

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Homecoming for civil affairs Soldier

Father trained on post during World War II

by Jeremy Heckler
Fort A.P. Hill Public Affairs

It was a short jump back in time for Master Sgt. Robert Harlan, Jr. of the 450th Civil Affairs Battalion (Airborne) March 25.

Harlan, 59, was born in Caroline County's Ruther Glen and grew up in the area. His father trained at Fort A.P. Hill during World War II and married a local girl.

Though he now lives in Temple Hills, Md., he is still familiar with the area. "I know my way around," Harlan said. "My grandmother used to take me down to Bowling Green to shop."

Harlan was one of 50 members of the battalion to jump into Adkins Landing Zone on Fort A.P. Hill Saturday.

Harlan's unit returned from Afghanistan in August where they worked with the local populace to build up their infrastructure and develop a positive relationship with the military, said Capt. Johanna Knoch, battalion signal officer.

Knoch said once the unit returned home they went right back into training, which includes a quarterly parachute jump.

"After you graduate from Airborne school you need to jump every three months to maintain proficiency," said Maj. Tom McCuin, battalion public



Jeremy Heckler

Soldiers from the 450th Civil Affairs Battalion (Airborne) jump from an Air Force C-130 aircraft during training at Adkins Landing Zone March 25.

affairs officer. "It helps reinforce the training we received and provide good situational awareness."

The jump into Fort A.P. Hill is one of many they do here every year.

"I've been with the 450th since 2001 and there have only been two jumps that were not on Fort A.P. Hill," said McCuin. "It's a good drop zone that's nice and long."

Lt. Col. James Mis, Fort A.P. Hill' commander, likes hearing those

comments.

"The assault landing zone is a valuable asset to Fort A.P. Hill and its value and usage will only grow with the introduction of the Combined Arms Collective Training Facility (urban warfare) that is being built in close proximity to the drop zone," Mis said, adding, "We see this as a key step in the evolution of Fort A.P. Hill as the total training package. This pairing of
(See Harlan, Page 2)

"Let him who desires peace prepare for war"

-- Vegetius

Harlan

(Continued from Page 1)

two great training facilities will provide excellent warrior training for years to come.”

Harlan’s trip into Caroline County may have been brief, but it was eventful. The Air Force C-130 aircraft that carried Harlan and the 450th circled the drop zone several times as they waited for the wind gusts to diminish so they could jump safely. The circling can prove to be a trying existence.

“When you’ve got to make race tracks [around the drop zone] it gets old and you can’t wait to get out,” said Harlan, a jumpmaster for the day’s training.

Once the light went from red to green Harlan and his group of ten parachutists headed for the door and experienced the brief moment of free-fall before the 12-foot line clipped to the aircraft pulled out their parachute and let them glide to the ground.

“You are all tucked in and when you count to four everything gets tight, then you look up to make sure the canopy opened,” said McCuin.

As the parachutes drifted slowly to the ground, each battalion member had to time the moment that they would drop their equipment before landing.



Jeremy Heckler

Soldiers from the 450th Civil Affairs Battalion load an Air Force C-130 on the assault landing strip as they prepare to return to home after an airborne operation held March 25.

Each parachutist tries to land with the proper technique to prevent injury.

Once the final Soldiers landed and collected their parachutes, the C-130 made a final loop before touching down to a dusty landing on Fort A.P. Hill’s assault landing strip. It soon turned and taxied back toward the awaiting Soldiers, who watched as the aircraft’s ramp lowered and they were given the order to climb aboard for the flight back to Andrews AFB.

The wind chill out on the drop zone

had warmed considerably since the near freezing temperatures experienced at the start of the morning and early afternoon sunlight bathed the rolling field.

While much of Fort A.P. Hill has changed in the time since Harlan’s dad served, two things haven’t changed. “It’s still hot in the summer and cold in the winter,” said Harlan.

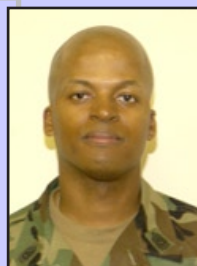
“Dad was here in the winter time and lived in pup tents, they really roughed it,” said Harlan.

MARCH Madness



Benjamin Allen, DPTMS
Score: 135
My Final Four: Florida, Connecticut, Duke, UCLA

National Champion: I think that LSU is going to take it because their style is fast-paced.



Command Sgt. Maj. Roger Chase
Score: 125
My Final Four: UCLA, Duke, Villanova, Connecticut

National Champion: I think LSU will take it because of their size.



David Spicer, DPW
Score: 110
My Final Four: Duke, Memphis, Connecticut, Villanova

National Champion: I think George Mason will win it all because they have the ability and the heart.

Doug Fortune of DPW also had 110 points but was unavailable for interview.

March Madness is a tournament set up by the Directorate of Morale Welfare and Recreation. Players submitted the projected winners in the NCAA Division I Men’s Basketball Tournament prior to the second weekend of competition. Winners receive a weekend getaway to Virginia Beach, VA.

Training to become Fort A.P. Hill's finest

by Jeremy Heckler

Fort A.P. Hill Public Affairs Office

On the second floor of a barracks building in Wilcox Camp new Fort A.P. Hill police officers learn the rules of the road.

All new police department hires go through a five-week course which provides training in a number of areas, from installation specific [rules and regulations], to techniques on subduing a threatening suspect.

"This is primarily refresher training to make sure everyone is trained the same way," said Lt. Ronald Henson, training officer.

Henson said in order to be hired by the department every new officer must have had one year of police experience, either as a military policeman or in a police department. The training here adds to what they learned going through a state police academy or military training.

"The training reinforces what I was previously taught," said Michael Horton, one of the two new recruits. Horton served for 10 years as an Army MP and six years as a police officer in Derby, Kan. before coming to Fort A.P. Hill.

The program started two years ago as a way to provide hands on training to new police officers entering the force. Henson said the course's main concentration is on officer safety.

"We want to make sure that each police officer is safe and is an asset to his co-workers," said Henson.

Officers spend the first week working on physical fitness as well as learning some of the rules and regulations that apply here. It allows the officers to ease into training and lets Henson evaluate each person's physical fitness level.

"When we get to the hands-on part, a lot of it depends on their fitness level,"



Jeremy Heckler

Officer Wes Malone, Fort A.P. Hill police department, demonstrates the proper technique for performing a traffic stop with new officer Rickey Polk.

said Henson. "At the end of the day they can really start sucking air."

"It's been painful," said Horton. "During the defensive tactics portion there is lots of bending of arms and wrists and you're sore days afterward."

Much of the hands-on training involves disarming a suspect as well as using the appropriate level of force required for each situation.

"We want officers to use the

least amount of force possible to diffuse the situation," said Henson.

Morning workouts are held every day.

"We try to get them into a little better physical shape so when they get to their squad they can just carry on with their training program," said Henson.

Once they get through the physical training they move on to one of the more dangerous parts of an officer's

job, the traffic stop.

"Traffic stops are a scary thing," said Rickey Polk, new police recruit. "It's one of the things officers don't always pay attention to, but it can hurt you."

To prepare for any eventuality, the department combines several days of classroom instruction then practices road-side stops on the streets of Fort A.P. Hill.

In addition to law enforcement training, new officers receive training on each of the department's weapons as well as first aid training.

"First aid was more in depth than I had before," said Polk, who served in the Air Force for six years. "Normally when we responded the fire department also came out."

Polk said he learned a lot more about first aid as well as how to use a defibrillator.

It is this learning which is the cornerstone of the program.

"A class like this is important because you can always have more training," said Polk. "It's vital to your job everyday."

"We want to make sure that each police officer is safe and is an asset to his co-workers."

-- Lt. Ronald Henson, training officer, DES



Jeremy Heckler

Contractors load metal and other debris into a truck for transport off the installation as part of the cleanup of demolition site 76.

Spring cleaning Fort A.P. Hill style

by Jeremy Heckler

Fort A.P. Hill Public Affairs Office

Old targets from two demolition sites on the southeastern portion of Fort A.P. Hill are being scrapped by contractor work crews.

Demolition sites 76 and 71D, home to heavy demolitions training, is currently undergoing maintenance and renovation after years of explosions.

“On our demolition sites we have a lot of old targetry, vehicles, tanks, trucks with lots of plates and metal,” said Jim Locklerr, range operations.

“It’s a real hodge-podge of stuff from Army vehicles and tanks to ram jets,” said Ron Hinote, senior unexploded ordnance supervisor, Explosive Ordnance Disposal Technology, Inc., the contractor in charge of the project.

“There is a little bit of everything.”

The installation brought in contractors to help in the renovation.

“The company takes the equipment, inspects for unexploded ordnance, then demilitarizes the scrap and sends it out for recycling,” said Locklerr.

Hinote said they spend a lot of time going through scrap metal to make sure there is nothing hazardous or explosive lurking inside.

Then after it’s moved, they go through and inspect again.

“It is required by Department of Defense directive that EOD trained personnel must certify the scrap as inert and safe to go out,” said Hinote.

“We end up inspecting it three or four times,” said Hinote. “After that the sub-contractors do the sorting and processing and we manage it from here.”

The scrap can then be sold for recycling and helps offset the removal costs.

“The more heavy the scrap, the less cost to us to remove and to install new targetry,” said Locklerr.

The contractors work together with range control to ensure they get their job done as well as continue the mission of training warriors.

“We have to make sure we get them into those areas, but we also need to get troops in to the impact areas to train,” said Locklerr.

“The two go hand in hand, it just takes coordinating.”

The renovated range will use “green” targets, which are more environmentally friendly, large three-dimensional representations of military vehicles such as tanks and other vehicles.

Celebrating women's role in history

by **Jeremy Heckler**

Fort A.P. Hill Public Affairs Office

The accomplishments of women were on display March 16 as members of the installation gathered at Tucker's Tavern for the Women's History Month celebration.

This year Maj. Laura Casulli, deputy staff judge advocate, Fort Belvoir and the staff judge advocate for Fort A.P. Hill, served as this year's keynote speaker.

"Each year we try to choose women from all walks of life and this year we chose one of our own," said Yvonne Smith, event coordinator.

Casulli keyed on the central reason for Women's History Month.

"The purpose is to take this one month a year and recognize the contributions of women throughout history so they don't fade into history," said Casulli.

Casulli said history needs to reflect not only the work women do as wives and mothers, but also the work they've put into to shape the course of history.

"It shouldn't be a special part of a history class it should be incorporated into schools everyday," said Casulli.

She said incorporating it into the curriculum will help students form a different image of women than their traditional roles.

Casulli said she encountered those traditional roles and stereotypes as a new Army lawyer.

During her first case as a lawyer she dealt with a rape trial where the suspect sexually assaulted a prostitute, then came home and raped his wife. The Soldier was convicted of raping his wife but received a lighter sentence because it was his wife. The judge told Casulli that she would have given the Soldier a longer sentence had the prostitute testified.

Casulli also spoke about the people that shaped who she is today. One person who shaped her life was her mother, who was a teacher before she married her father.

"The one time I saw them really fight was when we were in high school and she wanted to work," said Casulli.



Jeremy Heckler

Maj. Laura Casulli, deputy judge advocate, Fort Belvoir, spoke at Fort A.P. Hill as part of the Women's History Month celebration March 16

She said her father couldn't get over his pride and let her mom work. Her mom began volunteering at the local hospital women's auxiliary and worked to establish a thrift store to support the hospital. The group rented a building, took in donations and by the end of a year had generated over \$100,000 in revenue.

"None of them were from a privileged background or an especially educated one. It's just they had an idea, the hospital needed something and they did it," said Casulli. "The point is anyone can do it."

She said that is the goal of Women's History Month.

"The whole purpose of this is to emphasize women's accomplishments and their ability to achieve things, so people know who women can be and who they are, in addition to their roles as mothers and wives," said Casulli. "Every day, mothers and wives go out there and make an impact on a community."

FORT A.P. HILL SALUTES

Hails

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

- Ann Moore, Firefighter (EMT), DES
- Aubrey Taylor, Firefighter (EMT), DES
- Rickey Polk, Police Officer, DES
- Douglas Brox, Police Officer, DES
- Angela Young, Office Automation Assistant, DPW

- Mary Baylor, Custodial Worker, DMWR
- Reva Collawn, Custodial Worker, DMWR
- Elizabeth Richards, Recreation Assistant, DMWR
- Richard Cree, Food Service Worker, DMWR

Achievements

The following employees were recognized by the 29th Division for the

contributions:

- William Briggs
- Gary Seibert
- Jerry Frye

Farewells

- Beverly Miles, Custodial Worker, DMWR
- Diane Stewart, Secretary, DPW
- Deborah McAlister, Administrative Assistant, DMWR
- Kenneth Comfort, Director, PAIO

Army plans to change Ready Reserve

WASHINGTON -- The Army is creating a special "Individual Warrior Category" within the Individual Ready Reserve for Soldiers who are qualified and ready to deploy.

Soldiers in the IW Category will be required to maintain a higher state of readiness than other IRR troops by participating in virtual musters, attending annual readiness processing and --through managed training opportunities -- maintaining proficiency in their military occupational specialty.

The IW Category will focus on elevating individual expectation management, proactive career management, unique training opportunities, and promote continuum of

service toward a military retirement, officials said.

Secretary of the Army Francis J. Harvey has endorsed the move to reset and reinvigorate the IRR.

"Senior Army leadership is committed to providing the necessary funding required to shape the IW initiative," Harvey said. He added those in the category will be "a viable pool" of individual warriors "trained and employable to meet the needs of the Army."

The IRR will be transformed into the Army's leading "prior service talent bank" through several programmed initiatives as it builds the future force, G1 officials said.

'Phishing' Scam Targets Thrift Savings Plan Participants

by **Samantha L. Quigley**

American Forces Press Service

WASHINGTON, March 20, 2006 -- Participants, as well as some non-participants, in the Thrift Savings Plan are targets of a "phishing" scam, an official with the board administering the program said today.

Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board, said phishing is an "attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information."

Thrift Savings Plan administrators would never request personal or financial information via e-mail, Trabucco said. "Do not respond to unsolicited e-mail, and never give out information of a personal nature (through) unsolicited e-mails," he said.

The Federal Retirement Thrift Investment Board alerted Thrift Savings

Plan coordinators to the scam in a March 17 memo, the day after the scam was discovered. The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's social security and Thrift Savings Plan personal identification numbers. Entering this information takes the user to another screen where they are asked for financial information, including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been compromised, investment board officials said in the memo. Those who did respond should contact their financial institutions immediately for guidance.

They should also call the Thrift Savings Plan at (877) 968-3778 and ask to have their account access blocked, according to

the memo.

Phishing e-mails generally appear to be from a business or organization the recipient may deal with, according to a Federal Trade Commission Consumer Alert issued in June 2005. It may request that the recipient update, validate or confirm account information, the alert said.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo.

Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field can a participant be sure of accessing the authentic thrift plan Web site.

The thrift plan is a retirement savings plan for 3.6 million federal civilians and service members, Trabucco said. Officials don't know how many plan participants the scam has affected, but the FBI is investigating, he added.

FEEDBACK: *How can people be innovative in their job?*



"Thinking ahead."

*David Frank,
fueler, operator, DOL*



"Being creative on the spot."

*Abe Snyder,
training technician, DPTMS*



"Use common sense."

*Angie Young,
service order clerk, DPW*

Employees learn fitness tips at fair

by **Jeremy Heckler**

Fort A.P. Hill Public Affairs Office

People from all across Fort A.P. Hill gathered at the Community Activities Center March 22 to find out how to get physically fit.

The Directorate of Morale, Welfare and Recreation's 2nd annual Fitness Fair kicked off with a bang. The 75mm howitzer at the base of the flag pole was fired to start the Commander's 5-Kilometer Fun Run. As a cold wind blew across Fort A.P. Hill, runners and walkers took to the streets.

The run was one of many events held during the day. For those who wanted to push their body to the limits, there were several athletic events to test their endurance. Two employees, Benjamin Allen and Jesse Clements of DPTMS, pushed themselves by entering all events.

"I came out here to see if I can still do it," said Allen.

Allen, 41, finished third in the run, but took first in the Strongest Man competition and was a member of the championship basketball team. He said the most difficult event wasn't the competition, but keeping up with aerobics instructor Chrissie Mack.

"She's like the Energizer bunny," said Allen.

In addition to athletic events, informational booths were set up inside the activities center to educate people on how to improve themselves in a variety of ways, from medicine to beauty.

"This year we had more people attend and people stayed longer because there were more activities," said Betty Mayfield-Currington, MWR marketing.

She said people came not only to compete but to root on those competing.

"During the Strongest Man and Woman competition we had a lot higher participation than we anticipated," said Mayfield-Currington. "We had people crowded around the windows."

The key to the day was getting out and being healthy.

"The fitness fair is a way to remind all those who are here that fitness is important," said Clements. "If you get sick or injured because you're not fit then you're not here to contribute."



Members of the Fort A.P. Hill community kick it in the gym during an aerobics class at the post fitness fair.



*Above: Keith Brewer, Jr., DMWR attempts a lift during the For A.P. Hill's Strongest Man Competition
Left:*

Jesse Clements gets his body density checked by Col. Carol Petersen-Pilat, DeWitt Army Community Hospital

NEWS NOTES

Literacy Information Fair

The Caroline Literacy Collaborative Partnership is hosting an information fair April 6 at the Caroline Community Service Center in Bowling Green.

The organization targets adult citizens 18 and over who have not received their high school diploma or Graduate Equivalent Diplomas and determine ways to help them reach their educational goals.

This year's theme is "Reaching Out to Adults who Want to Learn." Attendees can find out information on job opportunities as well as participate in job counseling and on-site assessment testing.

The fair will be open from 1 p.m. to 7 p.m. For more information contact 633-6184.

New rules on driver distraction

The recently published Fort A.P. Hill Regulation 190-5 has new changes that will affect drivers.

Drivers of military or privately owned vehicles may not use their cell phone unless their vehicle is parked or they use a headset or other hands-free device. The ban also includes any type of headphone that is not part of a hands-free cell phone.

Those who use military and LMR radios will still be allowed to use them, but should only be used when necessary.

Easter Sunrise Service

An Easter Sunrise Service is scheduled for April 13 at 7:30 a.m. at Liberty Chapel. Chap. (Lt. Col.) Rodney A. Lindsay from the Office of the Chief of Chaplains will officiate the ceremony.

Keeping homes safe from fire

Most home fires start in the kitchen. Here are some safety tips that should be part of every recipe:

- Keep the stove clean and free of grease.
- Keep the handles of pots and pans turned inward.
- Keep all flammable material (including shirt sleeves) away from burners.
- Keep a fire extinguisher rated for grease fires nearby.
- Never store flammable liquids in the kitchen.
- Never leave cooking unattended.

Information provided by the Army Combat Readiness Center

Commissary Case Lot Sale

Fort A.P. Hill and the Marine Corps Base Quantico Commissary will stage a "case lot sale" at Fort A.P. Hill on April 22 and 23 from 9 a.m. to 4 p.m. in the Troop Issue Subsistence Activity building (1336). This sale is open to all authorized commissary patrons. Cash, check and credit cards will be accepted. For more information, contact, Mark Crump at 703-784-2476.

Fort Belvoir Pump 'N Run

Fort Belvoir MWR is hosting the Pump 'N Run, a competition that combines a bench press with a 5-kilometer run.

The competition is open to military and non-military personnel. Non-military must use main gate for entrance to Fort Belvoir. The cost to enter the competition is \$15 before March 31 and \$20 after. The event is limited to the first 200 competitors. For more information contact Fort Belvoir MWR at 703-806-5589.

Tax preparation assistance

Tax preparation assistance will be available to service members, dependents and retirees every Tuesday until April 11 from 9 a.m. to 2 p.m. in the basement of the Dolly Hill Guest House.

The tax assistant, Petty Officer 1st Class John Duck, will help prepare and transmit tax returns on the spot.

Those who need assistance with preparing their taxes should bring copies of their W-2, military ID card and any other tax forms that they need. If filing jointly, spouses need to be present. Tax assistance is by appointment only. To make an appointment or for more information, call Katrina Hunter at 633-8797.

New South Gate hours

Fort A.P. Hill's South Gate will be open during the following time for incoming and outgoing traffic to the installation.

6:30 a.m. to 8 a.m.

11:15 a.m. to 1 p.m.

3 p.m. to 5:15 p.m.

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

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