

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Stolen VA laptop turned into FBI

by Steven Donald Smith
American Forces Press Service

WASHINGTON, – The stolen Department of Veterans Affairs laptop computer and hard drive containing the personal information of more than 26 million veterans were turned in to the FBI yesterday, the Veterans Affairs secretary said before Congress today.

Reports indicate that the FBI has made a preliminary determination that data contained on the computer and hard drive has not been accessed.

There have been no reports of identity theft or other criminal activity related to the stolen computer, R. James Nicholson told the House Veterans Affairs Committee. He added that the VA would still honor its promise of free credit monitoring for a year.

An unnamed individual turned over the laptop and hard drive to FBI officials in Baltimore. No persons are in custody at this time, officials said. The laptop and hard drive were stolen from the Montgomery County, Md., home of a VA employee on May 3. Government officials do not believe the data on the laptop was the target of the burglary.

“This has brought to the light of day some real deficiencies in the manner we handled personal data,” Nicholson said.



Jeremy Heckler

Sgt. Kyle Deatherage from United States Army Garrison, Fort Richardson, Alaska, marches toward the finish line of the 6-mile road march during the IMA Soldier and Noncommissioned Officer of the Year held at Fort A.P. Hill.

Smith, Deatherage take IMA Soldier, NCO of the Year

by Jeremy Heckler
Fort A.P. Hill Public Affairs

Soldiers and noncommissioned officers from around the Army's Installation Management Agency gathered at Fort A.P. Hill for the title of top Soldier.

Spc. Almanita Smith from Fort Jackson, S.C. and Sgt. Kyle Deatherage from Fort Richardson, Alaska, took the title of Soldier and NCO of the Year at the end of the week-long competition

which tested the physical and mental toughness of each competitor.

“This is a good Army because of what you went through to get here and what your fellow Soldiers and NCOs have done to get you there,” said Brig. Gen. John A. Macdonald, IMA director.

The contest was unique because contestants from IMA competed alongside Soldiers from the Military District of Washington and the Intelligence and Security Command

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“The American, by nature, is optimistic. He is experimental, an inventor and a builder who builds best when called upon to build greatly.”

-- John F. Kennedy

Soldier

(Continued from Page 1)

based at Fort Belvoir. The contestants competed together for most of the events, but had separate boards that selected the winner.

"The military to civilian conversion made it hard for each major command to support the competition by itself but we found pooling our resources made the transition a lot smoother," said Sgt. Major Wayne Miller, Military District of Washington operations sergeant major.

The biggest challenge for the winners was the weather, as rain fell on Fort A.P. Hill during the first two days of the competition.

"Land navigation was really tough for me because of all the rain," said Smith. "I found one point and then my compass broke."

"It started raining so hard that it was hard to plot points," said Deatherage.

Deatherage said he noticed that everyone else had problems during the event and it didn't hurt him too much going into the oral board.

"The board has always been a strong point for me and I did a lot of studying which made me feel confident," he said.

Deatherage sealed the deal on the road march, finishing first and was only one of two competitors to finish the event in the time allotted.

"I thought six miles in 90 minutes would be no problem," said Deatherage. "But with all the hills and the body armor it felt good just to finish it."

Smith said she felt that her mental toughness was a key in her victory.

"I kept thinking these guys are physically stronger but I could smoke them mentally and stay in it," said Smith.

Her best events were the mystery lanes, where she had to react to ambush and perform a medevac on a fallen Soldier as well as the oral board and the warrior task training.

Both winners said they intended to go back to their home duty station and work on their weak events for when they return to Fort A.P. Hill July 24 for the National Capital Region competition.

Deployed Soldiers become citizens on Fourth of July

Army News Service

WASHINGTON – More than 100 service members serving in Iraq and Afghanistan became the newest American citizens in naturalization ceremonies on Independence Day.

In Afghanistan, 27 Soldiers from 17 countries took the oath of citizenship. In Iraq, 75 service members from 29 countries also took the oath.

"Thousands of immigrant troops are making extraordinary sacrifices for America," said Jack Bulger, district director for the Department of Homeland Defense's U.S. Citizenship and Immigration Services in Rome. "They are defending with their lives the liberties which they have only today secured for themselves."

"The citizen who is a Soldier has to do more for the nation than other citizens because the citizens of America count on them to defend her and make sure that life, liberty and the pursuit of happiness are guaranteed for all Americans," said Coalition Joint Task Force-76 Commander Maj. Gen. Benjamin Freakley.

Multi-National Force – Iraq Commander Gen. George Casey commended the service members serving in Iraq for their achievement.

"Before us stand great citizen-Soldiers of 29 different countries," said Casey, "and we are happy to welcome them as the newest citizens of the United States on this 230th birthday of our nation. Yours is the highest form of citizenship. You have shown the courage and the determination in this difficult task of bringing freedom to the Iraqi people."

For new citizens such as Spc. Guillermo Paniagua, a nuclear, chemical and biological specialist with the 4th Infantry Division, enlisting into the Army meant more than just joining the military. It meant joining the United States.

"It took a long time for my parents and me to establish ourselves as per-

manent residents in this country," said the Soldier, who immigrated from Guanajuato, Mexico, in 1984. "I am excited – 22 years later I can actually say I am a citizen."

Paniagua's achievement has become more common among the immigrant ranks of the U.S. Armed Forces. This is the seventh citizenship ceremony held in Iraq alone since the start of the war. And nearly 20,000 service members serving in the war on terror have taken the oath.

As Pfc. Joyce Nanquil, originally from the Philippines, took the oath in Afghanistan, her brother, Spec. Alfer Nanquil, simultaneously took the oath in Iraq.

"It's really amazing that my brother and I are getting our citizenship on the same day," said Nanquil, whose hometown is now Temecula, Calif. "I feel so proud that I can't even begin to explain it."

President George Bush issued an executive order July 3, 2002, to speed up the three-year process of citizenship for immigrants serving in the nation's forces.

Immigrant service members can now qualify for citizenship after serving honorably for one year in the U.S. Armed Forces, or for serving on active duty during an authorized period of conflict, among other qualifications listed under the Immigration and Nationality Act, Section 328.

Paniagua said that gaining the freedoms guaranteed to all American citizens on the day of the nation's birth made the event special.

"July 4th is a great day to be an American – but an even greater day to become one," said Bulger, who administered the Oath of Citizenship.

Editor's note: Compiled from stories written by Sgt. Kristin Kemplin of the 363rd Mobile Public Affairs Detachment and Staff Sgt. Robert R. Ramon of the 345th Mobile Public Affairs Detachment.



Photos by Jeremy Heckler

Children of all ages take a splash at the Fort A.P. Hill pool during Kid's Camp.

Summer Fun at Fort A.P. Hill Kid's Camp

by Jeremy Heckler
Fort A.P. Hill Public Affairs

All around Fort A.P. Hill the sound of children fills the air during the day.

"Kid's Camp is a way to develop a fun, safe environment for the kids during the summer," said Susan Botkin, program coordinator.

Children, from age five to 12, come to the camp and participate in a variety of activities from arts and crafts and canoeing to field trips to various local attractions, said Botkin.

"We went to the science museum and watched Superman Returns in the IMAX theater," said Eric Reaser, 9.

The program, in its third year, has grown from a nine-day summer break, to an all summer destination.

The basement of the Dolly Hill Guest House has been turned into a large play area with computers and a ski ball game and other games and crafts.

The children also receive a full breakfast and lunch in accordance with USDA guidance.

"The kids are great," said Michele Smith, lead counselor. "They are having a good time and seem to want to come every day."

Smith said there can be more than 20 children at Kid's Camp on any given day.

"Since I've been here I've made friends with everybody," said Reaser, who came down from Pennsylvania to spend the summer with his mother who works on Fort A.P. Hill.

Botkin said the camp still has openings for those who wish

to have their children participate. The fee is based on the household size, plus an \$18 registration fee.

"Someone who comes to Kid's Camp is going to have a fun, exciting and adventurous summer where they make friends, participate in different activities and learn a few things along the way," said Botkin.

"It keeps you active and healthy while doing fun stuff too," said Ruben Rucker, 12.



Joe Poirer (foreground), 11 and Shawn Carey, 9 play computer games in the basement of the Dolly Hill Guest House.

HEALTHY LIVING

● WELL BEING ● SAFETY

Staying hydrated is critical in the summer heat

by J.T. Coleman

U. S. Army Combat Readiness Center

FORT RUCKER, Ala. – Taking a drink of water when thirsty may be too little, too late in some cases.

“You may already be 1-2 percent dehydrated at this stage, which could result in impaired performance, coordination and concentration,” said Dr. John Campbell, U.S. Army Combat Readiness Center Command Surgeon. “Coffee, tea, juice and sodas are not substitutes for water. In fact, some of these are diuretics and can cause you to lose more body fluids.”

More than 1,700 heat injuries occurred Army-wide in FY05 according to Brig. Gen. Michael B. Cates, commander of the U.S. Army Center for Health Promotion and Preventive Medicine.

Of those injuries, 258 people suffered from heat stroke and 1,467 suffered from heat exhaustion.

“Steps could have been taken to reduce these injuries,” said Campbell.

Staying hydrated is critical because it helps maintain proper blood volume, which allows the body to perspire and regulate heat, according to the U.S. Army Center for Health Promotion and Preventive Medicine Web site.

According to Army Technical Bulletin MED507, titled Heat Stress Control and Heat Casualty Management, people performing routine activities should drink six to eight quarts of water a day. People in hot environments, or who perform strenuous activities, should increase to between nine to 12 quarts.

“Heat injuries can be preventable,” said Campbell. “Leaders, supervisors and Soldiers must keep an eye on each other and look for the early warning signs.”

Early warning signs of heat stress include dizziness, headache, nausea, unsteady walk, weakness or fatigue, and muscle cramps. USACHPPM cautions that over-hydration, or water intoxication, can also be harmful. Some of the symptoms include confusion, weakness and vomiting. Individuals who exhibit these symptoms but are still eating,



U.S. Army Combat Readiness Center

The human body needs water to maintain proper blood volume, which helps the body to regulate heat and perspire, according to the U.S. Army Center for Health Promotion and Preventive Medicine.

drinking and urinating should seek emergency treatment.

Heat injury prevention is a command, leadership and personal responsibility.

Before arriving at Fort A.P. Hill, many units receive a safety briefing on how to properly adapt to the hot weather, said Kelly Hinnant, installation safety officer. The safety office will provide training to units, on request.

Units can also call in to Wells Clinic for the morning wet bulb test, which measures, not only the temperature, but also the heat index, said Hinnant.

Proper use of Composite Risk Management will help reduce the likelihood of heat injuries.

Hinnant said most of the crews that work on Fort A.P. Hill carry a large water cooler on the back of the vehicle. It is typically filled with

water and ice and ready to go. He said it is everyone’s job to make sure that there is water available.

“Heat injuries and illness pose a serious threat to our Army’s force – and a loss of one of our Army team is always deeply felt,” Campbell said. “Soldiers and civilians are deployed in some of the hottest areas in the world. We want everyone to stay in the fight and continue to Own the Edge.”

“Heat injuries are preventable. Leaders, supervisors and Soldiers must keep an eye on each other and look for the warning signs.”

*-- Dr. John Campbell,
Command Surgeon,
U. S. Army Combat
Readiness Center*

Training transformation gives troops the edge

by Donna Miles

American Forces Press Service

WASHINGTON, – If the Defense Department’s training transformation effort was summed up into a simple bumper-sticker-type slogan, it would read, “Train as you operate,” a senior Defense Department told the Pentagon Channel.

That’s a concept that Paul Mayberry, deputy undersecretary of defense for readiness, said ensures that U.S. troops who deploy into the combat theater are prepared to successfully carry out their missions and return home safely.

“We operate as a joint team with our multinational partners and in coalitions, and we operate over tremendous distances and in multiple locations,” he said during a June 23 interview.

So that’s the way, Mayberry said, the military needs to train. “Trying to take the very essence of the way we operate in theater and making sure our forces are prepared to execute those exact missions is what training transformation is all about,” he said.

Not surprisingly, combat veterans returning from the Middle East are becoming the biggest advocates of this new training approach, Mayberry said. “They’re saying, ‘Geez, this is the way we operate. How can we not train that way?’” Mayberry said. “So it has really been the combat veterans - the men and women who have been on the ground - coming back and demanding that we as a department change.”

That’s a major sea change from the days when the military focused on what Mayberry called “service-centric training.”

Now, the focus has moved to training troops to conduct joint, integrated and interdependent operations they’re using every day in the global war on terror. Mayberry cited the June 7 air strike that took out former al Qaeda in Iraq leader Abu Musab al-Zarqawi as an example

of that coordination.

“That was an operation that actually began much earlier at home station,” with the soldiers, Marines and Special Forces troops involved receiving cultural and language training, Mayberry explained. This training enabled them to “establish a true bond with the local Iraqis there” so they could collect critical intelligence information that led to the successful strike, he said.

“Some years ago, it would have been very difficult for our air forces to be able to execute that type of time-sensitive and critical intelligence information,” he said.

But with major training centers providing true-to-life scenarios that enable service members to work together in a joint environment to collect information, turn it into actionable intelligence, then conduct their joint operations, the troops had the training they needed to target Zarqawi, he said.

Mayberry called the operation “an accomplishment that just even a few years ago, our forces were not able to jointly accomplish.”

Better, more innovative training continues to build on this new capability. Mayberry cited Exercise United Endeavor 06-2, which recently wrapped up at Fort Hood, Texas, as an example. U.S. Joint Forces Command sponsored the week-long mission rehearsal exercise to help prepare U.S. Army 3rd Corps troops for their upcoming rotation to Iraq.

The exercise brought together troops in multiple locations through a virtual training environment as they tackled joint training problems like those they’re likely to encounter in Iraq, Mayberry explained. Participating troops operated from their home stations, including elements of the 25th Infantry Division in Hawaii, the 1st Cavalry Division in Texas, and other players in Germany; Fort Leavenworth, Kan.; Hurlburt Field, Fla.; and U.S.

Joint Forces Command in Norfolk, Va., among others.

One of the greatest advantages of the training transformation efforts is that forces are increasingly able to remain at their home stations as they train. “We do not need to assemble all the live forces in one central location” when they can interact through a realistic virtual environment, Mayberry said.

The new training concept also brings together all the elements U.S. troops would encounter on a real-life operation: active- and reserve-component members, DoD civilians and civilians from other government agencies, among them.

Army Lt. Gen. Raymond Odierno, who assumed command of III Corps May 15, raved about the benefits of the training. Odierno called it “something he as a corps commander would never have been able to accomplish” before the joint training capability was developed as part of DoD’s training transformation program, Mayberry reported.

The Defense Department is committed to building on this capability and to ensure its forces have the agility and responsiveness they need to counter the threats they face today and into the future, he said.

Unlike the early days of the training transformation effort, when its proponents received “tremendous pushback,” today the biggest advocates of the program are the troops returning from combat, Mayberry said.

Mayberry challenged them to continue to push the department to ensure they’re getting both the right training and the right mix of training they need.

He urged them to “make sure we are focused on whatever the current challenges are and being responsive to the lessons learned,” while “keeping a vision to the future and what other challenges may be out there.”

“Americans never quit.”
-- Douglas MacArthur



Picture from the past

File photo
 During World War II The Lodge served as the officer's club as well as housed some officers who lived and worked on Camp A.P. Hill.

NEWS NOTES

Pool tournament July 10

The Beat the Heat Pool Tournament is scheduled for July 10 at 4:45 p.m. at the Community Activities Center. Prizes will be awarded to the first and second place finishers. The event is open to all authorized MWR patrons 18 and over. Those who wish to enter the tournament must pre-register by March 10. For more information call 633-8219.

Float and film at post pool

The Directorate of Morale, Welfare and Recreation will be hosting a float and film July 22 at the Fort A.P. Hill. Pool There will be a showing of Shark Tale at dusk. For more information call 633-8219

Fort A.P. Hill legal assistance

Legal Assistance will be available at Fort A.P. Hill on July 12 at 9 a.m. Legal services are available for active duty, retired military and their family members of all the services possessing a valid Uniformed Services Identification Card. Notary services are also provided. To make an appointments call Debbie Moore 633-8326.



Jeremy Heckler

Timothy Casey, a Fort A.P. Hill police officer, was presented with a certificate and AAFES coupon book by Installation Command Sgt. Maj. Roger Chase, for having the June Yard of the Month. Chase inspects the homes front and backyard before selecting the yard of the month.

Winner of the 2005 Liberty Bell award for best newsletter in the Installation Management Agency

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Commander: Lt. Col. James M. Mis

Deputy to the Commander: Charles A. Munson

Public Affairs Officer: Ken Perrotte
 Editor: Jeremy Heckler