

# UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY



*Spec. Ken Wilson, B Company, Special Troops Battalion, 58th Brigade Combat Team, is one of the first Soldiers to use Range 37, the newest revitalized operational range on Fort A.P. Hill. (Photo by Jason B. Cutshaw)*

## Upgraded range opens with a bang

By Jason B. Cutshaw  
*Up and Down the Hill*

Maryland National Guard Soldiers took advantage of Fort A.P. Hill's newly upgraded Range 37 June 12, kicking off its reopening with a bang.

Warriors from the 58th Brigade Combat Team utilized the 16 lane range, which can average three firing orders per hour.

Subject to a warrior's skill level, up to 48 Soldiers can fire on the range per hour.

"Depending on the number of hours the unit wants to train and how they are set up, this can have a very significant impact," said Tim Ryan, Fort A.P. Hill range officer.

The range also takes the stress

off other small arms qualification ranges which were becoming overused.

"We are now better qualified to support Fort A.P. Hill in relation to small arms qualification and familiarization," Ryan said. "The range also takes some of the burden off Ranges 32 and 34, which will allow us to better maintain those facilities and lessen the amount of wear."

Several groups came together to ensure Fort A.P. Hill got its money's worth when rebuilding the \$2.3 million range. The work took one year to complete.

"The Directorate of Public Works; Bay Electric; Army Corps of Engineers; Tank, Automotive and Armaments Command - Rock Island Arsenal; and Caswell are

all to be commended on exceeding the standard in the development of the range," Ryan said. "Army Training Support Command has stated that this very well could be the best constructed Modified Record Range in the Army."

For those who work at range control, the new facility is a great addition to the mission of training America's warriors.

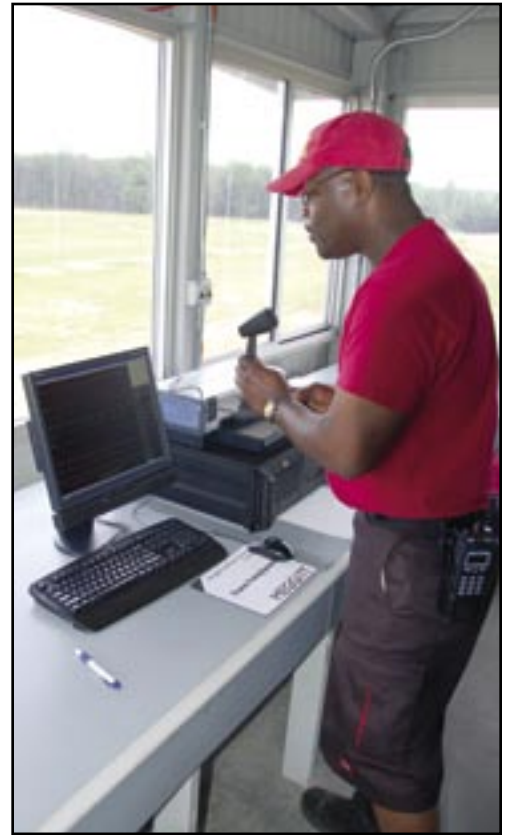
Andre Barber, Range 37 operator, said, "This is a first class range all the way. This additional range will help us in our mission of getting Soldiers qualified with their weapons."

He also commented that, "The beauty of the range is that you are not limited to traditional range

*(See Range, Page 2)*



*Soldiers of B Company, Special Troops Battalion, 58th Brigade Combat Team, fire their M-16 rifles in the prone, unsupported firing position on Range 37.*



*Andre Barber, Fort A.P. Hill range control, operates the controls from the control tower at Range 37 during the range's reopening June 12. (Photos by Jason B. Cutshaw)*



*Spec. George Ramsey, right, clears Spec. William Dixon from Range 37 after Dixon qualified with his M-16 rifle. Soldiers used Fort A.P. Hill's newest improved range to prepare for upcoming deployments.*

## Range (Continued from Page 1)

operations. With this range, different units can design programs to suit their specific training needs.

"This range can do anything imaginable," he added. "Targets can be lit for night operations and we can add sounds to make it as realistic as we possibly can."

The first Soldiers to utilize the range were members of the 58th Brigade Combat Team.

"This is a top flight facility," said 1st Lt. Jorge Gonzalez, B Company, Special Troops Battalion, 58th BCT executive officer. "The range control operations here have been among the best I have been around."

"It feels good to be out here with the troops and see them training on the range," he added. "There is nothing better than being out here with the Soldiers and their M-16s."





*Members of the Fort A.P. Hill community and the Caroline County Sheriff's office run through downtown Bowling Green during the annual Law Enforcement Torch Run in support of Special Olympics June 8. (Photo by Jason B. Cutshaw)*

## Torch Run brings community together

**By Jason B. Cutshaw**  
*Up and Down the Hill*

Fort A.P. Hill team members joined the Caroline County Sheriff's Office and members of the Virginia State Police in the Law Enforcement Torch Run in support of Special Olympics June 15.

The torch is carried throughout Virginia by law enforcement officials en route to the Special Olympics opening ceremony at the University of Richmond.

After receiving the torch from Hanover County, the runners carried it through Ladysmith and Bowling Green before handing it off to Spotsylvania County law enforcement officials.

The temperature was high during the run, but the motivation was greater.

"It was a great 90-plus degree day to support the Special Olympics Virginia Law Enforcement Torch Run," said Command Sgt. Maj. Roger Chase. "The special event allowed all the participants to support this life enrichment program.

"After passing the torch, our mission was complete with all the motivated participants giving high fives to each other. We were elated on a run well done,"

Chase added.

David Vaughn, director of emergency services said, "This is the fourth time I've participated in the Caroline County-Fort A.P. Hill annual Law Enforcement Torch Run.

"I enjoy participating in the run and supporting the Special Olympics because it supports an excellent cause – providing financial support for, and raising public awareness of an event that helps showcase how all of us are more alike than we are different, regardless of our particular challenges," he added.

Vaughn also stated that, "It also allows our local law enforcement agencies – the Caroline County Sheriff's Office, the Virginia State Police and the Fort A.P. Hill Garrison – an opportunity to enhance our camaraderie and close working relationships in a wholesome way outside the office.

"It's another way we can give something in support of others who deserve support and recognition," he added.

Other participants from Fort A.P. Hill included Travis Hoague, William Wheeler, Steven Clements, David Carey, Sergio Sergi, Allen Lawson, and DJ Scarpine.

# *Post celebrates Army's 232nd Birthday*

By Jason B. Cutshaw  
*Up and Down the Hill*

On Fort A.P. Hill, people came running for a piece of birthday cake.

Members of the post and local community celebrated the Army's 232nd Birthday June 14 at the Community Activity Center.

Beginning the morning's festivities was a 5-kilometer fun run and walk. Entering the run and walk were 29 participants from the post and local community.

The fastest male was T.J. Ketchem from the Caroline County Sheriff's Office with a time of 17:41. The fastest female was Jamie Caldwell from the Emergency Operations Center with a time of 27:50.

"It was a great run and great time to reflect on my time in the Army," said Kelly Hinnant, Fort A.P. Hill Safety Office. "As I was running up the final hill I wanted to quit, but then I thought about all of my comrades still serving and I couldn't let them down. I think I ran more for them than I ran for me."

After the run, people enjoyed a piece of birthday cake to celebrate the Army's 232 years of service and also remember those who have served to keep America free.

"It was an honor to be able to cut the Army birthday cake," said Master Sgt. Richard Drabic, 58th Brigade Combat Team. "It was the first time in my 26 years that I had the privilege to perform those honors. Some people may not think of it that way, but I got to help represent Soldiers past and present who have served our country in war and peace. It was a very distinct honor."



*Taylor Graese, front, beats Command Sgt. Maj. Roger Chase across the finish line during the Army Birthday Fun Run June 14. (Photo by Jason B. Cutshaw)*





Fort A.P. Hill and local community members begin a 5-kilometer fun run to kick off the Army's 232nd birthday June 14. (Photos by Jason B. Cutshaw)



Kelly Hinnant, Fort A.P. Hill Safety Office, enjoys a piece of the Army birthday cake at the Community Activity Center after participating in the Army Birthday fun run.



Lisa Skinner, resource management officer, and Nadine Kibler, Directorate of Resource Management, "enjoy" the hot weather as they walk in support of the Army birthday.



# Fort A.P. Hill hosts tick-borne disease research

By Jason B. Cutshaw  
*Up and Down the Hill*

To parody an old saying, sometimes it's hard to see the forest for the disease.

Fort A.P. Hill has 70,000 acres of flourishing flora and fauna and is a perfect habitat for several types of ticks.

Ticks are second only to mosquitoes as vectors of human disease, both infectious and toxic. They can carry a number of diseases harmful to man; including Lyme Disease, Human Monocytic Ehrlichiosis, Rocky Mountain Spotted Fever and more.

Entomologists from the U.S. Army Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md., were on post June 11-15 to conduct tick-borne disease surveillance.

"We have come to learn about and help prevent tick-borne diseases here on Fort A.P. Hill, said Karl Neidhart, USACHPPM. "Our mission is to help the post conduct its mission without worrying about ticks and the diseases they may carry.

With between 45,000 and 70,000 personnel training annually, Fort A.P. Hill has been testing a number of innovative means of controlling tick populations and guarding against diseases or illnesses transmitted by ticks.

Tick-borne illnesses are caused by infection with a variety of pathogens, including rickettsia and other types of bacteria, viruses, and protozoa.

Because ticks can harbor more than one disease-causing agent, patients can be infected with more than one pathogen at the same time, compounding the difficulty in diagnosis and treatment.

"It usually takes nearly 24 hours before a tick will transfer an infection," said Brian Zeichner, USACHPPM. "People bitten should monitor the area and report any illness or rash that might form. A rash can take up to one month to form after someone is bitten."

Fort A.P. Hill was chosen to conduct a study based on the comprehensive background data on tick distributions collected over the last 25 years, the suitable terrain and the ongoing cooperation from the post and local community.

During the study the researchers will collect data to test a model where tick distributions are linked to soil type, ground cover and whether the area faces the sun, or is shaded.

A previous study developed an A.P. Hill tick threat map based on vegetation type.

After the field survey, these two methods of producing a threat map will be compared to each other and also to sampled tick distributions for



*Karl Neidhardt, U.S. Army Center for Health Promotion and Preventive Medicine, drags a white cloth through the woods to trap ticks in order to conduct tick-borne disease surveillance on Fort A.P. Hill. (Photo by Jason B. Cutshaw)*

accuracy verification.

The analysis will allow the production of an installation-wide map based on select samples.

Techniques developed in producing the Fort A.P. Hill map will be applicable to producing a tick threat maps for other installations where troops are training and potentially exposed to ticks.

The majority of ticks found on Fort A.P. Hill include the American Dog Tick, Lone Star Tick and the Blacklegged Tick, which is also known as the Deer Tick.

"The Lone Star Tick is the most common tick on Fort A.P. Hill during the summer months," Zeichner

*(See Ticks, Page 7)*

# Ticks (Continued from Page 6)

said. “Almost 99 percent of the ticks we find here are Lone Star Ticks.”

Ticks have four life stages: egg, six-legged larva, eight-legged nymph and adult. After the egg hatches, the tiny larva (sometimes called a “seed tick”) feeds on an appropriate host. The larva then develops, molts like a crab into the larger nymph. The nymph feeds on a host and then molts into an even larger adult.

Ticks wait for host animals from the tips of grasses and shrubs. When brushed by a moving animal or person, they quickly let go of the vegetation and climb onto the host.

Neihardt said one of the best methods to minimize the tick population is simply mowing the grass and raking leaves.

“Ticks will attach to rodents and other small animals in the tall grass,” Neidhardt said. “Animals will take cover in tall grass so hawks and other birds don’t attack them. If we can eliminate where the animals hide, we can eliminate some of the tick’s breeding ground.”

Contrary to belief, ticks can only crawl; they cannot fly or jump, although they may drop from their perch and fall onto a host. Ticks found on the scalp usually crawled there from lower parts of the body.

Changes in temperature and day length are some of the factors signaling a tick to seek a host. Ticks can detect heat emitted or carbon dioxide exhaled from a nearby host. They will generally drop off the animal when full, but this may take several days.

Raking leaves in bivouac areas can also help, Neidhardt said. Ticks tend to prefer the humidity level found in leaf litter and will wait there until they come in contact with a suitable host.

According to Neidhardt, Fort



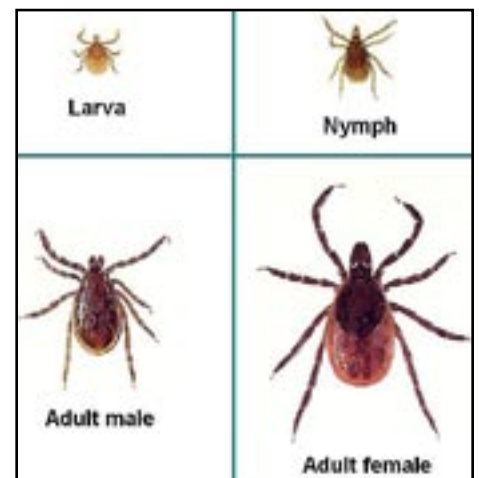
*Karl Neidhardt inspects one of the many “4-poster” deer treatment devices located on Fort A.P. Hill. It places tick repellent on deer that may feed there. (Photo by Jason B. Cutshaw)*

A.P. Hill and the USACHPPM recently began employing “4-posters” to help control the tick population. A “4-poster” is a device filled with corn for deer. When a deer goes to eat some corn, it passes through two rollers treated with permethrin. This coats the deer and kills ticks attached to it.

The devices are removed from the woods long before deer season begins to prevent poaching.

Ticks have a harpoon-like structure in their mouth area, known as a hypostome, which allows them to anchor themselves firmly in place while feeding. The hypostome has a series of barbs angled back, which is why they are so difficult to remove once they have penetrated a host.

“Parents need to ensure they



*The Deer Tick*

inspect their children if they play outdoors or in the woods,” Zeichner said. “They need to check them everytime. It is better to be safe than sorry.”





Bonnie Wrenn, second from right, daughter of Joe Romenick, and her husband Ricky Wrenn, unveil the plaque at the dedication of Romenick Hall June 14. (Photo by Jason B. Cutshaw)

## Fort A.P. Hill dedicates Romenick Hall

By Jason B. Cutshaw  
*Up and Down the Hill*

On the Army's birthday, Fort A.P. Hill opened a gift of its own.

Romenick Hall was officially dedicated June 14 in a ceremony that celebrated not only the building's opening, but also the man for whom it is named after.

The facility was built using funds won during the 2003 Army Communities of Excellence awards program and cost approximately \$750,000. It is designed to accommodate most of Fort A.P. Hill's workforce under one roof, and can support conferences or similar gatherings.

"We are here today to honor Joe Romenick for his lifetime of service to our nation, its Soldiers,

Fort A.P. Hill and its employees," said John Hall, director of logistics. "Joe was many things to many people, but his record of continuous service to our nation and its sons and daughters is an accomplishment worthy of merit." Hall told how Romenick joined the Army and fought in World War II and Korea. After serving in Korea, he continued to serve his country by working in the Fort A.P. Hill motor pool and was active in the civilian union and worked with disabled veterans for more than 25 years.

"Although this is a very short synopsis of his life, Joe has left us a rich legacy of selfless service," Hall said of Romenick, who passed away in 2003.

"It is to his legacy and memory

that we dedicate this building; a building resourced by the labor of the fellow employees with whom he served," he added.

There to dedicate the building was Romenick's daughter, Bonnie Wrenn, Directorate of Information Management.

"This means a lot, because I know what he has done for the people here," Wrenn said. "I know a lot of them have retired or moved on, but I remember the Toys for Tots Program that he did every Christmas when he worked here and was even asked to do it when he retired from here.

"Now when I have to go out to Romenick Hall, it's like I have a part of him with me, and that's a nice feeling," she added. "I know he would be proud of this."



# Soldiers relax during training rotation

By Jason B. Cutshaw  
*Up and Down the Hill*

While training at Fort A.P. Hill, Soldiers of the Maryland National Guard took a break and relaxed for some fun in the sun.

Members of the 729th Brigade Support Battalion, 58th Brigade Combat Team, enjoyed an afternoon of sports, food and fellowship.

Nearly 300 troops played volleyball, softball, cards, dominoes and took a swim in the post swimming pool.

They also grilled chicken, steaks, hamburgers and hotdogs, and ate various side items like potato salad, macaroni salad and desserts.

"The leadership has put together a great chance for us to relax after a long week of training," said Sgt. Tory Griffin. "It is great to have a command staff who cares about the morale of the Soldiers.

"We have had some excellent training and I look forward to learning more before we go home," she added.



*Soldiers relax Friday at the Community Activity Center pavilion picnic tables as they take a break from training. (Photos by Jason B. Cutshaw)*



*Soldiers of the 729th Brigade Support Battalion enjoy a volleyball game at the Community Activity Center pavilion Friday.*



*Spec. Jeremy Sweeney, 729th Brigade Support Battalion, pitches during a softball game Friday.*

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