



# Case Mate

Vol. 26, No. 7

Published for the community of Fort Monroe, Va.

April 2, 2004

— Inside: —

## Search for safe haven

BY PETER VANDYKE  
POST ENVIRONMENTAL OFFICE

Fort Monroe is a bird sanctuary. Because of its location, there is a diverse and prolific bird population. Of the 411 species of birds known in Virginia, 217 can be spotted in this area. Of these, 68 species use the area as breeding grounds.

One of the most intriguing species on Fort Monroe is the American Osprey, *Pandion Haliaeetus*. This bird of prey is related to the hawk and the New World vulture. The American Osprey, or fish hawk, has a white underbody and a wing-span of 5 to 6 feet. The tail usually has six to eight obscure brown bands.

A bird this size can seem intimidating and dangerous, but it feeds exclusively on live fish. Rest assured that the cats and dogs of Fort Monroe are safe. It is usually seen hovering over the water, into which it plunges feet first to grasp its prey with a massive set

### Endangered Ospreys make Monroe home

of talons. It is a truly amazing sight. A breeding pair of osprey decided to make Fort Monroe their home this spring. Generally, osprey breeding pairs nest in trees, 30 to 50 feet off the ground. They also nest on pilings. A breeding pair has created a large woody nest atop a light pole off of Incinerator Lane (just past the RV park).

The pair chose the light pole because of its height, and the view it enables

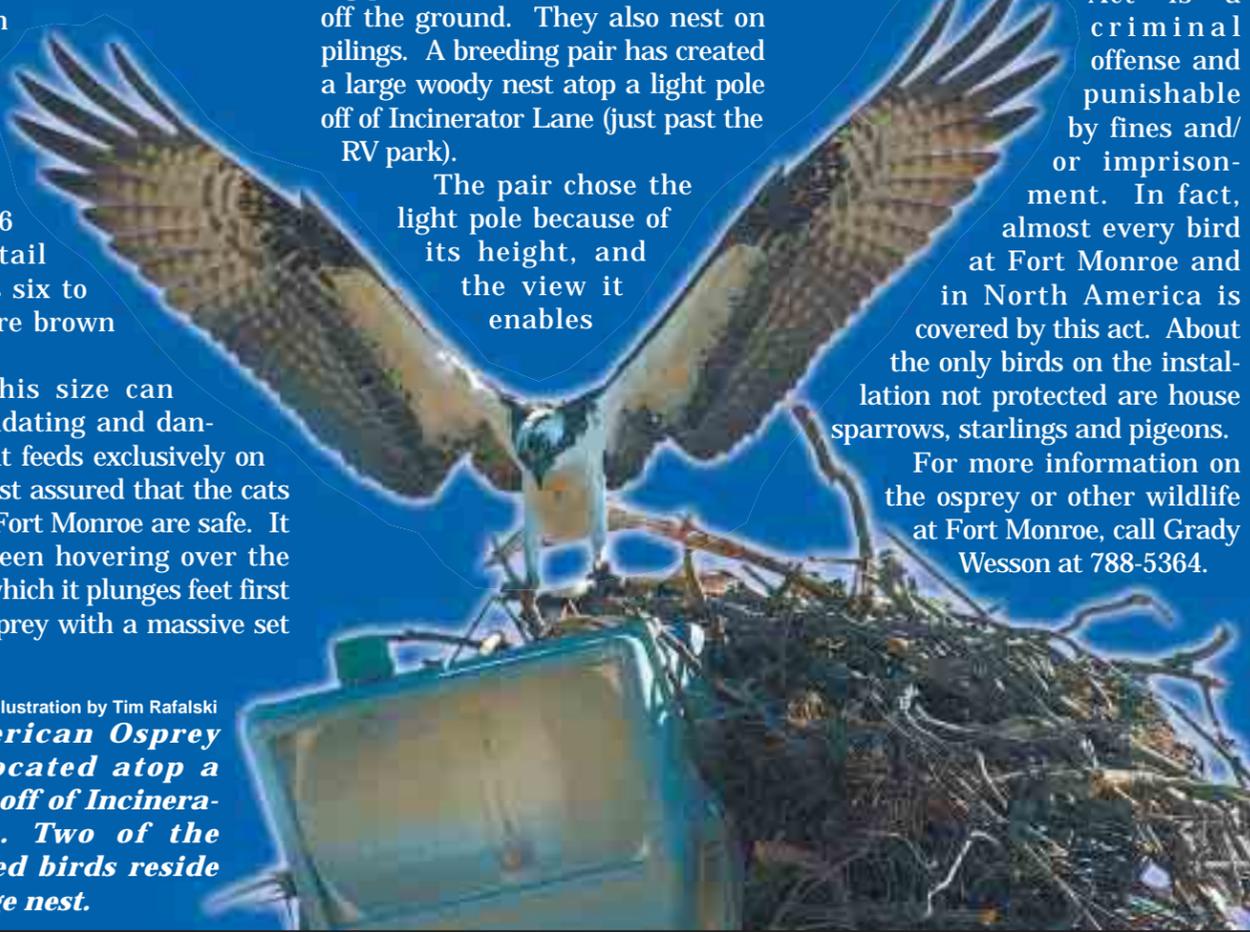
the birds to have of their landscape and Mill Creek. Mill Creek will provide the pair ample hunting grounds for them and their offspring. It is expected that the birds will return to the nesting site for many years to come.

The American Osprey is a protected species under the Migratory Bird Treaty Act, which prohibits disturbing the birds, their young and their nests in any way. Violation of this

Act is a criminal offense and punishable by fines and/or imprisonment. In fact,

almost every bird at Fort Monroe and in North America is covered by this act. About the only birds on the installation not protected are house sparrows, starlings and pigeons.

For more information on the osprey or other wildlife at Fort Monroe, call Grady Wesson at 788-5364.



Photo/Illustration by Tim Rafalski  
**This American Osprey nest is located atop a light pole off of Incinerator Lane. Two of the endangered birds reside in the large nest.**



Photo by Patrick Buffett

**Rifle drill teams representing 22 universities compete on post (Pages 10-11)**

Plus

**IMA chaplain to address Easter Sunrise Service (Page 5)**

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**NCO recognized for recruiting (Page 9)**

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**Newly designed Moat Notes (Pages 14-15)**



Photo by Patrick Buffett

**Congressman Edward Schrock will address quality of life issues during a visit to Fort Monroe on April 15.**

## Schrock to update retirees at open house

Rep. Edward L. Schrock, R-Va., will be the guest program speaker addressing quality of life issues at Fort Monroe's 19th annual Retiree Day/Open House, April 15, at the Bay Breeze Community Center. Doors open at 9 a.m. and registration begins at 9:15 a.m., followed by a breakfast, and the official, speaker's program starting at 11 a.m.

Schrock will give updates on legislation affecting retiree benefits, and Eileen Langston, Fort

Monroe retirement services officer, will discuss survivor assistance. The official program concludes at 12:45 p.m. Handout information from the Association of the United States Army, the Military Officers Association of America and other armed forces support organizations will also be made available from 1 to 2:30 p.m. at the post's Community Activities Center.

Hampton Roads military retirees from all branches of the

armed forces, their families and spouses of deceased retired military personnel are invited.

Cost for the breakfast buffet is \$10.60 per person (includes gratuity).

The Bay Breeze Community Center, Building 185, is located on Fenwick Road. The Community Activities Center, Building 221, is located on Stilwell Drive.

For more information, call the Fort Monroe Retirement Services Office at 788-2093.

# Columns & Commentary

Visit the Casemate online at  
www.monroe.army.mil/casemate

## Chaplain's corner

### Good Friday: the cross no one can carry

"And, what are you doing with that," I asked.

"It's the crucifix and I'm taking it home," a member of my congregation said.

"Why? What's the matter with it?"

"It's broken, so I may as well take it home and see if I can fix it."

"After so many falls, I guess it finally broke, huh?"

"Look here, arms cracked, hands broken off and lots of the wear and tear from a lack of care and upkeep."

Every year when Holy Week comes around, I'm reminded once again of Christ's suffering and death on the cross for the sins of the world. But more importantly, I'm reminded of his death and sacrifice for my own sins.

I know in my heart that I would have been one of those disciples who

went into hiding that night (before his crucifixion) for fear that I would be captured, persecuted and put to death for being one of His disciples. A sense of guilt and shame come over me when I think of what my actions could have been that night when Christ was taken by a hostile mob to be crucified.

Who volunteers to die for the guilty? Jesus is the only person who died for the guilty, because His death is the only death that could reconcile us to God. No one wants the cross because it is a symbol of death - death of everything we hold dear in this life.

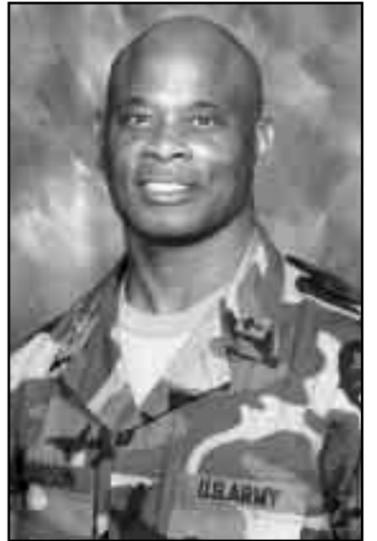
In the gospels, Jesus tells his followers to take up their cross and follow him. This is a difficult and dangerous task for any follower of Christ.

The Holy Week leading up to Good

Friday is a reminder to all of us that only God, in his love for us, could carry that cross. No matter how strong our faith may be, there is something only God could do, and that is to send Christ to die for our sins. Neither our religious commitment nor our faithfulness to God is enough to carry the cross.

Peter, one of Jesus' disciples, thought he was strong enough to carry the cross until he was confronted with it, only to find himself denying Christ three times before the morning. The Jekyll and Hyde of a mob's personality came to light on Palm Sunday. They hailed Him as "King of Kings," and on Good Friday they cried out "Crucify him!"

Perhaps it is true to say, "Good Friday is the cross no one can carry."



Chaplain (Lt. Col.)  
Wilbert Harrison  
Post Chaplain

#### Living Last Supper

Come and witness a re-creation of the last supper of Jesus with His disciples, as portrayed in scripture and by Leonardo da Vinci's painting, "The Last Supper." It will be held at the Chapel of the Centurion, April 8 at 7:30 p.m. For more info, call 788-2611.

#### Holy Week schedule

##### April 8, Maundy Thursday Services:

- Protestant: 7:30 p.m. - Living Last Supper - Chapel of the Centurion
- Roman Catholic: 7:30 p.m. - Mass of the Lord's Supper - St. Mary Star of the Sea

##### April 9, Good Friday Services:

- Protestant: noon - Chapel of the Centurion
- Episcopal: 6:30 p.m. - Chapel of the Centurion
- Roman Catholic: 7:30 p.m. - Solemn Reading of the Passion/Veneration of the Cross and Communion Service - St. Mary Star of the Sea

##### April 10, Holy Saturday:

- Roman Catholic: 7:30 p.m. - Solemn Easter Vigil - St. Mary Star of the Sea

**For further information, contact the Chapel Center at 788-2611.**

##### April 11, Easter Sunrise Service:

- Moat Parade Field (inclement weather, post theater): 6:30 a.m.; Guest Speaker: Chaplain (Col.) Steven E. Moon, NERO

##### April 11, Easter Sunday Services:

- Episcopal: 7:45 a.m. - Chapel of the Centurion
- Protestant: 9:30 and 11 a.m. - Chapel of the Centurion
- Sunday School: 9:30 a.m. - Hallelujah Celebration - Chapel Center
- Roman Catholic: 8:30 and 10:30 a.m. - St. Mary Star of the Sea

## The American Soldier — one year into Operation Iraqi Freedom

WASHINGTON (Army News Service, March 25, 2004) — When I was asked to write an editorial reflecting on the one-year anniversary of Operation Iraqi Freedom, initially I thought it would be too easy to transfer my thoughts to my fingers — yet this piece was a struggle.

I couldn't keep track of how often I pressed my backspace key or how often I deleted entire sentences and paragraphs because I knew whatever I wanted to say — it just had to be right. And then I recalled a quote from former Sergeant Major of the Army George W. Dunaway in a 1990 interview with the Center of Military History on the American Soldier.

I studied line by line his words and it is appropriate as we look back on a year in which our Army

and the resolve of the American Soldier have been tested and friendships on the battlefield have been forged.

**"The American Soldier...is unbeatable in war."** The entire world witnessed first hand how lethal a well-trained, well-equipped Soldier can take out his enemy on the battlefield. Breaking tradition and putting aside its differences with the media, the Department of Defense allowed embedded journalists and reporters to eat, sleep and get dirty with Soldiers.

Although there was some early debate and griping from the American public about how much news coverage was too much, there is no question as to the role the media played delivering into our homes the successes and determination of the American Soldier in battle.

**"We cannot give the American Soldier too much credit...He deserves everything we can do for him and he deserves all the respect we can show him."** When Time magazine announced the American Soldier as its Person of the Year, there had to be an overwhelming sense of pride for each and every Soldier wearing the uniform.

I hurriedly went and bought a copy. The anticipation of reading profiles of courage, stories of strife and passages of survival was worth the wait. And to quote one of the Soldiers on the cover, Sgt. Ronald Buxton, "It's not just us," Buxton said of the Person of the Year award. "It's all of us, all the Soldiers."

It seems in time of peace the American Soldier is forgotten.

Yet in times of war, the American Soldier becomes an integral part of the American conscience. Instantly, the freedoms our nation takes for granted each day is remembered when each flag-draped coffin returns home. The American Soldier deserves respect for going into a foreign land and eradicating a regime of terror, pulverizing its foe and surviving moments in hell.

**"They perform their duties magnificently and bravely."** Whether it was on CNN, FOX News or MSNBC, the images of the American Soldier throughout the Operation Iraqi Freedom campaign displayed the significance of the Non-commissioned Officer Education System.

(See SOLDIER, Page 3)

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## MP Roll Call

### Driving in residential areas

As the weather warms up, there will be more children outdoors, especially in the residential areas of Murray and Pratt Streets and Reeder Circle. Motorists should be aware of children playing near the road and observe the posted 15 mph speed limit. Since residents have voiced concerns about speeding in these areas, speed limit enforcement has been increased. Nonresidents of these areas should not drive through them. The area of Pratt Street past the tennis court is limited to residents and their guests.

Parking on the sidewalk along Continental Park on Stilwell Extension is prohibited.

### Bike rodeo set for April 24

The Fort Monroe Provost Marshal's Office will hold a Bike Rodeo/Ident-a-Kit on April 24, from 10 a.m. to 2 p.m. in the Community Activities Center front parking lot. All of the Fort Monroe community, young and old, are welcome to attend this event. Participants living on post can register their bicycles during this time.

The rodeo is a hands-on bicycle safety event designed for pre-kindergarten through eighth grade post residents and their families. Participants navigate through a series of stations that test balance, steering, stopping, weaving, maneuvering and slow-speed control. Helmets are required for all participants and prizes will be given to those who successfully complete all stations. Registration is free.

### Safety reminders

PMO provides the following reminder of regulations concerning safe conduct of outdoor activi-

*The MP Roll Call is designed to provide a link between the Provost Marshal's office and the Fort Monroe community regarding law enforcement operations, services and crime statistics, and how operations and services combine with other Fort Monroe initiatives to keep the community safe daily. Call 788-2220 with any comments or concerns that need to be addressed. Detailed information concerning the fort's security posture will not be published.*

ties on Fort Monroe. Future columns will address motorcycles, mopeds, power-assisted scooters, jogging, running and recreational vehicle parking and storage.

### Bicycles/cycling

□ Bicyclists obey the same rules of the road as drivers of motorized vehicles. For example, they must stop at all stop signs.

□ No bicycle shall carry more passengers at one time than the number for which it was designed and equipped. Small children may ride in permanently affixed/approved child carrier seats.

□ Adult cyclists will ride on the roadway (vice the sidewalk) of two-way traffic roadways, as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle.

□ Juvenile cyclists may ride on sidewalks.

□ A cyclist operating on a sidewalk will yield

the right of way to pedestrians.

□ Cyclists will ride single file when vehicle traffic is present. They may not ride more than two abreast.

□ Cyclists will not carry any package or bundle that prevents the operator from safely operating the bicycle.

□ Cyclists will not attach themselves to any vehicle being operated on the roadway.

□ Bicycles operating from one-half hour before sunset to one-half hour after sunrise shall be equipped with a headlamp (in use) on the front and a red taillight or reflector on the rear.

□ No bicycle shall be parked on a street or sidewalk.

□ No bicycle shall be parked against a building in such a way as to obstruct pedestrian or vehicular traffic.

□ Off limit areas include sidewalks along the seawall adjacent to Continental Park, Engineer Pier, Battery Irwin and Battery Parrott.

□ Each bicycle will be equipped with a brake that enables the operator to make the braked wheel skid on dry, level, clean pavement.

□ Each bicycle will be equipped with a bell or other device capable of giving a signal audible for a distance of at least 100 feet.

□ Children under the age of 5 not operating a bicycle, must be in an approved carrier.

□ Bicyclists are required to wear an American National Standard Institution (ANSI-Z) or Snell Memorial Foundation bicycle helmet.

□ Bicyclists will wear high visibility reflective vests during the hours of darkness.

## Father reunites with youngest son at Baghdad airport

BY JOY KRESS

SPECIAL TO AMERICAN FORCES PRESS SERVICE

"You could have pushed me over with a feather."

That was Roger McCrady's reaction when he stepped off a plane Jan. 23 at Baghdad International Airport in Iraq to find his youngest son waiting for him on the ground.

McCrady, a retired Air Force chief master sergeant and chief of physical security for Defense Logistics Agency's headquarters at Fort Belvoir, never imagined that the first thing he would see when he arrived to work for the Coalition Provisional Authority would be his

son's smile.

Army Pfc. Brian McCrady had been stationed in Tikrit, Iraq, since July 2003 as a combat medic with the 690th Medical Company (Ground Ambulance), part of the 56th Medical Evacuation Battalion under the 44th Medical Command.

Although Brian already had worked his way through most of the northern part of the country, he had never made it to Iraq's capital.

"I asked my platoon leader if I could arrange a ride down to Baghdad to meet up with my dad," Brian said. "They got me a ride, but, unfortunately, I got to Baghdad a few days before my dad was sup-

posed to arrive."

With time on his hands, Brian was able to stay with the 28th Combat Support Hospital's Soldiers for sleeping quarters and spent the rest of his days exploring Baghdad's Green Zone, the area that encompasses CPA headquarters along with other official buildings.

In his exploration, Brian was able to find the colonel with whom his father would work at the CPA. With the colonel's help, as well as by navigating his way through the chain of command, he found out the exact time the elder McCrady would arrive.

"I found a way to (the airport),

and when my dad's plane landed, I was right there to greet him," Brian said. "There wasn't a welcoming party for him, so it was actually a good thing I was there and could help show him around," the young Soldier added.

"It was so great to see him there," Roger said. "I couldn't believe how well he networked himself through the area. By the end of the day, I had introduced him to generals and ambassadors."

The younger McCrady knew it was a chance of a lifetime to be with his father in a combat zone, but he said to see Baghdad was an equally

(See REUNITED, Page 7)

## SOLDIER (Continued from page 2)

In many instances, it was the young sergeant preparing and leading troops into harm's way. As the first line of the NCO Creed states, No one is more professional than I." Indeed the American Soldiers were professionals in carrying out their missions in Iraq.

**"They don't make policies, and they don't declare war."** By no means is this line to be interpreted that the American Soldier is a pawn on a chessboard. We simply do what we're told to do and we follow orders. The American Soldier on the battlefield doesn't care about duty, honor, and country. The American Soldier cares about his teammate to his front, to his left, to his right and to his rear.

The American Soldier doesn't have the time to play politics on the battlefield. During the past year the American Soldier has served his country and his fellow Soldier. And when the order was

given to fight, indeed the American Soldier did.

**"But they fight, they bleed and they die."**

This past year more than 500 American service members have died in support of Operation Iraqi Freedom. It was someone's son, daughter, husband, wife, brother and sister. Those Americans gave the ultimate sacrifice serving our nation and also securing the freedom of the Iraqi people.

I was told once that a warrior's life is a lonely time with little joy, little thanks and visions not too kind. I'd like to think those brave warriors who died during this past year had their share of moments of joy, they've been thanked more than once for serving their country and they've envisioned many days of kindness.

We must all remember, one year later, name-by-name, those Americans for they fought, they bled and they died.

**"And they do it unhesitatingly."** I've told

many Soldiers, "The Army isn't for everybody and everybody isn't for the Army." For those who serve our nation and are sent into harm's way, we all know there are no guarantees on the battlefield — except for death. When the American Soldier goes into the valley of the shadows of death, he goes unhesitatingly.

The American Soldier during the past year in support of Operation Iraqi Freedom has done the nation proud. Mama might not understand why her son or daughter volunteers for deployment. The American Soldier can tell mama there are values like loyalty, duty, selfless service, honor, integrity and courage we all use and hold close to us. Those values, and more, we share — unhesitatingly.

(Editor's note: By Sgt. 1st Class Donald Sparks, NCOIC for the Army Intelligence Center and Fort Hauchuca Public Affairs Office.)

# NewsClips

Visit the Casemate online at [www.monroe.army.mil/casemate](http://www.monroe.army.mil/casemate)

## Community Town Hall meeting set

Col. Perry D. Allmendinger, garrison commander, will be the host at a community town hall meeting from 11 a.m. to 1 p.m. at the post theater April 29. Representatives from post directorates will participate.

Childcare is available at the Child Development Center (Bldg. 245) for those attending the meeting. There is no cost for care, but parents must make reservations by calling 788-5960 not later than April 26. Parents must provide proof of all required immunizations.

For more information, call Paul Heilman at 788-3737.

## Bowling center renovations ongoing

A two to three-month bowling center renovation began April 1.

Improvements include a new heating, ventilation and air conditioning system; modern pinsetters and lane

beds; stylish carpeting and seating areas for bowlers and other customers. Also added will be an up-to-date Lane Side Grille and a hi-tech lighting system.

During renovation, lunches will be available at the softball field snack bar beginning Monday, April 5 from 11 a.m. to 1 p.m.

For more information, contact Chuck McIntyre, program manager, at 788-2939.

## CCC offers funds

Any agencies that would like to request welfare funds from the Casemate Community Connection, please contact Karen Page at 596-8033 to receive an application. Deadline for welfare request submissions is April 11.

## 'Youth Pride' grants available

The Hampton Clean City Commission and the Hampton Parks & Recreation Department are delighted to announce a new opportunity for youth to play an impor-

tant role in keeping our community clean and beautiful with their ideas and energy through the newly created Youth Pride In Action Grants.

The grants are intended to encourage youth ages 5 to 22 to plan and implement community service projects to improve the physical environment of Hampton. Examples of possible projects include: organizing an in-depth cleanup of public areas in Hampton neighborhoods, maintaining community center grounds or publicly landscaped areas, and ideas that we're waiting for youth to think up.

Youth Pride In Action Grants are available to youth involved in elementary and secondary education institutions, higher education institutions, government agencies, and non-profit organizations.

For more detailed information, an application, and a report form, contact the Hampton Clean City Commission at 727-6394 or [hccc@hampton.gov](mailto:hccc@hampton.gov).



Photo by Patricia Radcliffe

**Dr. Peter Cross adjusts a blood pressure cuff worn by Shatner Lowery, Sr. after a Doctors' Appreciation Day celebration at Craven Army Health Clinic March 30. "It's important to let doctors know we appreciate what they do. So, we wanted to give them an hour or two that they could take for themselves," said Valarie Pollard, LPN. Doctors were given awards, snack kits, roses, a buffet lunch and other gifts to show the staff cares.**

# 6X7 Opportunity

# IMA chaplain to address Easter Sunrise Service here

Chaplain (Col.) Steven E. Moon, Installation Management Agency, Northeast Region chaplain, will be the featured speaker at Fort Monroe's Easter Sunrise Community Service starting at 6:30 a.m., April 11, at the fort's parade field inside the moat.

The public is invited.

Moon's sermon title is "I Am the Way."

A community choir accompanied by a brass ensemble from The U.S. Continental Army Band will perform the anthem, "Crown Him With Many Crowns," and Handel's "Hallelujah Chorus."

In his current position, Moon is responsible for the religious support

of Soldiers, civilians and family members assigned to the 28 Army installations within the Northeast region of the United States designated by IMA. Since arriving at Fort Monroe in July 2003, Moon said he has accomplished his mission through the "dedication and commitment" of 350 chaplains, chaplain assistants, directors of religious education, and religious education coordinators assigned throughout IMA's Northeast region.

Moon is ordained by the Evangelical Methodist Church and has been on active duty for more than 20 years, serving at various levels of the chaplain corps as a battalion, brigade and division chaplain, and

in other staff and command positions. His most immediate staff and command assignments were: Force Structure Plans Officer, Office of the Chief of Chaplains, at the Pentagon, Washington, D.C.; and Chaplain, Personnel Management and Force Structure, U.S. Army Forces Command. Prior to his current assignment, Moon was Division Chaplain for the Army's 7th Division, Fort Carson, Colo.

The chaplain has a doctorate in ministry from Wesley Theological Seminary, Washington, D.C., and a master's in divinity from Asbury Theological Seminary, Wilmore, Ky.

In case of bad weather, the sunrise service will take place at the



**Chaplain (Col.) Steven E. Moon**

post theater, Building 42, on Tidball Road.

For more information, call the post chaplain's office at 788-2611.



Photo by Patrick Buffett

**Eye on the Eagle ... Lamont Fredrick of Fort Monroe Boy Scout Troop 31 paints a fire hydrant near the post MP station as part of a project he organized to earn Eagle Scout. Fredrick gathered 19 volunteers who spent much of the day March 27 painting fire hydrants around post.**

2X2

2X3



## Support Project Pride

Clean Sweep  
Walk - April 20  
11 a.m. - 1 p.m.  
Fitness Center

Post-wide  
Spring Cleanup  
April 23 & 24  
See April 16 Casemate

**4 X 8  
Pt.  
Plaza**

# Troop rotation to Iraq continues, units assuming control

BY JIM GARAMONE

AMERICAN FORCES PRESS SERVICE

WASHINGTON, March 31, 2004 – The largest rotation of U.S. forces since World War II continues in Iraq, Defense Department officials said today.

In all more than 250,000 U.S. service members are affected.

Planning for the rotation began months ago. New units worked with units in Iraq to learn their new missions and to plan the move-

ment. In December, new units began flowing into the region, and in January, they began the relief-in-place process.

Officials expect the rotation to continue through May, when 110,000 U.S.

service members will be in place. They will replace the 130,000 Americans who have been serving in the region. When the rotation is complete, about 80,000 soldiers, 25,000 Marines and 5,000 Air Force and Navy

personnel will be in Iraq. Fourteen brigades will have replaced 17 brigades.

Some moves already have occurred. Task Force Olympia has relieved the 101st Airborne Division in Mosul. The largest unit in Task Force Olympia is the 3rd Brigade, 2nd Infantry Division (called the Stryker Brigade) from Fort Lewis, Wash. The 101st has returned to Fort Campbell, Ky.

Other units leaving the region are the 82nd Airborne Division from Fort Bragg, N.C.; the 3rd Armored Cavalry Regiment, Fort Carson, Colo.; the 1st Armored Division based in Germany and Fort Riley, Kansas; the 173rd Airborne Brigade from Vicenza, Italy; and the 4th Infantry Division based at both Fort Hood, Texas, and Fort Carson.

Arriving Army units include the 1st Cavalry Division from Fort Hood. The division also will command the 39th Brigade Combat Team from the Arkansas National Guard. The division will relieve the 1st Armored Division in Baghdad, and is due to take over responsibility April 15.

The 1st Infantry Divisions from Wurzburg, Germany, and Fort Riley have relieved the 4th Infantry Division and the 173rd Airborne Brigade in Tikrit and Kirkuk, respectively. The 30th Brigade Combat Team of the North Carolina National Guard also is part of the 1st Infantry.

Last week, the 1st Marine Expeditionary Force, based at Camp Pendleton, Calif., relieved the 82nd Airborne Division and the 3rd Armored Cavalry Regiment in the hotspots of Fallujah, Ramadi and the western part of Iraq. The 1st MEF also will command the 1st Brigade of the 1st Infantry Division from Fort Riley and the 81st Armored Brigade of the Washington State National Guard.

While the number of American forces is dropping, a new Iraqi army brigade should be operational by the time the coalition returns sovereignty to an Iraqi government June 30.

In addition, units of the Iraqi Civil Defense Corps will work with the units. Baghdad officials said more than 210,000 Iraqis are involved in security work in the country.

## 5X12 SUNCOM

**Parents need to know****Cough medicine abuse — latest drug trend among teens**

Young people are abusing a safe and effective cough suppressant. Either purchased from stores, shoplifted from drugstore shelves or taken from home medicine cabinets Dextromethorphan or DXM is one of the new, cheap, easy-to-obtain highs that teenagers are using.

There are 125 to 135 over-the-counter cold medicines that contain DXM. When used correctly, DXM is a safe and effective way to suppress cough and cold symptoms. Often teenagers who are looking to get high turn to over-the-counter drugs that contain DXM because they are readily available at home or a local drug store.

DXM has been used safely for more than 47 years in several over-the-counter drugs, such as Vicks 44 Cough Relief and Robitussin Maximum Strength Cough Suppressant. However, since 1994, reports of abuse of DXM have increased.

Since DXM's psychoactive effects only kick in when massive amounts are consumed, common

side effects blur together with symptoms of overdose. Besides the predictable nausea and vomiting, DXM can also cause itching, rash and profuse sweating. Excitability and impaired coordination are common signs of overdose, which requires immediate medical attention. Making DXM especially risky is that many over-the-counter medications, which contain the drug, also contain other active ingredients, including acetaminophen, which can raise the risk of overdose complications, even death.

Slang terms for Dextromethorphan vary by product and region. The most common terms include: Dex, DXM, Robo, Skittles, Syrup, Triple-C and Tussin.

Terms for using Dextromethorphan include: Robo-ing, Robo-tripping and skittling.

There is little in current teen culture music, movies, fashion and entertainment that promotes or even mentions cough medicine abuse. The one exception is the Internet.

A number of Web sites promote the abuse of DXM. The information on these sites ranges from recommending how much to take, suggesting other drugs to combine with DXM, instructing how to extract DXM from cough medicines, and even selling a powder form of DXM for snorting. Other sites display art, movies and music produced by people promoting DXM and other forms of drug abuse. Parents should be aware of what their teens are doing on the Internet, the Web sites they visit and the amount of time they are logged on.

The Army Substance Abuse Program (ASAP) provides brochures titled "A Parent's Guide to Preventing Teen Cough Medicine Abuse" to parents who want additional information.

The ASAP office is located in Quarters 1, 151 Bernard Road, or call 788-3510.

*(Information courtesy of Bruce McFadden, Army Substance Abuse Program manager.)*

**REUNITED** (Continued from page 3)

impressive opportunity.

"I'm glad I got to see a different side of this war," Brian said. "Not only did I see 28th CSH, which was the best medical unit in Iraq at that time, I've seen what the business and policy side of this war looks like. In Tikrit, Kirkuk, Balad, Tuz (and) Halawijh, you see poverty and barren land. But in Baghdad, it's like you are in a real civilization again. Many people from my unit who had been in Iraq almost a year never got this experience."

With this coordinated chain of events, both McCradys were able to walk around the Green Zone together, stroll through a former regime palace and chat over cups of coffee in the Green Zone coffee house in what is now a new Iraq.

Seeing his son in Baghdad was a great relief, Roger said. Also, he said, knowing that his son would return to the United States in a month was encouraging. But Roger's job was just beginning.

Named the deputy security director for the Department of Defense Program Management Office at the CPA, Roger's long hours spent on security policy to build a sovereign

nation would not be easy business.

"Seeing Brian in person and knowing he was OK was a great personal relief to me," Roger said. "Knowing his time here in Iraq was almost over and he was going home enabled me to focus on the job at hand and to get busy building a security program for the PMO.

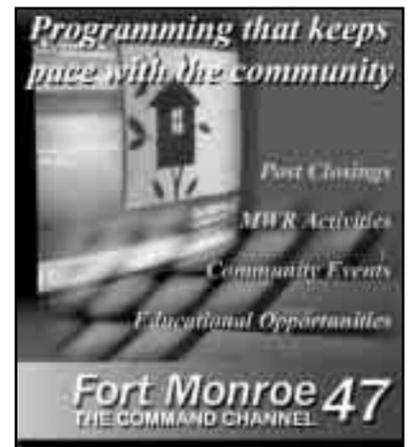
"PMO is the organization tasked with rebuilding Iraq's infrastructure," he explained. "We have the challenge of completing over 2,300 construction projects over the next few years. A common saying in PMO is, 'There can be no security without reconstruction, and there can be no reconstruction without security.'

"We have a huge challenge here," he continued. "If we do our job right, we will change this part of the world for years to come, possibly forever. I also have a feeling that if we don't get it right now, we will definitely regret it in the future."

Brian returned with his company to Fort Benning, Ga., in early March. Roger should return to the United States and to DLA headquarters sometime in July.

DLA provides supply support, and technical and logistics services to the U.S. military services and several federal civilian agencies. Headquartered at Fort Belvoir, Va., the agency is the one source for nearly every consumable item, whether for combat readiness, emergency preparedness or day-to-day operations.

*(Joy Kress is assigned to Defense Logistics Agency public affairs.)*

**3X7 Ft Monroe C. U.****3X3 1/2 Maid Brigade**

# Army releases findings of Soldier well-being study in combat arena

BY SPC. LORIE JEWELL

WASHINGTON (Army News Service, March 26, 2004) – A mental health advisory team sent to Iraq and Kuwait last year to study the well-being of Soldiers, amidst concern over the increasing number of suicides, concluded the Army's behavioral health care system works overall but can be improved, officials said.

There were 23 suicides in the Operation Iraqi Freedom theater in 2003, a rate of 17.3 per 100,000 Soldiers, according to team members who spoke to media Thursday in the Pentagon. That's higher than the Army-wide rate of 12.8 per 100,000 for the 76 suicides that occurred in 2003 – including those

in Iraq and Kuwait – but lower than the U.S. national average of 21.5 per 100,000 for young men ages 20 to 34, which is the Army's largest demographic group and the one most at risk for suicide, the team said.

The cause of three 2003 OIF deaths has not been determined. This year, one suicide has been reported in OIF and one death has yet to be categorized. Seven Soldiers have committed suicide to date since returning from Iraq.

The 12-member advisory team of Army psychiatrists, psychologist, social work officer, occupational therapist, psychiatric nurse, researchers, personnel specialist, chaplain and mental health special-

ists were in theater from Aug. 27 through Oct. 7, 2003. They surveyed 756 Soldiers – 82 percent had engaged in combat – and talked with 34 focus groups of Soldiers, 116 behavioral health providers, 41 unit commanders, 154 primary care providers and 94 unit ministry teams.

lowed by finding a way to get to a behavioral health specialist, or not knowing where to find such help.

For every 900 Soldiers in OIF, there is one behavioral health specialist, said Col. Virgil Patterson, who headed the advisory team. That ratio is good, but problems arose with the way the specialists

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***“During combat, Soldiers are very isolated in an austere environment. It was a pretty miserable set of conditions at that time.”***

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The survey showed 87 percent of the Soldiers were concerned over not knowing how long they would be deployed. The length of deployment (71 percent), separation from family (57 percent) and lack of privacy and personal space (55 percent) were also causes of high concern.

Soldiers indicated their most troubling experiences in combat came from seeing dead bodies (67 percent), being shot at (63 percent), being attacked or ambushed (61 percent) and knowing someone who was killed or seriously wounded (59 percent).

Despite these experiences, the mental health advisory team survey showed that 77 percent of Soldiers reported mild or no stress problems. Col. Virgil Patterson, who headed the advisory team, noted that at the time of the survey, Soldiers were serving in a combat zone that, in addition to the dangers and stressors associated with combat, offered little physical comfort. Soldiers were living in tents in the sand, the heat was intense, access to hot meals and showers was inconsistent, and communication with family and friends back home was difficult and sporadic, Patterson said. In this environment, 16 percent of Soldiers did report moderate stress, and 7 percent of Soldiers reported severe stress.

Additionally, 72 percent of the Soldiers said their unit morale was low and 52 percent said their own morale was down.

Because this is the first such study done in a combat environment, health care officials do not have any previous data to compare to when examining the issue of stress, Patterson added.

“During combat, Soldiers are very isolated in an austere environment,” Patterson said. “It was a pretty miserable set of conditions at that time.”

Living conditions, meals, and access to telephones and the Internet have since improved for many Soldiers, he added.

The team also found that getting help for mental health issues like depression, anxiety or traumatic stress was a problem for some Soldiers. Getting time off to seek help was the number one barrier, fol-

were assigned by sector. Some sectors had hundreds of Soldiers close together, while Soldiers and units in other sectors were scattered. The team recommended placing the specialists by geographic areas instead, Patterson said.

Soldiers without immediate access to a specialist would have to travel in a convoy to reach one, the team reported. If the Soldier was given a prescription and a pharmacy wasn't available in the specialist's location, the Soldier would have to convoy to yet another location.

The team recommended behavioral health specialists adopt a “circuit-rider” approach – making periodic trips to smaller camps where Soldiers don't have immediate access to their services.

They also suggested bringing in one person to be a theater-wide consultant who will provide better coordination of services to Soldiers. That recommendation is being implemented, with Col. Chris Piper, a psychiatric nurse currently stationed at Tripler Army Medical Center in Hawaii, scheduled to arrive in Iraq next month.

Other recommendations that have either been implemented or are in the process of adoption include: refresher training for behavioral health specialists; emphasize awareness, vigilance and the battle buddy system in training for Soldiers, to include suggestions on what to do and say if they believe a fellow Soldier is suicidal; and a rewrite of the Combat and Operational Stress Control doctrine and procedures, using the results of the study to improve services to Soldiers.

The anti-malaria drug Larium has been questioned in news reports as a possible contributing factor in suicides. Col. Bruce Crow, a clinical psychologist and member of the advisory team, said that reports from medical examiners showed that only one Soldier who committed suicide had Larium in his system. Just four of the Soldiers who killed themselves were from units in which Larium was given, Crow added.

The advisory team plans to repeat the survey in a second visit to Iraq and Kuwait this summer.

**3X10 USAA**

# NCOs get recognition for recruiting, retention efforts

BY SGT. 1ST CLASS MARCIA TRIGGS

WASHINGTON (Army News Service, March 31, 2004) — The National Guardsman who recruited one of Saddam Hussein's captors was one of six noncommissioned officers recognized March 31 for helping to enlist and retain Soldiers.

"No one is born a Soldier. But everyone serving in all three components of our Army volunteered to become one, mainly due to the efforts of the 8,000 detailed recruiters," said Les Brownlee, the acting Secretary of the Army during the Recruiting and Retention NCO of the Year Awards ceremony at the Pentagon.

Once a Soldier gets to his first unit, it's the career counselors and retention NCOs who help that person define and achieve his personal goals while continuing to serve and protect the nation's interest, Brownlee said.

Sgt. 1st Class Corey Gilman, the National Guard Recruiter of the Year, said that he can't take credit for the actions of Spc. Cody Hoefler who was there when Saddam appeared out of the spider hole in Iraq. Hoefler also appeared on the March cover of Time Magazine.

"It makes me feel good to know that when I recruited Hoefler, it wasn't about quantity, but quality," said Gilman, who followed in both his father and brother's footsteps by becoming an award-winning recruiter.

For fiscal year 2004, it looks like the Army and reserve components are going to achieve retention and recruiting goals, said Sgt. Maj. James Vales, the retention sergeant major for the Office of the Deputy Chief of Staff for Personnel, G1.

Army and reserve-component retention NCOs are less than two percent away from meeting their goal of reenlisting 28,201 Soldiers, and active-component recruiters are almost halfway toward meeting the goal of recruiting 77,000.

The Army's engagement in the war and year-long deployments continue to challenge recruiters and retention NCOs, but if families understand that the Army isn't just about education dollars and benefits, the Soldier is more likely to reenlist, said Sgt. 1st Class Kimberly Wendel, the Army Reserve Career Counselor of the Year.

A famous quote in the Army is, "We enlist Soldiers, but we retain families." Sgt. 1st Class John Pugh, the active-component Career Counselor of the Year agrees. "A lot of time the spouse makes the decision and the Soldier goes along with it."

There are still people who enlist for the bene-

fits and job security, but then there are those who just want to be part of a team and serve their country, Gillman said.

"There's a war going on, and people want to know what are my chances of being activated if I go reserve," Gillman said. "I don't give them any false inclinations, because there is always that

chance. They want to hear the straight scoop, and I give it to them."

First place winners from the Army, Reserve and National Guard received a plaque from Brownlee for excelling in their field, and "their efforts and dedication has made the Army better," Brownlee said.

## 4X12 Verizon

### ***Free tax preparation***

The Fort Monroe Tax Center offers free tax preparation and e-filing for all active duty members, retirees and family members.

The center is located in Building 77, Post HQs, 3 Ruckman Road, on the 2nd floor. Hours of operation are Monday through Friday, 8:30 a.m. to 4:30 p.m. Tax preparation and e-filing are by appointment only. People need to bring their W-2s, Form 1099s, any other tax documents they may have received, ID card(s), social security card(s), a voided check (if they want direct deposit into their bank), and last year's tax return (if they have it). For couples filing jointly, both spouses must be present or have a signed Power of Attorney for the absent spouse.

Please contact your Unit Tax Advisor or call the Post Judge Advocate's Office at 788-3616/2158.



**Pershing Rifles 1st Sgt. Evan Perperis, Company E-8 (Johns Hopkins University, Baltimore, Md.), dazzles judges and spectators with a display of rifle-spinning prowess, during the exhibition portion of the drill competition conducted here March 27.**

*Photos by Patrick Buffett*



**Pershing Rifles 2nd Lt. Matt Gibbons, left, and other members of the Company W-4 (College of William and Mary, Williamsburg) team stand inspection.**



**Pershing Rifles Capt. Christina Amschler, Company R-1 (Eastern Kentucky University, Richmond, Ky), renders honors to the judges following her team's drill performance at the Moat Parade Field here March 27.**



**Above: Sgt. 1st Class Selvin Walker, a former drill sergeant now assigned to Monroe's EO office, inspects Pershing Rifles 1st Lt. Jenny Wright of Company A-3 (Indiana University, Bloomington, Ind.). Right: (l-r) Pershing Rifles Capt. Rivers Plowden, 1st Sgt. Alex Hooper and Staff Sgt. Kevin Diamond, Company C-4 (Clemson University, S.C.), represent their team in the color guard competition.**



## *In the footsteps of Pershing ...*

### *Rifle drill teams compete at Monroe*

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

About 250 students representing 22 universities across the nation gathered at Fort Monroe March 27 for the 2004 Pershing Rifles National Drill Competition.

Under the watchful eye of 11 guest judges – all current and former drill sergeants now stationed at forts Monroe and Eustis – the competitors stood inspection, performed honor guard and drill and ceremony maneuvers, and showed off their flashiest weapons-handling moves throughout the six-hour event.

"This is about pride and representing our school," said Pershing Rifles Master Sgt. Ryan Raker of Company R-1 (Eastern Kentucky University, Richmond, Ky.). His team captured four of ten first place trophies awarded at the conclusion of the event.

They included best basic squad, best inspection, best color guard and best individual exhibition.

"We spend most of the year conducting drill, and we perform at nearly every (EKU) event," Raker said. "But this is really our only chance to stack ourselves up against other teams and prove what we've learned."

Company C-4 (Clemson University, Clemson, S.C.) was the other top trophy winner of the day. They took home the Honor Company trophy, which denotes them as best overall, as well as best exhibition platoon and best basic platoon.

The first-place "basic armed drill knockout" trophy was awarded to Company A-3 (Indiana University, Bloomington, Ind.). "I think it means so much to be chosen to come here," said Pershing Rifles 1st Sgt. Matt Ridge, who led the platoon during the drill competition. "It says a lot about your character ... about discipline. It's about your ability to contribute to a team and to drive on even if you

(See PERSHING, Page 11)

# Newly furnished library set for grand opening April 20

BY WAYNE KANOY  
POST PUBLIC AFFAIRS OFFICE

**T**hanks to determination and know-how of installation and commercial agencies, the Post Library is getting back in business to serve the Fort Monroe community — despite 15 inches of water Hurricane Isabel brought in last September — resulting in the damage and replacement of walls and furnishings on the facility's first floor. After undergoing a six-month renovation project, the two-story, brick structure is "all dressed up" for the public to attend an official reopening ceremony starting at 11 a.m., April 20, according to Karen Lewis, chief librarian.

"If you saw the place before, you need to see it again," she said. "The changes will amaze you."

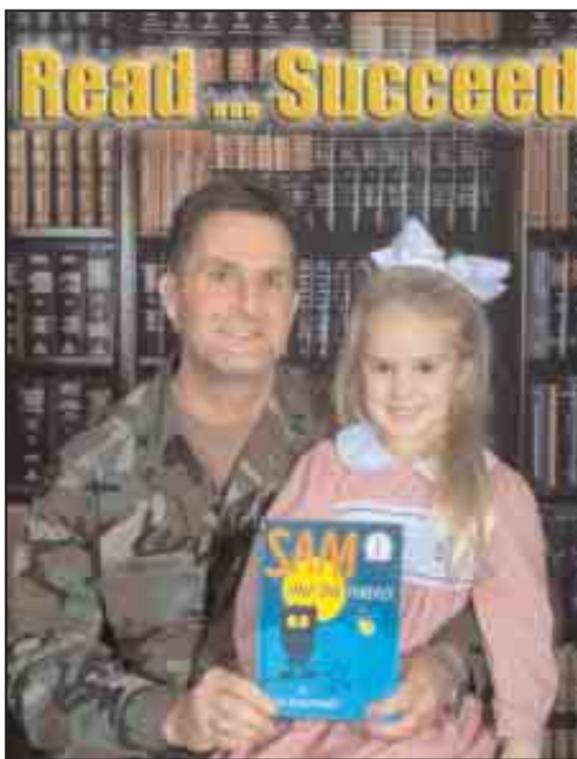
Col. Perry D. Allmendinger, Fort Monroe garrison commander, will give welcoming remarks at the ceremony, and library officials will unveil a wall plaque that indicates the highest height of the water that accumulated from the hurricane on the first floor. The ceremony's purpose is also for celebrating National Library Week.

Lewis pointed out that no interior damage resulted from the hurricane on the library's second floor. However, minor repairs have been required to prevent water leaking from the facility's roof.

She revealed also that the library's back periodicals (magazines) and old regulations were lost in a basement storage area that flooded in Building 105.

Lewis said the dedication and primary teamwork of Centennial Contracting, Inc., and the post's directorates of public works, information management and resource management contributed to the library's restored, "quality" appearance. She noted also "expert" furnishings support by MELOS, Inc., for the installation of the library's shelving and furniture.

The renovation project involved replacing all of the library's first floor walls, cleaning floors and installing new carpet, and all furniture to include desks, service counters, magazine hold-



**Garrison Commander, Col. Perry D. Allmendinger and his daughter, Kendrick, appear on a marketing poster for the post library to encourage parents to read to their children.**

ers, and bookshelves. Lewis said approximately 800 boxes were used to store existing books dur-

ing the recovery period. She cited, also, that the facility's renovation included building an entry-handicap ramp.

The renovation to the first floor and handicap initiative gives the building a "fresh new feel" for new and established customers, Lewis observed.

"Isabel was bad but Mother Nature didn't do us in," she said.

Lewis explained that she and her staff are ready for customers to come utilize a "consolidated library" — a term she wants customers to remember. She said the library's information collection now on site includes everything from the latest New York Times best seller to field manuals.

"Consolidation here means we have the best of the technical and the general libraries," she stressed.

As for serving the Fort Monroe community, Lewis said the Post Library's mission includes providing services to active duty and civilian workers, contractors, retirees and family members. And supporting these customers at the library are seven computers, allowing users high-speed Internet access, she said. Research services and inter-library loan are among several special programs, among other services, the library maintains, she added.

The Post Library, Building 7, is located on Bernard Road, inside the moat.

For those needing more information on the ceremony or library services, contact Lewis at 757-788-2967.

## Librarian to address conference about post's hurricane damage

Karen Lewis, chief librarian, Fort Monroe Library, will be speaking on Hurricane Isabel's damage and rebuilding the library after the storm at the Army Library Institute April 7. This annual conference is held in

various locations around the country for Army librarians to meet, exchange ideas and participate in continuing education. This year the Institute is being hosted by the Combined Arms Research Library at Fort

Leavenworth in Kansas City, Kan.

"This is a great opportunity for librarians to get some training and network. I plan to come back with some great ideas for our "new" library," Lewis said.

## PERSHING (Continued from page 10)

make a mistake."

Not surprisingly, those are the sorts of characteristics Professor of Military Science John J. Pershing — then an Army lieutenant — had in mind in 1891 when he founded a University of Nebraska organization simply dubbed "Company A." Three years later the special drill company had grown into a fraternal organization, and its members voted to change the name to "Pershing Rifles" in honor of the "initiative and cooperation" of their founder.

As history buffs well know, Pershing went on to become General of the Armies and the Army Chief of Staff. In February 1920, the general also paid a visit to Fort Monroe as part of a continental inspection tour, and he returned in May 1924 to help the installation celebrate the 100th anniversary of the Coast Artillery School.

As for the Pershing Rifles, today's society consists of more than 60 companies stationed at colleges and universities across the nation — from San Diego State University in California

to the College of William and Mary right here in our own backyard. About 75 percent of Pershing Riflemen nationwide are also enrolled in Army ROTC. About 15 percent are Air Force cadets, with the remainder spread between Navy/Marine Corps ROTC and regular civilian students.

***'Our members are typically the most well-rounded cadets ...'***

"Our members are typically the most well-rounded cadets, having experienced a wider variety of training opportunities than their peers," said Jeremy Barnes, president of The Varsity Rifles (the society's alumni association). "Additionally, since we are tri-service and accept civilians, we assist the military in building inter-service bonds. This is especially important in an era of increased cooperation between the Army, Air Force and Navy."

Barnes offered a note of "sincere thanks" to Fort Monroe for allowing

this year's drill competition to take place within its historic boundaries. "The incredible support of the Army, and Brig. Gen. (Gratton O.) Sealock and the rest of Cadet Command, is so important to our organization. I know every student out there appreciated it just as much as I did."

Applauding the "commitment" of the drill competition participants, Sgt. 1st Class Selvin Walker — a former drill sergeant who currently serves as the primary enlisted advisor for Fort Monroe's equal opportunity program — said he has no doubt that some of the competing students he judged will be among the top leaders in the military one day.

"I was impressed by the level of precision demonstrated by some of the teams and individuals," Walker said. "Clearly, they had invested a great deal of time and practice into the competition. It's a level of commitment all competitors can appreciate."

Sgt. 1st Class Billie J. Miranda, the Army Drill Sergeant of the Year currently assigned to Headquarters, TRADOC here, echoed that senti-

ment. "What I found even more amazing was the desire these cadets ... future LTs ... have to do the right thing as leaders once they put on the Army, Air Force or Marine Uniform."

"The fact that their questions were aimed more toward 'how can I be the best LT for my NCO?' was heartwarming," Miranda said. "These college students have made a commitment to doing well by us and for us even before they experience their first unit of assignment."

"I was honored to be a part of this event, and even more so by the cadets' interest in capturing the opportunity to talk to the 11 senior noncommissioned officers and find out exactly what we expect of them once they join our ranks."

Other volunteer judges participating in the competition included: Master Sergeants Terry Whidbee, Garry Cole, and Edward Martin; Sergeants 1st Class Kelly Dues, Sean McManus, Mark Mounce, Teda Cooks, and Gordon Goldhammer; and Staff Sgt. Michael Byer, Fort Eustis Drill Sergeant of the Year.



# Employees encouraged to get physical

## Government hopes change will spark interest in Civilian Fitness Program

BY TIM RAFALSKI  
STAFF WRITER

Everybody knows that it pays to workout. However, for government employees, that's a literal thing.

The Civilian Fitness Program has been around for some time, but the government is hoping a recent change in the program will help spark renewed interest from its workers to improve their health.

The incentive program offers government employees the opportunity to be paid for one hour of workout time three days a week. Originally a 12-week program, it has been expanded to six months in hopes of increasing interest.

"It's sort of been reintroduced, because this program has been around for a long time," said Jeanette Coffman, the post's Fitness/Wellness Program Coordinator. "But people kind of forget about some things, even though it's been on our Web site.

"The idea is to enhance their

physical fitness. The government's theory is we're going to give you three hours to create a habit, to create this need for working out, for physical fitness."

The first step is always the toughest, and in this case it involves going through an assessment process in order to track your progress.

To start the process, employees can go online to take a health-risk appraisal to get an idea of what some of their health risks are.

"Then they do a fitness assessment here at the fitness center, done with the Micro Fit," Coffman said. "It tests their resting heart rate, cardiovascular fitness, bicep strength, back flexibility, aerobic conditioning and body composition (fat). Then they also have a cholesterol check here at the fitness center with our monthly screening."

Once the evaluation process is complete and a supervisor signs off on a DD 1556 Request for Training

form, Coffman will meet with the employee to plot a fitness course.

According to her, one of the many positive aspects of the program is there is no set regiment a person has to follow.

"We're not dictating what you must do," said Coffman, who noted available exercises include running, biking, aerobics, weight lifting and swimming. "And that's the real key to fitness, doing something you enjoy doing.

"They can also use this time for the group exercise classes we offer. We do group weight training, so that would fit right in with trying to increase muscle mass. We do yoga and pilates to help with flexibility. We do step aerobics and

group cycling. Some people work better if they have a group effort."

One thing to remember, however, is that the government's paid workout program is a one-shot deal. If a person signs up for the program and later quits for whatever reason, they are not allowed to sign back up for it.

If they stick with it, though, the rewards can last a lifetime.

"It's a great thing, but it's like any other program, it's what you make of it," said Coffman. "It's a wonderful opportunity. I don't know any other employer that's going to give you an hour three days a week off from work to take care of your physical fitness, and encourage it, and promote it, and pay you."



Photo by Tim Rafalski

**The Fort Monroe Mount Everest Challenge, a kids rock-climbing competition, was held at the Fitness Center on March 27. Pictured are the top three placemen: (from left) Nathan Dixon, 9, third place; Andrew Dixon, 11, second; and Anthony Hanson, 14, first. Behind them is event coordinator Jon Pearlman.**

## Mount Everest Challenge a big hit for youth climbers

BY TIM RAFALSKI  
STAFF WRITER

There's a new king of the mountain. Well, at least a new king of the rock wall.

The Fort Monroe Mount Everest Challenge went off without a hitch March 27 at the Fitness Center, as 14-year-old Anthony Hanson topped the field with a combined time of 1 minute, 9.8 seconds for his three trips through the rock wall course.

Hanson finished just over 4 seconds ahead of runner-up Andrew Dixon, 11, while Nathan Dixon, 9, was third in 1:24.4.

The contest consisted of 15 kids each making three trips through different courses of the rock wall. The times from the three climbs were combined to determine the winner.

According to event coordinator Jon Pearlman, the overall competition was a complete success.

"Today went very smoothly," he

said. "All in all, everybody had a good time today, and that's what really counts. Everybody had a good time and gave a hard effort, and that was the important thing."

The challenge is also something Pearlman would like to see become a regular event.

"This is something we will possibly try to do again in the future, and incorporate other age groups," he said, noting the positive aspects of it. "I believe this teaches the kids hard work, determination and a sense of achievement for a job well done."

Other participants in the competition were Nicole Franz (age 13), Joseph Ball (13), DelChrisha Young (13), Theodore Hansen (12), Maria Flores (12), Kyle Guaderrama (12), Alexis Carlisle (12), Hannah Hendricks (11), Jennifer Nelson (11), Megan Flores (11), KC Brashear (11) and Sarah Coil (9). Each received a certificate of participation.

### SPORTS CALENDAR

#### Post softball news

An intramural softball meeting is scheduled for April 7 at 10 a.m. in the classroom of the Fitness Center. A coach is also needed for the Fort Monroe women's softball team.

For more information, contact John Tutson at 788-2783.

#### Futures golf tourney

The Futures Center is hosting a golf tournament April 30 at The Pines Golf Course in Fort Eustis. Entry deadline is April 23.

The format is captain's choice — teams will be flighted after play is completed — and the cost is \$35 per person, \$22 for Pines GC members.

The tournament will have an 8 a.m. shotgun start, and free range balls will be available at 7.

The entry will also include fried chicken and refreshments.

For more information or to enter, contact Rick Parker at 788-2762.

#### Brickyard contest

Army MWR is teaming up with Miller Brewing Company to sponsor the "Brickyard 400 Sweepstakes," which will include hundreds of instant-win prizes and the opportunity to win one of four all-expense paid grand-prize trips to the Brickyard 400 in Indianapolis.

From April 1 through June 30, patrons can enter by visiting a MWR food and beverage facility and making a purchase. Fort Monroe MWR facilities participating in the sweepstakes include the Old Point Comfort Marina, Thumper's Restaurant, the Bowling Center and Bay Breeze Community Center.

For more information, visit [www.monroemwr.com/brickyard.htm](http://www.monroemwr.com/brickyard.htm).

#### Bass tournament

The next Big Bash Open Bass Tournament is scheduled for April 17. The series includes five tournaments throughout the summer and allows fishermen to accumulate points toward a final closed Classic Tournament in October.

The entry fee for each tourney is \$30 per boat for annual pass holders and \$35 for non-pass holders.

For more information, contact Chuck Hyde at 693-2107.

#### Celebrity luncheon

Kiki Vandeweghe, GM of the Denver Nuggets, will be the guest speaker at the Portsmouth Invitational Tournament Celebrity Luncheon on April 9 at 11:30 a.m. at the Renaissance Portsmouth Hotel.

Tickets are \$20, and can be purchased by calling 484-2494.

## Runners race for 'cup of gold' at Shamrock 8K

The Fort Monroe running team just missed the gold and finished seven minutes ahead of the next closest team to place second during the 2004 Shamrock 8 Kilometer Race held March 20 in Virginia Beach.

Billed as "one of the top 20 marathons in the country," the Shamrock drew 2,634 runners. The "leprechaun was in reach," according to the post team's coordinator, Dale Abrahamson, but a faster team edged them out and "captured the cup of gold."

The Monroe team's overall score was 2 hours, 2 minutes, 34 seconds — a 6:09 average per mile. Individually, team captain Lt. Col. Mark Carper of the TRADOC Inspector General's Office finished second in the male 45-49 age group with a time of 28:45.

Other runners were Maj. Don Stoner (30:40), Abrahamson (31:22), Maj. Brian Demeyere (31:30), and Maj.

William Scott (31:57).

This is the first of several races Fort Monroe's running teams will compete in leading up to the Army 10-Mile Race scheduled for Oct. 24 in Washington, D.C., Abra-

hamson said. All Fort Monroe Soldiers and civilian employees are invited to join the team. For more information, contact the team coordinator at 788-4227, or the team captain at 788-4218.

## Dosey-Do



Photo by Patricia Radcliffe

**Post All-Star team members, (l-r) Staff Sgt. William Fernandez, Sgt. 1st Class Darrel Hinson, Spc. Gabriel Liera, Steve Fernandez and Sgt. Lathaniel Johnson break out in a surprise square dance move during a game against the Harlem Ambassadors on March 20 at the CAC.**

## Norfolk Tides to host Appreciation Night

The Norfolk Tides baseball team will help kick off their 2004 season by hosting Military Appreciation Night at Harbor Park on May 14. The Tides, the New York Mets' Class AAA affiliate, will take on the Syracuse SkyChiefs.

The game starts at 7:15 p.m., but pre-game celebrations begin when the gates open at 6.

Included will be performances by an Army vocal ensemble and the Navy's Atlantic Fleet Band. Fans can also enjoy an appearance by the Army hot air balloon, a demonstration by a Coast Guard helicopter assault team and a flyover courtesy of the Air Force. The Marine Corps will sponsor a chin-up challenge, while local sponsors will give away prizes during the game, including color TVs, dinners for two and weekend hotel stays.

A fireworks display will follow the game.

General admission seats are specially priced at \$5 for

active duty military, reservists, military retirees and DoD civilians presenting a valid military ID card. Tickets can be purchased at the Norfolk Tides Harbor Park box office.

Commands are encouraged to take advantage of group ticket purchases of 25 or more in the same section by contacting the Tides group sales representative, Brooke, at 622-2222, Ext. 103, or Steph at Ext. 171. Tickets can be purchased the day of the game, but it's highly recommended you buy tickets well in advance as a sellout crowd is expected.

Norfolk has agreed to offer \$1 parking in lots F and G at Harbor Park and in the nearby East and Union Street Garages for those displaying active duty military ID cards. Discounted parking will be on a first-come, first-served basis.

For more information, call the Tides' front office at 622-2222.

## 6X7 USBA Military Med

# Moat Notes

## UPCOMING SPOTLIGHT EVENTS

Families in Fashion . . . . .	April 4	Basket weaving class . . . . .	April 15
Ceramic workshop . . . . .	April 6	Post yard sale . . . . .	April 24
Easter egg hunt . . . . .	April 10	MWR Expo . . . . .	April 28

For more on these and other upcoming events, see complete calendar below.



### April 3

#### Youth summer program

The Hampton Parks and Recreation School Age Programs will be running a Summer Adventure Program for children ages 6 to 10 from June 21 through Aug. 27. The program will run Monday through Friday from 7 a.m. to 6 p.m., and include games, crafts, drama, sports, trips, snacks and more.

Registration is being held April 3 and 17 at Hampton's Air Power Park.

For more information on registration or program fees, call 728-3270 or contact Marie Hinton at 788-4344.

### April 4

#### Families in Fashion

CYS children and their families will take to the runway April 4 at 4 p.m. at the Bay Breeze Community Center in celebration of the "Month of the Military Child." They will be modeling fashions from TJ Maxx, Marshalls, Langley BX, Rainbow, David Bridals and After Hours.

Light hors d'oeuvres will be served following the show. Tickets can be purchased at the CAC, and the cost is \$6 each or two for \$10 (children age 4 and under are free).

For more information, contact Renee Hockaday at 788-3957.

### April 6

#### Ceramic workshop

Ceramic workshops are held every Tuesday from 4 to 7:30 p.m. at the Frame & Craft Shop. The workshops are geared toward the experienced and newcomers, and many projects are available at the store, including flower pots, stepping stones and garden buddies.

For more information, call 788-2728.

#### Hampton ROCKS

The Hampton Roads Chapter of ROCKS, Inc. is holding its general membership meeting April 6 at 6:30 p.m. at Armstrong-Slater Hall in the Army ROTC Department of Hampton University. Active, reserve and retired commissioned and warrant officers are welcome. Junior officers and senior ROTC program cadets are encouraged to attend.

The guest speaker will be Col. Leon Price, Director of the Airborne Special Operations Test Directorate in Fort Bragg, N.C.

For more information, contact Capt. Harriett Lee-Newman at 836-3945.

## Army seal?



Photo by Patricia Radcliffe

Fort Monroe apparently got the "seal of approval" from a frequent visitor spotted sunning himself on a sand bar in Mill Creek just outside post March 25.

#### Daisy Mayhem concert

On April 6 at 7:30 p.m., the American Theatre will welcome Rani Arbo and Daisy Mayhem, a unique new band from New England. Tickets are \$20 and \$25 with discounts for seniors students and active-duty military, and are on sale now by calling the box office at 722-2787. They can also be ordered online at [www.theamericantheatre.com](http://www.theamericantheatre.com).

### April 7

#### 'Beauty Shop 2'

Shelly Garret's "Beauty Shop 2: Under New Management" will be playing at the Chrysler Hall theatre in Norfolk from April 7-11. Tickets for the show are between \$19.50 and \$28.50, and are on sale now at the Scope Box Office, all Ticketmaster outlets, charge-by-phone at 671-8100 and online at [ticketmaster.com](http://ticketmaster.com).

### April 8

#### Graphics workshop

Emmy-award winning visual effects designer Lloyd Alvarez will be presenting a workshop on motion graphic design, "Unusual Approaches to Design," at Thomas Nelson Community College on April 8 at 7 p.m. The event will be held in the Dr. Mary T. Christian Auditorium in Templin Hall, and is free to the public.

For more information, contact Cece Wheeler at 825-3608.

#### Moscow State Circus

"People entertaining people" is the

slogan of the fast-paced, high-energy Animal-Free Moscow State Circus, which will perform two shows at the Norfolk Scope on April 8. The show features Russian acrobats, clowns, aerialists and trapeze artists.

Shows will take place at 4:30 and 7:30 p.m., and tickets are \$20 for adults and children age 12 and under are free with a coupon. Tickets are on sale now at the Scope Box Office, all Ticketmaster outlets, charge-by-phone at 671-8100 and online at [ticketmaster.com](http://ticketmaster.com).

#### Williamsburg film series

The Williamsburg Regional Library's Thursday afternoon film series will continue in April with a month-long series dedicated to comedy. Every Thursday between from 2 to 4 p.m., movies will be screened in the library's theatre. Reservations are not required, and admission is free.

The upcoming moving schedule is as follows: April 8 — Some Like It Hot; April 15 — Monty Python & The Holy Grail; April 22 — Airplane!; April 29 — Toy Story.

For more information, call 259-4050.

### April 10

#### Easter egg hunt

The Community Activities Center will be hosting an Easter egg hunt April 10 at 10 a.m. Children will be split into groups for ages 2 and under, 3-4, 5-7 and 8-10. A middle school hunt will take place at 2 p.m. Other activities will be planned.

For more information, contact Renee Hockaday at 788-3957.

### April 15

#### Basket weaving class

The Frame & Craft Shop will be hosting a basket weaving class April 15 from 6 to 10 p.m. The project is a Note Pad Basket, which hangs on the wall with a 4x6 note pad dangling down. The cost is \$25, and all supplies will be provided.

For more information, call 788-2728.

#### TLC star to speak

Andrew Dan-Jumbo, carpenter on the TLC series "While You Were Out," will be appearing at the Southern Women's Show at the Richmond Raceway Complex on April 15 and 16. Dan-Jumbo will be on stage April 15 at 8:45 p.m. during the Preview Night Celebration, and April 16 at noon and 4 p.m.

Admission to the Southern Women's Show is \$8 for adults, \$4 for children ages 6-12 and free for children under 6.

For more information, call 1-800-849-0248 or visit [www.Southern-WomensShow.com](http://www.Southern-WomensShow.com).

### April 17

#### Genealogy workshop

The Newsome House Museum & Cultural Center will host a genealogy workshop April 17 from 11 a.m. to 1 p.m. The workshop is geared to beginners who are interested in researching their family tree.

The cost is \$5 and reservations are required. For more information, call 247-2360 or 247-2380, or visit [www.newsomehouse.org](http://www.newsomehouse.org).

#### Civil War Homefront

From 10 a.m. to 4 p.m. on April 17, encampments, re-enactors, demonstrations and crafts will transport visitors of Lee Hall Mansion to the Civil War years. Guests can meet civilians and soldiers, learn of period fashion and enjoy the tales of storytellers as they weave tales of life in the 1860s.

The program is included in regular admission, which is \$5 for adults, \$4 for seniors and \$3 for children ages 7 to 18.

For more information, call 888-3371 or visit [www.leehall.org](http://www.leehall.org).

#### Development day

The Hampton Roads Alumni Extension of the National Society of Black Engineers (NSBE) will host the fifth annual Professional Development Day at Hampton University's McGrew Towers Conference

See MORE NOTES, Page 15

# Summer Camp registration open April 26-30

Registration for Summer Camp will be held April 26 through 30. Two camps will be offered: Camp Summerfun for those who have completed grades 1 through 5, and Camp X-treme for those who have completed grades 6 through 8.

Camp registration will be held at the Community Activity Center, Building 221, from 8 a.m. to 5:30 p.m.

The program is open to all military and DoD civilian dependents. Registration for personnel assigned to Fort Monroe will be held April 26 and 27. Registration will be opened to all other eligible participants April 28 through 30. Spaces will be filled on a first-come, first-served basis. Priority will also be given to parents signing up for 10 or

For more information, call 788-3957

more weeks. Parents needing less than 10 weeks of camp will be placed on a waiting list.

Summer camp begins June 21 and concludes Sept. 3. Hours of operation are 7 a.m. to 5:30 p.m., Monday through Friday, with the exception of the July 4 holiday. A half-day option is available for Camp X-treme only.

The cost for camp will be based on total family income. Fees for Camp Summerfun range from \$38 to \$93 per week; Camp X-Treme \$18 to \$72 per week. A 10-percent discount for additional children will be offered. A registration fee of \$15 per child or \$35 for 3 or more children is required for all children not

currently enrolled in a Child and Youth Services program. Fees for the first week the child will be in attendance, as well as the registration fee, are due at the time of registration and must be paid by check or money order; and are non-refundable.

The following information must be provided at the time of registration: immunization records; health/school physicals (completed within the last year); leave and earning statements for both parents; sponsor, spouse and child's social security numbers; sponsor and spouse complete duty station or work address; and two local emergency release contacts

with home/work phone numbers. Camp fees are due one week in advance. If all spaces are filled at open registration, a waiting list will be established and spaces will be on a first-come, first-served basis.

Summer camp will be held at three locations. Younger children, usually grades 1-3, will attend camp at School Age Services Modular building #3, older school-age services children will be at the Community Activity Center (CAC) and the middle school youth, grades 6-8, will attend camp at Youth Services classroom at the CAC.

Camp activities include swimming, sports, arts and crafts, cooking, computer labs, bowling, music and

dance, special events and much more. Fees for the field-trips are in addition to the weekly fees. Field trip destinations include Busch Gardens, Spirit of Norfolk, Jungle Putt Putt, Roller Skating and a variety of other fun and interesting places.

Swimming lessons will be offered in conjunction with summer camp for swimmers of all levels of abilities. Cost for all levels is \$35 per child. Transportation will be provided from camp to the pool. Swimming lesson sign-up will be available during the week of Camp registration.

Call Donna Ballance for questions pertaining to Camp Summerfun and Sara Gray for Camp X-Treme at 788-3957.

## MORE NOTES (Continued from Page 14)

Center on April 17 from 8:30 a.m. to 5 p.m. This year's theme is "Reconnecting: NSBE, Community & You."

The program, which is free and open to college students and professionals in all career fields, will feature workshops on entrepreneurship, public speaking, estate planning, financing a graduate education, the value of PE licensure and more. There will also be a community service networking suite with local nonprofit community service organizations discussing their impact in the Hampton Roads area, and how you and NSBE can support.

Registration by April 12 is requested, and can be done by contacting Terri Mills at 754-3878 or terrilynnmills2003@yahoo.com.

### April 24

#### Post yard sale

A post-wide yard sale will be held April 24 from 9 a.m. to 2 p.m.

The Thrift Shop will be open that day and two groups of office workers will have setups on the parade field to sell their items for charity.

Yard sale permits (one per household) and tables cost \$5 and are available at outdoor recreation.

For more information, call Jennifer Pilkinton at 788-4305.

#### Military history exhibit

The Virginia War Museum will be hosting the "Company of Military Historians" exhibit April 24 at 1 p.m. Founded in 1949, the Company is a nonprofit organization of historians with a primary interest in military material culturally related to the Americas.

The museum is open Monday and Wednesday through Saturday from 9 a.m. to 5 p.m., and Sunday

from 1 to 5 p.m. Admission is \$5 for adults, \$4 for seniors and \$3 for children ages 7 to 18.

### April 28

#### MWR Expo nearing

MWR activities will show programs and available resources at the Bay Breeze Community Center on April 28, from 10 a.m. to 7 p.m.

There will be exercise classes, pool class signups, arts and crafts, beer and wine tasting, Army lodging information and various static displays.

For more information, contact Maria Jackson at 788-3151.

#### At the Movies

Showing at the  
Langley Air Force Base Theater

Friday, April 2

7 p.m. — 50 First Dates (PG-13)

Saturday, April 3

2 p.m. — Welcome To Mooseport (PG-13)

7 p.m. — Club Dread (R)

Friday, April 9

7 p.m. — Twisted (R)

Saturday, April 10

2 p.m. — Confessions of a Teenage Drama Queen (PG)

7 p.m. — Eurotrip (R)

All movies at 7 p.m. unless otherwise noted

Adults — \$2; Children 6-12 years old — \$1.50; and Children under 6 — free.

(If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50.)

Special movie showings are available.

Contact John Low at 766-1237

or LowJ@aafes.com for details.

Got an event you would like run in Moat Notes?

E-mail us all the pertinent information at  
casemate@monroe.army.mil

## 3X7 Nextel

## 3X7 Job Fair

### Volunteers needed for USO Gala April 17

The USO needs a number of different types of military volunteers in support of their annual 2004 USO Gala on April 17 at the Renaissance Hotel in Portsmouth. Anyone wanting to volunteer should to do so by April 7, using the email address below.

List of needs and report times:

- Auction assistance - report time - 4 or 5:30 p.m. through the end of the evening (10:30 p.m.)
- Banquet room assistance - report time - 3 to 5:30 p.m. (don't

need to be in uniform)

- Front door guides - report time - 4:30 to 8 p.m.

- VIP room guard duty - report time - 4:30 to 8 p.m.

- Elevator operators - report time - 5 to 8 p.m.

- Hospitality room/extras - report time - 4 p.m. (as needed)

Dress: All dress is Class A formal unless otherwise noted. This is a formal event.

Interested volunteers should email: [rgibson@hampton.gov](mailto:rgibson@hampton.gov)

### 'Band of Brothers' to air on History Channel

WASHINGTON (Army News Service, March 29, 2004) -The personal experiences of six Soldiers will be highlighted as part of the airing of the "Band of Brothers" mini-series on the History Channel.

The segments connect the Soldiers fighting for their country today to the men who fought with Easy Company during World War II.

The Soldiers' stories began airing last week as promotional segments for the mini-series, which is based on the best-selling book by Stephen Ambrose that features the Soldiers of "Easy Company."

The promotional segments will vary in length from one to 10 minutes. A half-hour preview program, now showing on the channel, caps

the segments. The Soldiers will give lead-ins and recaps of most episodes in the series.

The program ties together the historical and modern Army by tracing a lasting set of values. The footage features Soldiers who have recently returned from Iraq and Afghanistan talking about their experiences serving overseas and what their Army service means to them. Their stories are paralleled with those of the men of Company E, 506th Parachute Infantry Regiment, 101st Airborne Division.

The series begins airing in April. Visit the History Channel Web site at [www.historychannel.com](http://www.historychannel.com) for times and dates.

*(By Kara Motosicky, an intern in the Office of the Chief of Army Public Affairs)*

## 6X7 VA Arts Festival