequate degree of authority is provided the agent to accomplish the task.

This article treats the three major categories of power of attorney most commonly sought by clients. They are the General Power of Attorney, the Health Care/Medical Power of Attorney and Living Wills. The person granting the authority is called the principal and the person granted authority to act on another's behalf is called the agent or proxy. Time limits may be placed on the agent's authority by the principal.

General Powers of Attorney with a "durability" provision permit the appointed agent to act on behalf of the principal on property matters ranging from buying to selling, trading, borrowing, mortgaging, managing property, etc. With a durability clause in the power of attorney, its authority continues even if the principal becomes mentally or physically incapacitated or declared incompetent by a court of law. Otherwise, should the principal become incompetent and the POA lacks the durability

provision, costly court action will be required to authorize another to act on that person's behalf as the guardian or conservator.

Medical or Health Care Powers of Attorney (for adults) permit the agent to make the normal daily medical decisions concerning which doctor, hospital, access to medical records, authorization for surgery, and to create obligations of debt, if the principal is temporarily or permanently incapacitated/incompetent. It does not authorize the termination of life support since another document I will describe hereafter should be used for that specific and extreme purpose. Should the principal regain his/her capacity, the authority is suspended.

Living Wills also known by a variety of names as, advance directives, durable powers of attorney, right to die, health care decisions, etc., deal with the narrow area of medical care when a patient is terminally ill, the condition is irreversible and stabilized, the patient is unable to make decisions because he or she is normally in a vegetative state, and the physicians have concluded that the most they can do from this point forward is to simply prolong the dying process without any expectation of recovery.

The physicians are then seeking authority to terminate further medical life support. The Living Will permits individuals even before they become patients to declare their future desires and to appoint agents to act for them in terminating life support should they sustain this severe condition.

Recent court litigation demonstrates the costly and emotionally distressful battles in court when a written Living Will is not available at the time a spouse or next of kin seeks to terminate life support. A written document prepared by the Legal Assistance Office will satisfy the judicial requirements of "clear and convincing evidence" of the patient's wishes established by the United States Supreme Court.

"Why do I need a Last Will and Testament if I have a power of attorney and I have instructed my agent what to do with my property after my death?"

Put another way, if an agent knows what a principal wishes, why is there a need for a will? The answer is simple. A power of attorney ceases upon the death of the principal. Upon death of the principal, the Last Will and Testament comes into effect to handle the affairs of the decedent and powers of attorney can no longer be used.

Can the agent of a power of attorney do all that the principal can do?

(See Differences, Page 5)

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

'Freedom Walk' to commemorate 9/11

by Steven Donald Smith

American Forces Press Service

The Defense Department announced Aug. 9 the first "America Supports You Freedom Walk" to honor the victims of 9/11 and America's military personnel, as well as to celebrate freedom.

The Freedom Walk will begin at 10 a.m. Sept. 11 in the Pentagon South parking lot, near the site where the airliner crashed into the Pentagon on 9/11. The walk route will consist of a two-mile trek through Arlington National Cemetery, over the Potomac River, and will end by the reflecting pool on the National Mall, where a free concert featuring country music star Clint Black will take place.

"I am proud and honored to be part of the America Supports You Freedom Walk to honor the victims of 9/11 and to support our men and women in uniform," Black said.

Defense Secretary Donald H. Rumsfeld made the announcement

at the Pentagon.

"Every year since the Sept. 11 attacks, Americans have commemorated that anniversary. This year the Department of Defense will initiate an American Supports You Freedom Walk. The walk will begin at the Pentagon and end at the National Mall. It will include many of the major monuments in Washington, D.C., reminding participants of the sacrifices of this generation and of each previous generation that have so successfully defended our freedoms," Rumsfeld said.

"America Supports You" is a nationwide program launched by the Defense Department with the goal of highlighting how Americans across the country are supporting the men and women of the armed forces.

The Pentagon Memorial Fund is organizing a private ceremony for the families of the 9/11 victims prior to the walk.

To avoid long lines, America Supports You Freedom Walk

participants are encouraged to arrive at the Pentagon South parking lot between 7 and 8 a.m. According to the Freedom Walk Web site, the first 1,000 people to arrive will receive an official America Supports You campaign lapel pin.

Participants also are encouraged to take the Metro to either the Pentagon or Pentagon City stations and follow the signs to the Freedom Walk staging area.

The goal for next year's walk is to get each state to host its own Freedom Walk to provide an opportunity for as many citizens as possible to reflect on the importance of freedom, according to a DoD press release.

Those wishing to walk in this year's Freedom Walk can register online by visiting: www.AmericaSupportsYou.mil and clicking on the Freedom Walk icon.

Volunteer opportunities also are available online. Registration is open until 10 a.m. Sept. 9.

Differences (Continued from Page 4)

No. There are a few areas that by law or practice are not recognized due to the uniqueness of the action involved. For example, a power of attorney may not be used to vote in a General Election or to change the beneficiaries to a life insurance policy to include the military SGLI. In some instances, a private business or agency as the Social Security Administration may require the principal to appear in person or use only their prescribed power of attorney. Therefore, it is prudent to verify whether a given POA will be accepted by the person or institution it will be presented to.

Once individuals understand the scope of each type of power of attorney, they can determine for themselves what they need to accomplish their personal requirements. An attorney should not be deciding what a person needs but rather recommending which legal document will

accomplish their needs. Critical to any POA is the appointment of an agent that is fully trustworthy, understands what the principal wants and is likely to act within the bounds of authority granted.

"Should I have the documents you described?"

In the past it was believed that living wills were for senior citizens. Yet, every case on terminating life support that has gone to the U.S. Supreme Court dealt with a young adult. Nor is it wise to wait until an unaccompanied tour, trip or hospitalization is imminent to begin considering what legal documents may be required.

"Where can I obtain powers of attorney and living wills?"

Additional information and preparation of the documents noted herein may be obtained by making an appointment to see Steven Chucala at Fort A.P. Hill by calling Debbie Moore at 633-8326.

RECREATION

●TRAVEL

●COMMUNITY

●SPORTS

shades of green

Resort offers end-of summer Disney deals

Imagine ending the summer at a resort surrounded by cascading waterfalls, lush tropical gardens and several parks, golf courses and activities to fill the days. This is just a sample of what Shades of Green on Walt Disney World Resort, an Armed Forces Recreation Center, has to offer.

Now until Sept. 30, Shades of Green is offering a "Fun & Sun Getaway." Guests will enjoy accommodations and complimentary breakfast at the Garden Gallery Restaurant from \$399 for two adults. The package accommodates guests who wish to stay from five to eight nights.

The resort is also offering a seven-night stay for the price of six, without restrictions.

With the resort's March 2004 reopening, it has more than doubled in size with the addition of 299 rooms to the previous 287, plus a 500-seat ballroom, two new restaurants, and a second heated swimming pool. The upgraded complex also better accommodates buses that shuttle guests around Disney's property, separate from the flow of traffic near the hotel's check-in area.

Shades of Green is adjacent to Disney's Palm Golf Course, home of the PGA Tour's FUNAI Classic, and just outside the gates



The view from a balcony outside the lobby of Shades of Green Armed Forces Recreation Center offers a serene comfort to guests. The hotel is adjacent to Disney's Palm Golf Course and two other courses are within walking distance. (Photo by Tim Higgs)

of Mickey Mouse's famous house. Another one of Disney's five championship 18-hole golf courses and a nine-hole executive layout are within walking distance.

The hotel features two lighted tennis courts, hot tub, children's pool and play area, lounge and sports bar, banquet accommodations, video arcade, laundry facilities, and fitness center.

Shades of Green also offers discounted tickets to: Walt Disney World; Universal Orlando; Magic Kingdom Park; Epcot; Disney MGM Studios; Disney's Animal Kingdom Theme Park; local dinner shows; Kennedy Space Center; and other local attractions.

Guests are provided transportation to all Walt Disney World attractions and early entry into select venues inside the Magic Kingdom. Epcot, Disney-MGM Studios and Disney's Animal Kingdom Theme Park are just minutes away.

Shades of Green is reserved for active duty and retired members

of the uniformed services, Reserves and National Guard, as well as active and retired Defense Department civilians and their families.

Affordability is the main attraction to Shades of Green. Room rates are based on rank or pay grade and range from \$72 to \$104 per night for a standard room and \$82 to \$114 for a poolside room (through Sept. 30).

For room reservations at Shades of Green, call (888) 593-2242. The hotel's direct number is (407) 824-3400. Reservations may also be made at the resort's Web site: www.shadesofgreen.org/home.html.

Reservations are accepted up to one year in advance. For Soldiers on short-notice leave, Shades of Green has an overflow contract arrangements with alternate hotels at Walt Disney World Resort.

(Information provided by Tim Higgs, U.S. Army Community and Family Support Center and the Shades of Green Web site.)

● WELL BEING ● SAFETY

HEALTHY LIVING

Post wildlife encounters 'bearable'

by Mary A. Bodine

Fort A.P. Hill Public Affairs

Game officials believe an American black bear, which has been spotted on post three times since May, is just "passing through."

"The black bear is probably a male, 3 to 3 ½ years old, and weighs about 80-100 pounds," said Rick Klink, installation game enforcement officer. "Bear sightings here are common during years when we're on the verge of drought because the bears are seeking water and cooler places. Also, during the breeding seasons, male black bears seek travel and tend to be transient."

The bear has been spotted twice in the Rappahannock area and in

June, just north of training area 22, Klink said.

Although black bears are relatively "docile animals," they may become "aggressive if injured, startled, cornered, or if a sow has her younger cubs with her," Klink said. "If you do see the bear, observe from a distance. Do not attempt to feed it because it may come back and get caught in a precarious situation or the bear may be put down for returning to the area."

When near a bear, Klink suggests making a lot of noise, but do not be aggressive or the bear may assume you are a predator and defend itself. Do not attempt to photograph the bear and ensure that all food items and refuge piles are in closed containers

inaccessible to bears. Also, do not turn your back on a bear or run – it will chase you, Klink said.

"A black bear runs about 25 to 30 miles per hour," he said. "The saying that bears can't run downhill is a lie. They may run slower downhill, but it's still faster than any human being."

Klink suggests walking slowly backward from the bear until out of sight. Report any sighting to the installation game enforcement office.

"Should we have another sighting, our intent is to allow the bear to roam freely," Klink said. "Only if the bear became a nuisance or there were concerns that it may be harmed, would we then capture and relocate the animal to a suitable location."

Hearing loss easier to prevent than treat

by Deborah Hall

Fox Army Health Center, Redstone Arsenal, Ala.

Hearing loss is the total or partial inability to hear sound in one or both ears. Because noise-induced hearing loss is preventable, everyone should understand the hazards of noise and how to protect one's hearing in every-day life.

Noises above 90 decibels — the measure of the loudness or strength of vibration of a sound — particularly if the sound is prolonged, may cause such intense vibration that the inner ear is damaged.

Some examples of sounds and their dB include: whisper in a quiet library, 30 dB; normal conversation, sewing machine, 90 dB; some rock concerts, 100 dB; jackhammer 3 feet away, 120 dB; and gun muzzle blast, 140 dB.

A general rule of thumb is that if noise is so loud that you need to shout to be heard, the noise can damage hearing. Just as each individual is different, so too is a person's hearing loss. No two people will lose hearing ability in the same way. For example, some losses occur in the higher-frequency ranges while others may experience difficulty in hearing softer sounds.

Signs you might be suffering from a hearing loss and need to have your hearing evaluated by a hearing professional include: listening difficulty at a restaurant with family and friends; your spouse tells you, "I frequently have to repeat things for you"; you find it necessary to turn up the volume on your television and others think it is too loud; and you feel frustrated when you talk to others and have difficulty hearing everything they say.

Hearing professionals include otolaryngologists, a physician who specializes in diseases of the ears; nose, throat, head and neck; and audiologists, a health professional trained to identify and measure hearing loss and to rehabilitate persons with hearing impairments.

Hearing loss is much easier, and more effective, to prevent than it is to treat. It is easy to protect your hearing by wearing earplugs or other hearing protective devices when involved in a loud activity (special earplugs and earmuffs are available at hardware stores and sporting good stores). Government workers in a noise-hazardous job are part of the hearing conservation program administered by the Occupational Health Clinic. For more information on hearing protection, go to: www.entnet.org.

NEWS NOTES

Post honors history, employees

Fort A.P. Hill will recognize Women's Equality Day in conjunction with the Civilian Employee of the Year awards ceremony 1 p.m., Aug. 26, at the Honor Garden behind the Headquarters Building.

This year's Women's Equality Day marks the 85th anniversary of women's right to vote in the U.S.

For more information, call Yvonne Smith at 633-8288.

Football fans only need apply

Are you a fanatical football fan? If so, the "Up and Down the Hill" editor is looking for football fans to participate in a football picks section of the newsletter.

Picks would span two weeks of football. Participants

must be willing to submit picks for every issue and have their photo included in the section.

For more information, call Mary Bodine at 633-8120.

Prepare appetites for crab feast

Fresh, cooked on-site seasoned crabs, fresh seasoned shrimp, corn and potatoes, hamburgers and hotdogs ... getting hungry? Then purchase your tickets for the Caroline County Crab Feast held at Fort A.P. Hill 5:30 p.m., Sept. 19.

Before Sept. 14, tickets are \$30 for a single adult ticket, \$55 for couples. After Sept. 15, tickets are \$35 for a single ticket; \$60 for couples. Children under 12 eat for \$15.

To purchase your ticket, call Ken Perrotte at 633-8324.

SALUTES

● HAILS, FAREWELLS ● ACHIEVEMENT ● FAMILY

Hails

Fort A.P. Hill welcomes the following new employees:

● David Hughes, plans and operations officer, DPTMS

Farewells

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

● Jessica Jones and Ashley Dobbins, summer hires, DPTMS;

● Wendy White, DPW, departed Fort A.P. Hill Aug. 4 to join the Department of Health and Human Services.

Achievements

● John Hall, director of Logistics, would like to commend his staff, assigned and attached, for a job well done. "This team of hard working logistics folks, had a plan, executed the plan and assured accountability, mission

accomplishment and a great team effort during tough time, extreme heat and long hours."

● The following DOL employees were presented with coins by commander, Joint Task Force-National Scout Jamboree: James Salisbury; Edward Thornton; Karen Busch; Maj. Sheba Waterford; Chief Kenneth Charles; Gail Wallace; George Caldwell; Armando Flores; Richard Harris; Edward Charette; James Whitman; Paul Sapp; Warren Hills; Nancy Parker; Shirley Crabtree; Jorie Holmes; and Peter Tranchitella.

● Nadine Kibler, RMO, was recognized by Maj. Gen. John Yingling for assisting base operations augmentees with their travel orders and vouchers.

● John Polis, deputy director, DES, would like to salute all of the members of Fort A.P. Hill's

DA civilian police force for their outstanding efforts during the 2005 National Scout Jamboree. Nearly all members of the force worked 15-days straight with tours of duty ranging from 13-19 hours without complaint.

● Randal Robillard, DPW, was promoted to maintenance supervisor.

● The following DPW employees received Years of Service Pins and certificates: Leonard Gall, 5 years; Harry Johnson, 5 years; John Patterson, 5 years; William Squires, 5 years; Harold Wilson, 5 years; Deborah Covington, 10 years; Cecelia Gibbs, 10 years; Emmett McVay, 10 years; Joe Ann Parker, 10 years; Shirley Bland, 20 years; Larry Capelle, 25 years; Kenneth Henderson, 25 years; Kay Hummel, 25 years; and Brian Robinson, 25 years.

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

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