

# UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY



*Construction on two new turn lanes into south gate off U.S. 301 and the expansion of the southbound turn lane into the main gate are well under way. The turn lanes project is expected to be complete by March. (Photos by Mary A. Bodine)*

## *Access projects under way*

**by Mary A. Bodine**

*Fort A.P. Hill Public Affairs*

There are a number of new construction projects in process at Fort A.P. Hill's access gates and access control points.

The Directorate of Public Works has contracted for the construction of two new turning lanes at South Gate and to extend the southbound turning lane for the Main Gate, said Brian L. Robinson, chief, Engineering Plans and Service Division, DPW. Both gates are off U.S. 301.

"This (addition of turning lanes) will enhance safety by providing areas to safely decelerate prior to turning into the gates," Robinson said. "It will also allow us to handle higher volumes of traffic entering the gates, such as large convoys or major events like the Jamboree without impeding through traffic on 301."

Delays may occur due to single lane closures. Lane closures will only be in effect during daylight hours, Robinson said.

The turning lane project is expected to be complete in March.

Improvements, like the installation of canopies, speed humps and active barriers, are also being made at access control points. This project may cause unexpected delays or closures at the gate, Robinson said.

"While the contractor is planning his work to minimize disruptions, installation of the canopies (at the ACPs) ... will require the gates to be closed for the safety of all concerned," Robinson added. "Installation of some of the traffic control devices such as speed humps and active barriers may also require closures."

Access control point construction is expected to be complete in May.



*The Directorate of Public Works has contracted for the improvement of the access control points. The improved ACP will include canopies, speed humps and active barriers.*

**"It is fatal to enter any war without the will to win it."**

*-- Gen. Douglas MacArthur, speech (1952)*

# Biologist lured to career from fishing

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

Brian Lee has a nickname akin to his occupation. Before he was born, he was very active in his mother's womb – so much so that his father came to call him “Scutter.” He was like a fish out of water – in constant motion.

Lee has never been known by a name other than Scutter. If you ask for Brian Lee on Fort A.P. Hill, most people would reply, “Who?” What they do know is that Lee is the contracted fisheries biologist with Fort A.P. Hill's Environmental and Natural Resources Division.

The 30-year-old Winchester, Va., native has been working here since 1998. Over the years, he has worked at maintaining the biological integrity of Fort A.P. Hill's aquatic resources and improving recreational opportunities for anglers.

Lee's original interest was not fisheries management, though. He graduated from Virginia Polytechnic Institute and State University intent on becoming a professional bass fisherman. He does fish semi-professionally, but until he can make a living at it, he said he's happy working as a fisheries biologist.

“I grew up hunting and fishing and I figured that if you're going to have a job, you might as well have it doing something you really like,” he said. “That's the reason I chose fisheries management.”

As fisheries biologist here, Lee is responsible for the biological integrity and recreation activities of 20 coastal plain impoundments that range in size from three to 70 acres, and total about 600 acres, he said.

“Every year I conduct biological surveys to assess the health of our aquatic resources from many different aspects,” he said. “It's like a puzzle. You start getting little pieces of the puzzle as you collect more and more data and eventually the pieces of the puzzle come together and paint a picture for you. That picture will give you an idea of what's happening within your impoundment, your aquatic ecosystem and what I need to do from a fisheries management standpoint to make it better -- be it stocking fish, changing regulations, doing habitat improvement projects -- anything like that.”

Surveys Lee conducts include measuring fish distribution and community assessments, age and growth analysis, population dynamics and size distribution, and predator/prey interactions. “We also use fish as indicator species to assess the overall health of the aquatic ecosystem,” he said.

Lee's biological assessments also contribute to the health of impoundments outside of Fort A.P. Hill's



*With the help of Junior Campbell, a Virginia trout farm employee, Brian “Scutter” Lee, fisheries biologist, will stock 8,600 pounds of trout in two post ponds this season. (Photo by Mary A. Bodine)*

boundaries.

“Two-thirds of our installation's waters drain into the Rappahannock River and one-third into the Mattaponi River, both of which are tributaries of the Chesapeake Bay,” Lee said. “Maintaining a healthy aquatic ecosystem on our installation has a direct benefit to ... the health of the Rappahannock River, Mattaponi River and the Chesapeake Bay.”

Lee is also active at educating the public about fisheries management. He gives several presentations a year about fisheries management and promotes an active outreach program.

The ENRD staff members “are really involved in education and the youth, and I enjoy that,” Lee said. “Typically every year I'll go out and do electro-fishing surveys and show the kids the parts of a  
(See *Biologist*, Page 3)

## Biologist (Continued from Page 2)

fish, what they do and why it's important to follow regulations. At our Earth Day event, we always do a big piece on fisheries management and education as a whole."

In his off-time, Lee is a youth coordinator at his church and conducts numerous fishing events throughout the year, one of which is teaching young men how to fish.

"Because fishing is one of my passions, it's natural for me to introduce our youth into the sport of fishing," he said. "Some have fished before, some haven't, but hopefully they'll take interest in it because it's a clean sport."

Recreational fishing is a growing aspect of Lee's job in fisheries management. When he first came here, Lee said he had to develop the recreational fishing program from the ground up.

"My first priority was the recreational fishing program. Reason being is that we receive revenue from fishing and hunting permits," he said. "Those funds can only be used for the management of fisheries and wildlife. That revenue helps us manage our programs ... it helps maintain biological integrity, conduct water quality monitoring and implement habitat improvement projects."

The fishing program at Fort A.P. Hill is robust. Fishing permit sales have increased 274 percent since 1998 and 224 percent since 2002. According to Lee, the greatest contributing factor to the increased sales is the trout stocking program, implemented in 2003.

From January-April, Lee stocks two post ponds with Rainbow, Brown and Brook Trout, fish that do not typically survive in Eastern Virginia waters. He said the program is a "user pay, user benefit" program.

"They (anglers) pay money in



*(Above) Retired Air Force Tech. Sgt. Melvin Robinson fishes at Fort A.P. Hill frequently. Fort A.P. Hill is a popular location for many anglers.*



*(Left) Brian "Scutter" Lee, installation fisheries biologist, stocks Bearver Dam Pond with trout. Lee is responsible for fisheries management on post, to include angler opportunities. (Photos by Mary A. Bodine)*

(for special trout permits and Fort A.P. Hill fishing permits) and hopefully they're getting a service out of it," he said. "I look at (anglers) as a very important part of our program. With that money, we manage natural resources better."

At the end of the trout fishing season in April, Lee said he removes the trout from the ponds before the water temperature reaches 70 degrees. Trout cannot live in warm water due the lack of dissolved oxygen.

By using an electro-fishing

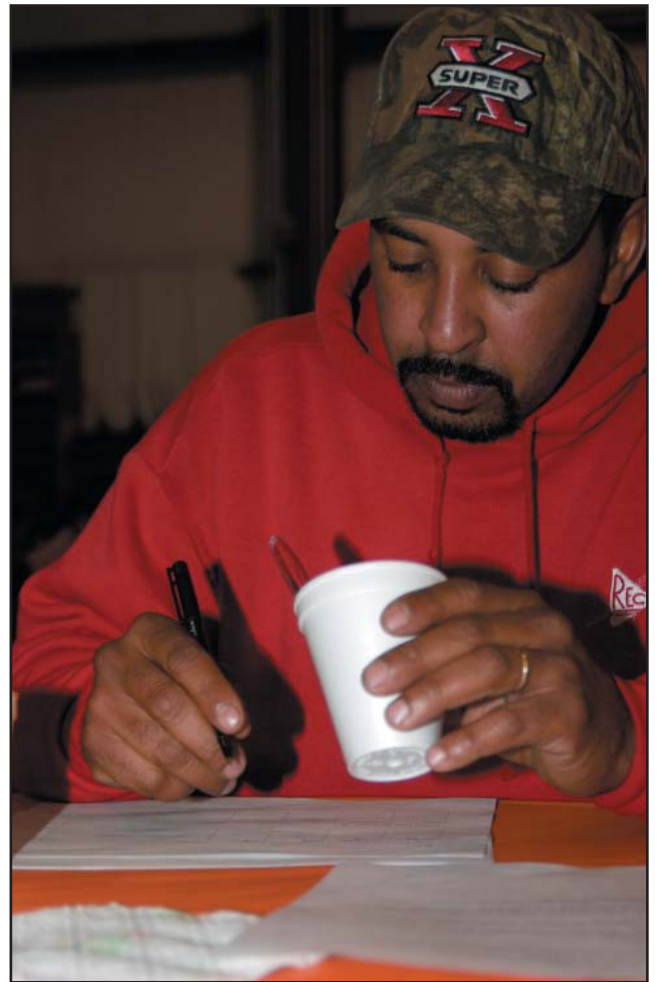
boat, which he uses primarily as a biological sampling tool, Lee is able to shock the ponds and collect all of the trout. The electro-fishing boat puts electricity into the water and temporarily stuns the fish. This causes the fish to surface for easy netting.

"It does not harm the fish and is a nonlethal method of collecting them," Lee said. "We keep as many trout as we can, but what I've done in the past is fillet the trout and donate them to (a local) homeless shelter so that the fish do not go to waste."



## Chili chases cold

*Seven contestants entered original recipes for the Jan. 8 post Chili Cook-Off, sponsored by the Employee Morale Committee. First place winners were the Fort A.P. Hill Fire Department, followed by Susan Botkin, Morale, Welfare and Recreation, and Billy Cecil, Utility Shop, Department of Public Works. (Photos by Mary A. Bodine)*



*James Chapman from Rappahannock Electric, judges a sample of chili. Chapman and the other two judges, Jane Allen, retired Army civilian and Bruce Scott, Rappahannock Electric, said that judging was difficult because they were all very good.*



*Members of the winning team, the Fort A.P. Hill Fire Department, sample some of their own chili as well as their competitors.*



*Employee Morale Committee members Jorie Holmes (left) and JoAnn Nadeau helped prepare for the event by setting out cornbread, drinks and desserts.*



*Members of the Directorate of Resource Management enjoy the cook-off.*

● CIVILIAN, MILITARY UPDATES

# AROUND THE ARMY

## Redesign improves employee access

During the past two years, the Army human resources community has been working on a redesign of the Civilian Personnel Online Web page.

The new and improved CPOL Portal was launched worldwide Dec. 20. The Portal is a "one stop shop" site that provides improved public accessibility to employment opportunities and reference information.

Army civilian employees, managers and personnel can use their Army Knowledge Online (AKO) login rights to enter the Employee Portal. The Employee Portal enables access to automated human resource management tools and information through several "portlets." The specific information and tools available depend on the individual's security access rights.

As part of the redesign, the Army

Regional Toolset (ART) system has been reconfigured so that all of its former menu items are directly accessible as individual applications within the Portal.

Once logged into the Employee Portal, military and civilian managers can use the Manager Tab to easily view their employees' personnel records, track their Requests for Personnel Actions (RPAs), and use an In-Box Statistics tool to see exactly where, who, and how much time is being dedicated to processing their actions. Managers can also view and monitor their employees' reported pay problems. And the full complement of Army human resource automated tools is now directly accessible within the Manager Tab.

Within the HR Specialist Tab Army personnel can access all the functionality of the current ART

system. Initially Army civilian employees (who are not managers or personnel) will only have access to automation tools, but in the future they will be able to use the Employee Data portlet to view their own personnel record.

To facilitate a seamless transition to the new CPOL Portal for the human resource community and supported activities, the current version of ART will remain accessible to customers through Jan. 31. During this time frame, CPOL will inform customers about features of the modernized Portal and will deploy educational tools such as screen cams to assist customers in its use.

The Army CPOL Portal is: <http://acpol.army.mil>.

(Information provided by the Civilian Personnel Online Bulletin.)

## *Flu-shot vaccine restriction lifted for groups*

by **Gerry J. Gilmore**  
*American Forces Press Service*

WASHINGTON, Jan. 14, 2005 – As part of national efforts to protect more people against the flu, the Defense Department's top health official today authorized the use of military flu-shot vaccine previously held in reserve.

Dr. William Winkenwerder Jr. signed a memorandum directing the expanded use of stored flu-shot serum for service members and other eligible recipients such as family members and military retirees. This policy change allows the services to use flu shots for non-high risk persons, including active duty, while continuing their aggressive efforts to get high-risk beneficiaries vaccinated.

The flu is a contagious respiratory illness caused by influenza viruses. About 36,000 Americans die from the flu each year.

DoD now has about 500,000 doses of flu shot vaccine in storage, according to DoD officials.

A major flu vaccine provider to the U.S. had announced in October that its vaccine was no good.

DoD then directed that service members being deployed overseas, and other eligible recipients at potential high risk to the flu, including seniors and the very young, receive priority to get flu vaccinations.

Vaccination against the flu remains mandatory "for service members whose command has vaccine available to them," said officials.

A relatively benign flu season thus far and sparse turnouts for vaccination by those at high risk seem to have mitigated an expected flu vaccine shortage.

Many in high-risk groups seem to have chosen not to obtain a flu vaccine this year. "They saw news accounts of long lines and felt it wasn't worth the hassle," according to officials. Consequently, DoD "still has a lot of flu vaccine."

So DoD will dispense this year's stored flu vaccine rather than letting it go to waste. Flu vaccine is developed to target specific virus strains expected only for that particular season. This year's flu season is expected to peak sometime in February.

Gerberding pointed out that "late-season vaccination is effective" against the flu. She urged unvaccinated people at risk to try once again to obtain a shot.

# RECREATION

● TIME OFF

● COMMUNITY

● SPORTS

## Revived Tucker's Tavern improves business

by Mary A. Bodine  
Public Affairs Office

The Morale, Welfare and Recreation office recognize that Fort A.P. Hill employees and Soldiers have a choice about where to eat lunch. That is why MWR is committed to improving the environment, ambience and quality of food at Tucker's Tavern.

For one week during the holiday season, Tucker's Tavern closed its doors for a complete overhaul, said Susan Botkin, recreation assistant, MWR. A cleaning crew was hired to "clean the kitchen from head-to-toe, paint the walls and give Tucker's a fresh new start for the New Year," she added.

A major step toward giving Tucker's Tavern, which opened in 1983, a new start was to hire chef, Cheryl McQue. McQue, who recently moved into the area from

North Carolina, said she has been cooking since she was 17.

Since McQue started, MWR has received a "very good response" to the improved quality of food and menu variations, Botkin said.

McQue said she hopes to soon offer lunch patrons at least one main entrée, in addition to short order items, and possibly desserts. Currently, Tucker's Tavern provides weekday buffet service from 11:30 a.m.-1:30 p.m.

Botkin said she hopes these new measures will bring in new customers or increase the amount of repeat business at Tucker's Tavern.

"Tucker's is a great place for employees from other directorates to gather and enjoy a good lunch with a great atmosphere," Botkin said. "Everything is geared toward pleasing the (customer)."



*Cheryl McQue, the new chef at Tucker's Tavern, prepares for the lunch buffet. (Photo by Mary A. Bodine)*

## TRIVIAL MATTERS

Be the first to answer the following trivia questions and you'll win a free lunch at Tucker's Tavern:

**Q:** How long is a fortnight?

**Q:** If 32 degrees is the freezing point of water on the Fahrenheit scale, what does 0 degrees represent?

**Q:** When was the first Superbowl held and what teams played?

**Q:** Which movie has won the most Oscars? How many did it win?

**Q:** Was there an Aunt Jemima?

Submit your answers to: [mary.bodine@belvoir.army.mil](mailto:mary.bodine@belvoir.army.mil). Answers will be posted in the next UP AND DOWN THE HILL.

## SALUTES

The following individuals dedicated personal time and effort into making this year's holiday party a success:

Committee members: Barbara Pitts; Mary Arcand; Katrina Hunter; Nadine Kibler; Stacy Petry; Jorie Holmes; Tracy Pickeral; Madelaine Perrotte; and Christine Coates.

Decorating: Barbara Pitts; Katrina Hunter; Madelaine Perrotte; Tracy Pickeral; Nadine Kibler; Dennis Hodges; Boe Satterwhite; and George Johnson.

Entertainment: Earl Neville; Diane Wilder; Linda Huckstep, Madelaine Perrotte; William Weaver; and Deborah Scarpine.

Deep fried turkeys: Mark Newton and Mike Lyttle.

If you know a Soldier or post employee who should be recognized in this section, please e-mail: [mary.bodine@belvoir.army.mil](mailto:mary.bodine@belvoir.army.mil).

•WELL BEING •SAFETY

# HEALTHY LIVING

## Dental decay delayed by drinking tea

by Maj. Georgia dela Cruz

*U.S. Army Center for Health Promotion and Preventive Medicine*

The Chinese were the first to discover tea and have been writing about its benefits for thousands of years. An ever-increasing number of scientific studies that support the potential health benefits of tea drinking include a not too well-known benefit — tea is good for your mouth.

Most teas contain fluoride, although the amount varies with the type of tea and the alkalinity of the soil in which it is grown. Fluoride strengthens tooth enamel and protects against tooth decay.

Some new studies also show that tannins in tea may fight tooth decay by blocking bacteria's ability to break down starch, preventing the production of destructive acids.

Several tea compounds have been found to inhibit the growth of bacteria and interfere with their ability to stick to teeth, thereby reducing their ability to cause decay. The growth of bacteria that cause bad breath may also be reduced by tea components.

Tea also appears to protect against gum disease in two ways. First, it reduces the buildup of dental plaque, which contains the bacteria that cause gum disease. Second, tea compounds called catechins appear to

block the bacterial enzymes that cause breakdown of gum tissue.

Tea helps oral health in other ways. The polyphenols in tea are antioxidants that protect human cells from damage by free radicals. They also seem to trigger the self-destruction of tumor cells. This protective effect appears to apply to oral cancer as well as other types of cancer. Tea also contains several nutrients that are important for oral health including zinc, manganese, potassium, Folic acid, and vitamins B1, B2 and B6.

Adults who drink three or four cups of tea a day can enjoy the healthy benefits of tea. However, tea should not be given to infants or toddlers, and the amount consumed by children under 8 should be limited. Drinking tea daily may cause enamel fluorosis (white spots) to occur in the developing permanent teeth of such small children, and tea does contain some caffeine.

Along with benefits to oral health, tea seems to strengthen bones and reduce the risk of heart attack, stroke and other forms of heart disease. The antioxidants found in tea appear to reduce the risk of certain cancers, including colorectal and skin cancers. Another compound in green tea called theanine appears to improve immune system function, possibly increasing resistance to infection and tumors.

## *Resolution to quit leads to quick benefits*

by Dr. Virginia Yates

*Martin Army Community Hospital,  
Fort Benning, Ga.*

Every year millions of people set New Year's resolutions to live healthier lifestyles. One of the biggest challenges in pursuing this goal is quitting smoking.

If the overwhelming risks for heart attacks, strokes, many types of cancer and lung disease are not enough to make a person quit, perhaps knowing the positive effects of stopping will help provide an incentive.

The American Cancer Society and the Centers for Disease Control and Prevention compiled the following description of the events in a smoker's body that begin within minutes of quitting.

Within 20 minutes after quitting smoking, the blood pressure and heart rate drop closer to normal, and temperature of the hands and feet increases to normal.

By eight hours after quitting, the level of oxygen in the blood increases closer to normal and the level of poisonous carbon monoxide in the blood lessens.

By 48 hours after quitting, the nerve endings begin new growth and the senses of taste and smell improve.

During the next one to nine months, coughing, sinus congestion and shortness of breath start to improve. The body has little sweepers called "cilia" in lung passages that clean away germs and dust. These are damaged by smoking. These begin

to regrow during this time, reducing the risk of infections.

One year after quitting, a former smoker has cut the risk of heart disease by nearly one half what it was when smoking.

Five years after quitting, when compared to a smoker, former smokers have cut their risk of lung, mouth, throat, and esophagus cancers by nearly half. In 5-15 years, the former smoker will have the same risk for stroke as someone that never smoked. Ten years after quitting, rates for lung cancer are similar for former smokers and those who have never smoked.

Fifteen years after quitting, the former smoker has the same risk for heart disease as the person who has never smoked.

# NEWS NOTES

## Retirement seminar scheduled

There will be a Federal Employee Retirement System Seminar in the Longstreet Classroom Jan. 25-26, for employees within 10-15 years of retirement.

The seminar is open to interested employees under FERS. To verify that FERS is your retirement system, check Block 30 on Standard Form 50.

The cost for the seminar is \$199-213, depending on the number of employees in attendance.

For more information, call Barbara Pitts at 633-8403.



## Stocked ponds opens season

Rainbow, brook and brown trout, most in the 12-14-inch range with many up to 22 inches in length, are being stocked in Beaverdam and Buzzards Roost ponds through April.

Trout fishing season is Jan. 8 to mid-April. Daily or seasonal trout fishing permits can be purchased on post. Daily permits are \$5 and annual permits are \$55. Seniors age 65 and older, or children age 15 and younger, can buy a \$4 daily permit or \$50 season permit.

A Virginia state fishing license and a Fort A.P. Hill fishing permit is required in addition to the special trout permits. A Virginia trout stamp is not required.

Anglers will be allowed to catch and keep six trout daily. Only one fishing rod or line is allowed per angler.

For more information, call Brian Lee at 633-8750, or the Game Check Station at 633-8244.



## Army recruits warrant officers

The U.S. Army is looking for highly motivated service members to fill its warrant officer ranks. Positions are open in all 45 specialties. Applicants with less than 12 years of active federal service are encouraged to apply.

For more information and all forms required to complete a warrant officer packet, go to: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant), or call Katrina Hunter at 633-8797.

## Employees shape up New Year



Morale, Welfare and Recreation will begin offering the following fitness classes in February:

- Step, 11:45-12:15, Mondays, Wednesdays and Fridays;
- Body Sculpt, 12:15-12:45 and 4:45-5:45, Mondays, Wednesdays and Fridays; and
- Body Sculpt, 12:15-12:45, Tuesdays and Thursdays.

Free personal training classes are available during regular duty days. Each person will get 45 minutes per week for a four week period.

If you are interested in attending a class or would like to schedule a personal training session, call Tina Collier at the Community Activities Center office at 633-8201.

## Post urged to call for closure

The Fort A.P. Hill command would like to remind all employees and Soldiers to call 633-8600 to find out about post closures or delays due to inclement weather.

Unless otherwise notified, all personnel are to assume that Fort A. P. Hill will be operational regardless of weather or other emergency conditions. Personnel are expected to adjust their schedules in order to compensate for anticipated difficult driving conditions.

Obtain post closure/delay information through the following communication channels:

- Installation Emergency Hotline, 633-8600
- TV stations: Channel 4 (NBC); Channel 5 (FOX); Channel 6 (CBS); Channel 7 (ABC); Channel 8 (ABC); Channel 9 (CBS); and Channel 12 (NBC)
- Web sites: [WFLS.com](http://WFLS.com); [WJLA.com](http://WJLA.com); and [NEWS8.net](http://NEWS8.net)
- Radio: FM 93.3; FM 99.3; FM 101.5; AM 1140; AM 1230; and AM 1350



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