Casemate

Vol. 26, No. 15 | Published for the community of Fort Monroe, Va. | July 30, 2004

Spotlight Event

'Center Stage'

This Thursday's MUTS concert features television and Broadway performer Matt Ashford.

. . . . . *Story, Page 7*

Vandals deface post historical site

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Damage costs could climb "well into the thousands," and repair work could take many months to complete, a post environmental expert said after discovering a Fort Monroe historical site marred with graffiti.

It appears as though vandals paid more than one visit to Battery Gatewood, a 105-year-old structure that sits atop the wall of the Casemate near Quarters 1. Lewd drawings and gang-like nicknames have been spray painted on most of the inner walls and a floor and wall of the upper gun pit atop the structure.

"Unfortunately, vandalism begets vandalism," said Pamela A. Schenian, a contract consultant for the Fort Monroe Environmental Office. "Our biggest worry is that this will continue and we have a very serious responsibility to protect Fort Monroe's historical treasures."

See VANDALISM, Page 3

Beating the Bulge

Photo by Patricia Radcliffe

The road to fitness for Capt. Demetris Bryant, TRADOC Futures Center, began with Taebo tapes and caring for her newborn at home.

Post workers win war of weight loss

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Steering clear of stomach stapling or fad diets like the current zero-carb craze, three Fort Monroe employees have found that Holy Grail of better health that so many of us search for everyday.

Mary Hall, a grandmother who just wanted to be in better shape; Capt. Demetris Bryant, a new mom with "baby fat" to dump; and Richard Booker whose physique vanished little by little over a period of years whipped themselves into shape by shedding 18, 55 and even 100 pounds.

The three agreed to share their experiences with the Casemate in hopes of inspiring others to follow their lead. And their stories have a good moral ... slimmer waistlines and better health are just a fitness center away.

"I developed what I call 'medically induced diabetes,'" said Booker who smilingly described himself as having had a 'big, round head' when

See WEIGHT, Page 12

Isabel recovery continues one year later

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

As road crews replace shore-protecting riprap along Stillwell and contractors continue razing several 6,000-square-foot admin buildings across post, the signs of Hurricane Isabel recovery are still quite noticeable almost a year later.

"I don't think we've slowed down a bit since last September," said Lt. Col. Craig Simoneau, Fort Monroe's Director of Public Works and Logistics. "We're sort of in the middle of Phase II of our recovery efforts, which mainly involves road and utility system upgrades and new office space for many of those activities that were displaced by flood damage."

> *"As with other projects completed to date, we're doing everything we can to mitigate possible damage from future storms."*
>
> **Lt. Col. Craig Simoneau**
> Director of Public Works and Logistics

Organizing his lengthy list of ongoing projects into categories like "road repairs," "utility system repairs" and "new buildings," Simoneau patiently highlighted key activities in each area.

The construction work along Stillwell topped his road-repair category. Headed up by the Army Corps of Engineers, the project has two phases – rebuilding the rock barrier, or riprap, along the shoreline, and repairing the actual road surface in those areas where erosion occurred.

"As with other projects completed to date, we're doing everything we can to mitigate possible damage from future storms," Simoneau said. "In this case, the rock is being placed to reduce the likelihood of water damage and erosion."

The corps is pushing for completion of that work in time for the Hampton Cup Regatta scheduled for Aug. 20-22, Simoneau noted. Regatta officials tra-

See RECOVERY, Page 3

What's Inside

MWR unveils new logo

A campaign for 'corporate identity' will create unity within the organization.

. . . . . *Page 5*

NCO earns FEW award

TRADOC's top EO NCO was center stage in Nashville recently to receive a national women's group award.

. . . . . *Page 9*

Index

Chaplain's Corner 2
News Clips 10
MP Roll Call 11
Sports & Health 14
Moat Notes 16
Movie Schedule 16
Army News 19

Kid's Day, 10 a.m. to 2 p.m., Aug. 7, Moat Parade Field. See story, Page 14

Columns & Commentary

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

"For military families moving for the first time, finding school information can be challenging."

New site puts school info at your fingertips

Community Spotlight

Charlie French
Monroe School Liaison Officer

What public school will my child attend?

What is the school registration process for new students?

What special programs are offered in the new school?

What are the graduation requirements?

These are some of the many questions military families ponder each time they receive a new set of PCS orders.

Seasoned military families are used to these questions and each has their own strategy for finding the answers. But for military families moving for the first time, finding school information can be very challenging.

This necessary chore just got a little easier.

The Hampton Roads Joint Military Services School Liaison Committee researched, developed, and recently launched the "Hampton Roads School Information for Military Families" website www.militaryk12link.com.

The goal of the website is to provide a single source site where the mobile family can gain valuable information regarding their children's education, primarily kindergarten through high school.

The Hampton Roads area, with 1.5 million people, boasts one of the largest concentrations of military families in the United States. Particularly unique to the area is its mixture of all branches of the Armed Forces. As a result, many area schools have a high concentration of military children, particularly schools located close to military housing.

The www.militaryk12-link.com website provides easy access to all area schools via links through individual district websites. All Hampton Roads public school districts — from the Peninsula (Williamsburg/James County, York County, Newport News, Poquoson, and Hampton) to the Southside (Norfolk, Virginia Beach, Portsmouth, Suffolk, and Isle of Wight County) — can be accessed.

Contact information for many of the Hampton Roads area private schools is also provided. Addresses and/or phone numbers are listed for private schools without a website.

Additionally, the website offers Home Schooling information. There are links to the statutes governing home instruction and compulsory attendance for Virginia. Approved home instruction correspondence courses and other useful links regarding home schooling can be easily accessed through the Home School Information link.

There is also a feature that addresses many of the frequently asked questions relocating families consider when gathering information about a school. It links the user to the question then, in turn, links to the website with the answer. This dynamic option proves very useful given that each school district has unique policies.

Furthermore, there are other useful links for the mobile family. These include, but are not limited to, the Virginia Department of Education, Military Child Education Coalition, and Military Teens on the Move.

Because the website is new, the JMSSLC encourages feedback. Our goal is to incorporate user input to ensure information provided is up-to-date.

The "Hampton Roads School Information for Military Families" website is one of the many initiatives launched by the JMSSLC. Its membership includes Army and Air Force School Liaison Officers, an Army Youth Education and Outreach Services Director, an Army Outreach Liaison Specialist, and a Navy School Outreach Educator.

This committee meets regularly to discuss joint initiatives to enhance partnerships with the schools, assist the transitioning military family and reduce the stress of military children relocating to different school environments.

Military families become accustomed to the many challenges of a mobile lifestyle. They constantly find innovative methods to cope with deployments, execute a PCS move and/or adapt to new environments.

The "Hampton Roads School Information for Military Families" website will help ensure no military child is left behind.

"It is hard to predict when the clouds will roll in and the rain begin to fall"

Friends are some of life's greatest assets

Chaplain's Corner

Col. Steven Moon
IMA Northeast Region Chaplain

Summer is a great time for family reunions, cookouts, renewing friendships and making new friends. However, sometimes life deals each of us a valley to traverse as well as a mountaintop to experience.

Often we refer to this as "into everyone's experiences a little rain must fall" and oddly enough it is hard to predict when the clouds will roll in and the rain begin to fall.

As soldiers, civilians, and families it is important during these times to guard against being overcome by events. We must be vigilant in taking care of our health, our loved ones and also cultivate our relationships with our friends.

Friends are some of life's greatest assets, especially when we are in a time of need. Solitude has its place, but friends are the spice of life. Even though friendship is increasingly difficult as we become more transient in occupation and lifestyle, let us not allow ourselves to become Mr. or Ms. Hermit.

Let's each be friendly that we might have great friends. Here is an acrostic on friends; maybe you can come up with one of your own. Fellowship, Reliable, Inspirational, Encouragement, Nurture, Dependable, Sustain.

I love you not only for what you are, but for what I am when I am with you.

I love you not only for what you have made of yourself, but for what you are making of me.

I love you because you have done more than any creed could have done to make me good, and more than any fate could have done to make me happy.

You have done it without a touch, without a word, without a sign.

You have done it by being yourself. Perhaps that is what being a friend means after all. [Anonymous]

Be courteous to all, but intimate with few; and let those few be well tried before you give them your confidence.

True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation. [George Washington]

The right course is to chose for a friend one who is frank, sociable and sympathetic, that is one who is likely to be influenced by the

See CHAPLAIN, Page 18

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Casemate

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VANDALISM

Continued from Page 1

"They have entrusted us to preserve a historic landmark."

Defacing any structure that meets the criteria for the Archaeological Resources Protection Act — despite the name, it also includes buildings over 100 years old — is a serious crime, Schenian noted. In addition to hefty fines, violators have faced jail time and were held responsible for the cost of clean up.

"We're talking big bucks because you can't just go up there with a power washer and start spraying … that would pretty much destroy the structure," Schenian said. "When the batteries were built here over 100 years ago, the construction crews used salt water to mix the concrete, and that results in a compound that's far less durable than what we have today."

The salts also make the old concrete react unpredictably to chemicals that could safely be used on modern concrete.

Thus, to protect the integrity of the structure, work crews — which may have to include professional conservators — must first analyze the types of paint that were used in creating the graffiti and then develop the right cleaning compounds to remove them without crumbling the cement. And, it all has to be done by hand.

"We can't emphasize enough that it's a huge and expensive task," Schenian said. "That's one of the main reasons we can't afford to allow this to happen.

"We also have to consider the many people who choose Fort Monroe as a travel destination each year. They have entrusted us to preserve a historic landmark and we must demonstrate our ability to be good stewards of the environment. They don't want to come to a national historic landmark and see graffiti.

"And we need to consider our own community," Schenian said. "This is our home and workplace … you can't really make it more plain than that."

Schenian encourages any community member who has information about acts of vandalism, to include the graffiti at Battery Gatewood, to report it to the military police at 788-2238 or 2239.

Photo by Patrick Buffett

Graffiti covers the concrete walls and floor of the upper gunpit of Battery Gatewood located atop the Casemate wall in an area near Quarters 1.

RECOVERY

Continued from Page 1

ditionally use Stillwell as the "pit area" where racing boats are hoisted in and out of the water.

Upon completion of Stilwell work, road crews are expected to move on to McNair Drive where damage assessment teams have detected small voids under the road surface, according to Simoneau. Repairs in that area will involve injecting concrete into those voids to prevent further damage and repairing the embankment and grouted riprap face. After that, they'll resurface the road.

"For safety reasons, we've limited traffic to the two inner lanes, and that's been in effect for a while," he said. "To minimize traffic delays, we will phase the repairs to two lanes at a time. Presently, the two closed lanes provide enough area for the contractors to work the embankment."

Repaving projects are also planned for Fenwick, Ingalls and Patch Roads where the long-term effects of flood damage are being felt in the form of cracks and potholes. Those projects will be completed in sequence to reduce the impact on base traffic, Simoneau said.

Deviating from road repair, Simoneau briefly highlighted a recent fix to Fort Monroe's "flood protection system." Construction crews have rebuilt the portion of earthen berm near Walker Airfield that was washed away by Isabel floodwaters. A follow-up project that begins in the next two weeks will fix a seawall breach near Battery Parrot.

"These are fixes that will carry us through until work is completed on the flood protection system that is currently under study by the Corps of Engineers," Simoneau said. Current timelines indicate the study will be completed next spring. The Casemate is following the project and is planning extensive coverage of the results in a future issue.

Moving on to the "utility system repair" category, Simoneau said contract survey crews are using small underground cameras to continue their thorough inspection of the installation's sewer system in hopes of identifying potential problem areas that can be fixed now, at a substantially lower cost, than they can if a rupture occurs.

"We know that those systems are functional, but far from 100 percent," Simoneau said. "Just like the roads, we know the flooding may have caused voids that could cause failure later on. The goal here is to find those sorts of problems and, hopefully, fix them before they result in failure."

Getting back to matters above ground level, Simoneau tackled his largest category – deconstruction of old World War II era buildings and the raising of new facilities like the ACS complex alongside the Community Activities Center.

"We are just about done with Phase II deconstruction, which primarily involves those storm-damaged buildings that were immediately in the way of new buildings," Simoneau said. Two examples are the old Thrift Shop and Monroe Credit Union structures. Both have been brought down and the site is being readied for two new office buildings that will be occupied by Futures Center employees.

The Thrift Shop has been moved to the old Walker Airfield flight operations building along Fenwick Road. The credit union was relocated into the Post Exchange complex, adjacent to the main entrance.

"In all, we're looking at 11 new buildings with completion dates between this August and March of next year. We really are talking about a transformation of many areas on Fort Monroe."

Lt. Col. Craig Simoneau
Director of Public Works and Logistics

With nothing in the way of the new ACS building, work has already begun on its foundation. If all goes according to plan, Simoneau said the building should be completed by this December.

An area has also been cleared for a new school-aged-services building adjacent to the Child Care Center. That will provide additional space for the youth activity programs that were displaced when Building 98 was declared "too costly to repair" after floodwaters destroyed walls, flooring and just about everything else below the four-foot mark.

"That contract has been awarded and I would expect construction to begin in the next month," Simoneau said. "And I think we're looking at a total building time of six to eight months."

While on the topic of youth services, Simoneau highlighted plans to build an extension of off the existing Child Care Center that would return hourly care – now situated in a temporary building alongside Walker Airfield – to a permanent home.

A start date for that project has yet to be identified.

Youth Services is also just a final inspection away from occupying their new classroom-style annex alongside the CAC. Also the U.S. Army Audit Agency recently moved into their new building across the street from the Child Care Center.

Other structures that will begin to take shape in the very near future include new storage buildings for The U.S. Continental Army Band and JTF-CS.

Also worth noting, Simoneau said, are the new VTC building and its sister TRADOC/Post Operations Center building to be constructed on the site where the old commissary was brought down. Two new admin buildings are also being built along Stillwell Road for U.S. Army Cadet Command.

"In all, we're looking at 11 new buildings with completion dates between this August and March of next year," Simoneau said. "We really are talking about a transformation of many areas on Fort Monroe."

3X15 BASS PRO

Spotlight Event

Craven hosts screening for kids

Craven Army Health Clinic is sponsoring a children's vision and hearing screening on Aug. 19 at the Community Activities Center from 8 a.m. to 4 p.m. This screening will be done on a walk-in basis for children in the community ages 4 though 7. The screening will be overseen by the Craven Army Health Clinic Optometrist - Dr. Thomas Neal

3X10 AD

Post MWR joins campaign for 'corporate identity'

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Fort Monroe community members will be seeing a lot more of the Army's Morale, Welfare and Recreation program logo in the foreseeable future as local officials representing that organization join an ongoing campaign to up their "corporate identity."

"The goal is to bring unity to the organization," said Paul Heilman, who heads the Directorate of Community and Family Activities here. "There are a lot of programs in our community – like Army Community Services and the Child Development Center – that customers don't automatically associate with MWR, and that's what we want to change."

"The logo represents the corporation. It means quality control and good business practices. And there are multiple levels to offer customer feedback."

Paul Heilman
Director of Community and Family Activities

Using corporate giants like GE, McDonalds and Nike as examples, Heilman said a successful "branding" campaign boosts customer confidence. "The logo represents the corporation. It means quality control and good business practices. And there are multiple levels to offer customer feedback."

The MWR logo has also received a bit of a facelift – in the form of a new motto, "For All of Your Life" – that better represents the goal of the organization.

"Our old motto, 'Serving America's Army,' didn't fit the joint service family we have now," said Don VanPatten, project manager. "And it kind of left out the many family members and military retirees who are a very important part of our customer base."

The new motto offers deeper meaning, VanPatten said. The multi-faceted MWR program benefits all levels of community life, from the regular workforce to family life and, of course, recreation.

"Or you might think of it in terms of the wide range of customers we serve," Heilman said. "We offer child care for infants as young as six weeks, and I know of one customer who participates in our aquatics program who is 80 years old. It truly is a program you might know all of your life."

MWR will also enhance its corporate identity by ridding itself of confusing office titles, Heilman said. The MWR program at Monroe, for instance, operates under the title, "Directorate of Community and Family Activities." At Eustis it's the "Directorate of Personnel and Community Activities." At Fort Jackson, S.C., it's just the

See MWR, Page 7

HALL NISSAN
2 X 5

BIG ALS
4 X 10.5

‘Center Stage’ concert features noted Broadway performers

Guest artists Matt Ashford and Christina Saffran Ashford –- noted television and Broadway performers — will be featured in The U.S. Continental Army Band's Music Under the Stars Aug. 5 “Center Stage” program.

Starting at 7 p.m. at Continental Park, the program will feature the husband and wife performing well-known Broadway show-tunes such as “A Grand Night For Singing,” “I Could Have Danced All Night” and “Someone to Watch Over Me.”

The concert is free and open to the public.

Television fans have enjoyed Matt's award winning, soap opera role as Jack Deveraux on NBC's Days of Our Lives. And wife, Christina, fulfilled her dream of working on Broadway to include roles as Kathy Seldon in “Singin' in the Rain” and Zaneeta in “The Music Man,” among others. She has also excelled in concert performances as a lead vocalist and in the recording and animated-voice industry.

For more information, including a full schedule of “MUTS” summer concerts, visit www.tradoc.army.mil/band or call 788-3620.

MWR

Continued from Page 5

Directorate of Community Activities.

“It's just confusion for our customers as they travel from base to base,” said Heilman, whose title will soon change to Director of MWR, Fort Monroe. Installations across the Army will bestow identical titles – aside from the location, of course – on their MWR managers.

Heilman and VanPatten also expressed excitement over the timing of this new campaign as Fort Monroe is amid a boom of MWR improvements and expansion.

“Our new coffee shop (Fitside Perk) just opened at our fitness center. They've broken ground for our new ACS building by the CAC. New school-aged-services and hourly care buildings are on the way. Our newly renovated bowling center is about to reopen. The Marina expansion, the new YAC (annex) at the CAC ... the MWR program at Fort Monroe is growing by leaps and bounds,” Heilman said.

This Casemate article is just the beginning of Monroe MWR's plan to promote the new campaign, according to VanPatten. Other measures include new building signs, which will incorporate the new logo, for appropriate MWR activities on post.

The new logo will also become a permanent fixture on Fort Monroe Command Channel 47. Future issues of the Casemate will also incorporate the new logo with stories relating to MWR events.

SUNCOM
5 X 12

Post NCO earns nod from national women's group

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

The top enlisted representative for TRADOC's Equal Opportunity program was center stage at a ceremony in Nashville, Tenn., July 21, as the Army's pick for the 2004 Federally Employed Women's Meritorious Service Award.

Friends and coworkers describe Master Sgt. Melissa Harris as a "caring Soldier who never misses an opportunity to lend a helping hand."

"Master Sergeant Harris is an advocate of equal opportunity and diversity within the military and her local community," wrote Lt. Gen. Anthony R. Jones, TRADOC's deputy commanding general, in his recommendation letter for the FEW award. "Her leadership, work ethic and strong belief in equal rights make her a role model for all to emulate."

"Every one of us needs to leave a legacy. People should talk about us when we're gone."

Master Sgt. Melissa Harris
TRADOC Equal Opportunity

The Chamisal, N.M. native truly does give new meaning to the expression "spread yourself thin."

Even if you overlook her current military duties – which require travel to other installations six months out of the year – you're still left with her board position on the City of Hampton Citizen's Unity Commission; an assortment of mentorship programs to include an email hub that draws participation from roughly 250 EO reps around the world; and the occasional church social she has been known to organize.

Oh, and let's not forget her most important responsibility … being the single mom of a rising high school senior whose aspirations of becoming a professional ballroom dancer mean frequent trips to dance recitals and auditions.

And just when you think there's no way she can do it all, she throws you a zinger like the recent project where she and her daughter converted their garage into a dance studio. Superheroes move over, there's a new master sergeant in town.

"I refuse to isolate myself in one little world," Harris said with an air of confidence that belies her tiny 4 foot, 11 inch frame. "I want to make a difference not only in my home or at my job, but in my church community and among my fellow employees at Fort Monroe."

Harris said she has never viewed her heavy involvement in community activities as an obligation. "It's sort of imbedded … it's just who I am."

Particularly proud of her responsibilities as an equal opportunity advisor, Harris said she has witnessed a profound change in her business over the past half decade. "I don't think we're viewed as the bad guys anymore. You know, those people who sit around waiting for an EO complaint to happen," Harris said.

"More people are realizing the true intent of the program, which is to recognize cultural diversity and promote understanding and harmony in the military workforce," she said. "Our leadership deserves a lot of the credit for the change. EO equals leadership. They've made it a celebration, which is the way it should be."

Within weeks of reaching her 20th year in service, which makes her eligible for retirement,

Contributed photo

Master Sgt. Melissa Harris, senior enlisted EO representative for TRADOC is congratulated during the 2004 Federally Employed Women's Meritorious Service Award ceremony July 21 in Nashville.

Harris said she fully intends to "stick around" awhile. And she's hoping she can stay in the equal opportunity business, which offers a lot of what she was looking for as a high school senior with aspirations of becoming a social worker. "I guess I really have come full circle," Harris said.

Invited to offer one piece of advice to her fellow Soldiers — she was the only person in the Army selected for the FEW award after all — Harris kept it short and simple. "Make a difference."

"I think the worst thing you can do is grow old still wishing you had done this, that or the other thing," Harris said. "Every one of us needs to leave a legacy. People should talk about us when we're gone. And not a day should pass when you're not telling yourself, 'I made a difference.'"

SCION
6 X 7

News Clips

Mandatory installation-wide personnel asset inventory
Aug. 4, 7 a.m. to 4 p.m., Bay Breeze Community Center

Professional Reading List

The Chief of Staff of the Army's Professional Reading List is available at the post library. The list is divided into four sublists which are targeted to a particular level of experience and responsibility, from cadet and enlisted Soldier to general officer. Sublist one (for Cadets, Soldiers, and Junior NCOs) contains 11 items that include *The Constitution of the United States*, and *The Face of Battle* by John Keegan.

For more information, call 788-2967 or visit the library.

4X12 VERIZON

Veterinary clinics

The Fort Monroe Veterinary Treatment Facility, building T-191 will hold medical microchip and vaccination clinics Aug. 2, 5, 11-13, 17, 18, 20, 24, 25, 27 and 30. To schedule an appointment for either clinic, call 788-2623. Hours of operation are Monday through Friday, 8 a.m. to noon and 1-4 p.m. for post registration, over-the-counter sales or information.

Historical meeting

The Historical and Archaeological Society of Fort Monroe will meet Aug. 2, at 11:30 a.m. at The Siren restaurant in Phoebus. Guest speaker, Charles Laverty, will give an illustrated talk on Confederate journalist John Mitchel, who was imprisoned at Fort Monroe in 1865. This meeting is open to the public. For more information contact David J. Johnson at 788-3935.

Hispanic Heritage Month

Hispanic Heritage Month will be celebrated Sept. 15 to Oct. 15 with the theme, "Making a Difference in Our Communities and Our Nation." Soldiers, family members and civilian employees who are interested in participating or assisting with coordinating and planning Fort Monroe's observance of Hispanic Heritage Month should contact Sgt. 1st Class Selvin Walker at 788-2373 or alkers@monroe.army.mil. Committee meetings are underway and your participation is welcomed.

New Knights needed

The U.S. Army Parachute Team, Golden Knights is accepting applications to attend their annual Assessment and Selection Program in September. A downloadable version of the application is available at www.armygoldenknights.com. To qualify, applicants must have a minimum of 150 freefall parachute jumps, flawless civilian and military records and volunteer to become Airborne qualified.

Application packets can be sent to the U.S. Army Parachute Team, P.O. Box 70126, Fort Bragg, NC 28307. For further information, contact the Golden Knight administration office at 910-396-4800.

Warrant Selection Board

The Warrant Officer selection board for MOS 140E, Patriot System Technician, will be held Sept. 13. Candidates must possess some of the minimum qualifications needed, to apply.

Minimum qualifications:

❏ Be a sergeant (E5) or above

❏ MOS of 14E, 14T, 14J or 27X or a non-listed MOS with related experience in a listed MOS

❏ Field experience - four years in MOS 14E or 27X or five years in MOS 14T or 14J

❏ Physical profile of not less than 111121.

Preferred qualifications (minimum plus):

❏ A year of experience in feeder MOS

❏ Year in a supervisory position

❏ Twenty college credit hours with a minimum of six college-level credit hours in both English and math.

❏ Written recommendation from a senior warrant officer in the same career field

Forward the completed application no later than Aug. 15 to: Headquarters U.S. Army Recruiting Command, Attn: RCRO-SM-A, 1307 Third Ave., Fort Knox, Ky. 40121-2725. For more information, email wo-team@usarec.army.mil or go to the warrant officer Web site at http://www.usarec.army.mil/warrant.

See NEWS CLIPS, Page 18

Lawyers celebrate

The Training and Doctrine Command Staff Judge Advocate ofice celebrates the Army Judge Advocate General Corps' 229th Birthday on July 29. The Army Judge Advocate General Corps has exemplified the motto, "Soldier first and lawyer always." Currently, there are over 1,500 active duty officers and 3,000 Reserve officers serving in the United States and overseas including various combat zones. Judge advocates advise commanders and their staffs on a myriad of matters, including, military justice, operational law, contract law and labor law; and provide valuable legal assistance to Soldiers and their families on personal legal matters. The current Judge Advocate General is Maj. Gen. Thomas J. Romig and the Assistant Judge Advocate General is Maj. Gen. Michael J. Marchand.

Photo by Patricia Radcliffe

MP Roll Call

MP Roll Call provides 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 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.

PMO to ID children at Aug. 7 Kid's Day

BY JASON HAYNES
MILITARY POLICE INVESTIGATOR

According to State History Guide Resources, every day in the United States 3,000 children are reported missing.

Fort Monroe Provost Marshal Office offers a service to the community known as Ident-A-Kid. This service provides the police with identifying information about a missing child, including a fingerprint, DNA sample, recent photo; height, weight, hair and eye color; other identifying features, sex, and nicknames they may answer to. It also lists the child's disabilities and medical conditions.

The photo and the fingerprints are placed on an identification card by the MPs at no cost. A sample of the child's hair may also be placed in this packet to use as a DNA sample. Ident-A-Kid is conducted by the MP Investigation Section and is highly recommended to everyone with children because it can provide you and the police a great deal of help in case of an emergency.

The PMO will hold an Ident-A-Kid on Aug. 7, at Kids' Day on the parade field inside the moat. We strongly encourage you to bring your children to the event, not only to have a good time, but to have Ident-A-Kid completed for them; it could save their lives.

For more information on SHG resources, visit their Web site at www.shgresources.com.

Traffic reminder

The Stillwell gate is now open for inbound traffic between 6 to 9 a.m., and is also open for outbound traffic between 4 to 5:30 p.m.

All four lanes on Mercury are now open for use, and to avoid congestion on Mellen St., it is recommended that you use Mercury and Stillwell.

Geico
4 X 10

Beating the Bulge

WEIGHT

Continued from Page 1

he weighed 318 pounds. "I was given high blood pressure medicine that made my weight increase."

One of the main reasons for his high blood pressure was inactivity, said the Directorate of Information Management employee. And the weight gain compounded the problem — he became diabetic and that led to depression. He was taking at least 10 pills a day to combat the three maladies.

After gaining 30 pounds in one month, he found a diabetes specialist who recommended that he begin a program of healthy eating, not deprivation, and exercise — only 15 minutes a day to start. Booker listened and, a year later, he is over 100 pounds lighter and no longer needs the prescription medicines.

"You have to look at the big picture," said Jeannette Coffman, Fort Monroe's Fitness and Wellness Program coordinator. "People have the greatest successes if they have a food plan and an exercise plan. They complement each other.

"Diet sounds like something dying … ACK," said Coffman, enclosing her neck in her hands as if to strangle herself. "People need a food plan. We have financial plans and exercise plans, why not a food plan?

"Our bodies are like fine-tuned pieces of equipment — deluxe automobiles. To feel your best and do your best, put the best in. We use good quality oils and gas in the car, why not eat well," she said.

Photos by Patricia Radcliffe

Mary Hall, a grandmother who just wanted to be in better shape, works her upper back and shoulder muscles as part of her regular routine at the Fort Monroe Fitness Center.

Food and exercise plans have been paramount to Bryant's success. As a Soldier at the Futures Center, she was concerned about her appearance in uniform and losing battles with stress, especially at home.

"My husband tried to console me with comments like, 'You know, whenever somebody is pregnant, they gain weight,'" she said deepening her voice, raising her shoulders and doing a "man walk" to imitate her husband.

Bryant said that she picked up a lot more weight during her second pregnancy than she did during her first one. Even though her husband tried to console her, at 220 pounds, this 5-foot-7-inch tall woman was still frustrated.

She started exercising at home using Taebo tapes and often found it necessary to pick up her new baby during the routine. But, she "kept on kicking."

Bryant also reduced her intake of "white things" – rice, potatoes and processed foods – and successfully lost about 25 pounds. Then, the weight loss stopped. The fat wouldn't budge; she needed something else. One of her coworkers suggested she give the Fitness Center a try and she did.

Now, encouraged by her boss, she makes an almost daily trek from her office to the gym on post for her workout. She has dropped 30 pounds since March.

"Anybody who tries to change their body image by diet alone is just fighting half the battle," Coffman said. "If they add exercise, it's like the right and left hand, they fit together and form a pair."

Furthermore, exercise generally helps to curb the appetite, she explained. It also increases metabolism, and you're more like likely to migrate to nutritional foods because you are trying to enhance your athletic performance.

"If you add 300 to 500 calories worth of exercise every day, and you take a 300 to 500 reduction in your caloric intake, that 1,000 calories a day will result in weight loss," Coffman said. "That's why people who diet and exercise find a greater measure of success."

For those wondering what it takes to achieve 300 to 500 calories worth of exercise, Coffman offered the following examples. Usually you burn about 100 calories a mile running. Walking is a little less, about 60 calories, depending on the intensity. In a 45-minute group cycling class, you'll burn approximately 600 calories.

And it doesn't hurt to start looking at food in terms of what it will equate to in exercise, Coffman noted. "A Hershey kiss is about 30 calories. You can run that mile to have three kisses. So, if you look at those equivalencies, maybe, you won't want those Hershey's kisses. If I didn't have to have the mayo on this, I wouldn't have to run that mile."

Establishing a routine is also vital to the success of a good fitness program, as Hall learned. She began her exercise program to simply strengthen her body and hopefully avoid the need for surgery for an injury she sustained in a minor accident.

She started out with a Microfit assessment, which shows strength and flexibility levels. Then she began working with a certified personal trainer, William "Russ" Russell.

"Russ set up a program and concentrated on certain areas," Hall said. "When I go in there, he'll tell me what (weight) machines to work on that day. Russ makes sure I use the proper form and pushes me to work harder. You need the encouragement from the trainers."

The fitness center also has more to offer than one-on-one training, as Bryant discovered … she jumped right into aerobics classes.

"I started with Ralph Kelly's cardio kick class. At the end he said, when we come back Wednesday, we will do this, and I thought, 'Wow, I can come back Wednesday,'" Bryant said, sounding delightfully surprised. "This is a first-class fitness facility with first-rate personal trainers. I think everyone should work out here."

Despite her enthusiasm, Bryant said she realizes it hard for some folks to hone in on the

See WEIGHT, Page 13

The before and after photos of Richard Booker are a testament to his success in dropping close to 100 pounds to date. The Fort Monroe Directorate of Information Management employee said inactivity led to high blood pressure and that led to significant weight gain, which created further health complications. Starting with just 15 minutes of exercise per day, Booker has now restored his health and eliminated the need for any medications.

Photos by Patricia Radcliffe

Firefighters train for the 'real deal'

(Above) Firefighter Matthew Blodgett adjusts firefighter Rick Ferrell's gear as they prepare to enter a smoke-filled building during a July 22 exercise. Wearing the typical 85 pounds of protective clothing and respirator, firefighters must search an abandoned two-story apartment, find one (maybe two) rescue dummies and bring them outside. (Photo right) Firefighter Sheldon Cuffee completes the challenge by bringing "Rescue Carl" to safety. According to fire chief Delinor Vantree, post firefighters receive classroom training and participate in hands-on exercises frequently throughout each month.

WEIGHT

Continued from Page 12

Capt. Demetris Bryant concentrates on her moves during the Fitness Center's Power-Flex group exercise class, which is one of several cardio classes held at the gym.

health and well being that seems to resonate through the Fitness Center. Some, like Booker, had a hard time getting through the front door.

"The hardest thing I ever did was come to the Fitness Center for fear of being laughed at because I was so huge," Booker said. "I came over a couple of days and just observed the people going in and out."

After seeing people with whom he could relate, he made his primary visit to the Fitness Center and started his 15 minutes of exercise. After a couple of workouts, he was approached by a staff member who encouraged him to continue. He was surprised.

"We are a close-knit group," Coffman said. "We can key in on that new face and say, 'oh, that person is new so they may need some help.' And we're quick to bring them into the fold, because we know we might have just that right program or class that they'll enjoy and will keep them coming back."

Booker now works out for about an hour every day. Using an elliptical machine, he has carved out a new physique. His former 52-inch waist is now a svelte 32 inches.

Hall, who works out three to four times a week, also advises: "keep working at it. It may seem like a long, drawn-out process, but I feel so good after a workout that I sometimes even go home and mow the grass. It's kind of like running; the first mile is the hardest."

"I've talked with people who are nervous ... they haven't exercised for years, and they don't want to do too much," Bryant said. "But I keep trying to encourage them to come out. All it takes is a little time and effort."

The Fort Monroe Fitness Center is part of the Morale, Welfare and Recreation program.

Monroe hosts rally to ready voters

In honor of Federal Voter Registration Month, an informative and informal voter registration rally will take place Aug. 11 from 1 to 3 p.m. at the Bay Breeze Community Center.

Comments by Col. Perry D. Allmendinger, garrison commander, will kick off the rally. Then Vickie Williams, Uniformed and Overseas Citizens Absentee Voting Act Coordinator for the Virginia State Board of Elections, will speak.

Voting assistance officers from Fort Monroe will be prepared to answer questions, talk about elections and help fill out absentee ballot request forms.

For more information, call Sgt. 1st Class Teruce Roseman at 788-3616.

Surgeon issues mosquito warning

Any Fort Monroe community member enroute to the Washington D.C. area should insure they have adequate protection against mosquitos, according to the command surgeon for TRADOC and U.S. Army Accessions Command.

The warning is the result of 48 confirmed mosquito pools, which may carry West mile Virus. The pools were found in both Fairfax and Arlington Counties.

Insect repellant containing DEET affords the best protection, the command surgeon advised. Mosquito protection is particularly important during early morning and late evening hours when flying insects are particularly active.

Sports & Health

Got any sports results?
Need to advertise an upcoming event?
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.

Photos by Patricia Radcliffe

Tumble time

(Photo left) Gymnastics coach, Kelly Wilson helps Teresa Cal (9) complete a move where Cal runs up to a "cheese wedge," jumps and springs forward on her hands. (Above) Gretchen Ingram (8) awaits a signal from the coach before attempting to rotate around bar on the last day of a gymnastics clinic held at the CAC July 22.

Prizes, games highlight post's annual Kid's Day

Fort Monroe's annual Kid's Day will take place Aug. 7, on the parade field inside the moat.

The opening ceremony is scheduled for 10 a.m. with a parade around the field. There will be games, prizes, and activities for children of all ages.

Every participant will win a prize and qualify for door prizes. There will be face painting, balloons, and clowns.

We will also have information booths and displays for parents. All who come will also be treated to free hot dogs, soda and chips.

As always, in order to make this event a success, we need volunteers. For more information on this program or if you would like to volunteer, contact Army Community Services at 788-3878.

Cadet Command extends invitation to inaugral Eustis golf tournament

U.S. Army Cadet Command will host an Inaugural Golf Tournament at the Pines Golf Course, Fort Eustis on Sept. 2.

The four-person, captain's choice tournament with shotgun start will begin at 11:30 a.m.

Cost of the tournament is $35 per person and fees will cover greens fee, cart, dinner and awards ceremony.

A longest drive and closest to the pin contest will be a part of this event. Mulligans will also be made available for participants.

Those interested are asked to pre-register by contacting Capt. Lawrence George at 788-3909 or Lawrence.George@usacc.army.mil.

AD

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Fort Monroe Bowling Center grand re-opening draws near

BY CHIP WIKAN
BOWLING CENTER MANGER

The big re-opening day of the renovated Fort Monroe Bowling Center is near at hand.

The excitement among the staff is electrifying as this showcase facility becomes a reality. Aug. 13 is the tentative reopening date. An announcement will be made via post email and the command channel if the date changes.

Everyone on post is encouraged to visit "Fort Monroe Bowl," and witness the excitement of the grand re-opening. You will experience a totally different atmosphere from what you knew last year.

Modern pinsetters have been installed along with new synthetic lanes, large-view scoring screens and a lighting system that is unbelievable.

The snack bar will also be completely different along with bowler seating and carpet areas. No facility on the Peninsula will match what we will have here, and that includes the refitted Pro Shop with all your bowling needs.

The grand re-opening will feature a drawing for new Ebonite bowling balls for 24 children, who will be participating in our fall Young American Bowling Alliance league set to begin in September.

Ebonite, a leading bowling ball equipment manufacturer, is the primary company completing the renovation project.

Brunswick Corporation, another bowling company helping out in the renovation, and Lomar will also give away a set of bowling balls each.

Professional Bowling Association merchandise and "Bowling Bucks" will also be available.

Last year we revived youth bowling here at Fort Monroe on Saturday mornings. We expect a much larger turnout for this coming bowling season.

We strongly encourage parents to have their children participate in the YABA-sanctioned program this year. They will not only be bowling in their own age groups, but will have competition with other military (and possible civilian) bowling centers during special league events.

We're ready to accomodate the adult league bowlers as well. Last season we had seven sanctioned leagues and we expect those leagues to return. Of course, we encourage post unit participation and welcome training program coordinators to give us a call if they would like to set up a special unit event or maybe even a league of their own.

In preparation for our youth bowling season, we invite interested participants to call Chuck McIntyre, league manager, at 788-3595 or 2939 for details. We would like to have a count of youth participants for the coming year. This will allow us to have sufficient YABA-sanctioned materials on hand for the coming season.

Fort Monroe Bowl is a Morale, Welfare and Recreation sponsored program

Peninsula hockey association seeks youth players for '04 season

The Peninsula Youth Hockey Association will hold its final youth hockey registration program on Aug. 15 from 2 to 5 p.m. at the Iceplex in Yorktown.

Downpayment of $100 (nonrefundable) is required upon registration for house teams, while a $50 downpayment is required for travel/select team registration.

Team rosters will close upon reaching the maximum number of players ... so those interested are encouraged to arrive early.

Don't miss the opportunity to play hockey in the area's premier hockey league! For more information, call Walt Hudson at 391-0495 or Jane Jollota at 867-9005.

Youth services poll to measure interest in hop hop dance classes

Youth Services is conducting a community poll to determine if any local youngsters would be interest in taking Hip Hop Dance Classes.

If you are interested, call 788-2430 and give them your name, age, phone number and, if desired, the day you would prefer if classes are scheduled.

Intramural Standings

Softball

National League		American League	
1 CMS	8-0	LRS #1	7-1
ACC/IG	7-2	FM MOAT DOGS	7-1
1 CONS	6-2	1 DGS #1	10-3
ACC/CG	6-2	FM/DCST	8-3
ACC/SF	6-3	AMXS #1	5-2
EMS #2	3-4	1 MDG	4-3
AMXS #2	3-5	ACC/LG	5-5
LRS #2	3-6	1 SFS	4-5
FM JTFCS	2-6	480 IG	3-6
AEF/CTR	2-8	FM/MP	2-5
FM/CC	1-7	1 CES	2-6
		119 FW	2-6
		MOS	2-10
		1 CS	1-8

Standings as of July 27. Many win/loss totals remain unchanged as inclement weather has postponed numerous games. For more info about game schedules, call 788-2783.

Golf

DCSPIL/NERO	67.5 pts
DPW	56 pts
HQ	54.5 pts
JYF-CS	53 pts
DCSOPS&T	45 pts

The Bay Breeze Patio Grill is back!
Call 788-5656

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Moat Notes

Upcoming Spotlight Events

Post Retirement Ceremony . . . June 30
'Broadway Spectaular' . . . . . Aug. 5
Kid's Day . . . . . Aug. 7
Newcomers Orientation . . . . . Aug. 12
Clean Sweep Walk. . . . . Aug. 17
MUTS 'Listener's Choice' . . . Aug. 19
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.

A typical Monday morning

Photo by Patricia Radcliffe

An unidentified lawn maintenance man peers at photographer Na'dere as he preps Christina Thompson for a wedding shot as makeup artist Sy Martin holds her veil near the Gazebo July 19. Na'dere has photographed brides using Fort Monroe's scenery for about eight years.

July 30

'KidPop' concert

The six-week "Storytelling in the Park" series, sponsored by Freedom Ford, will conclude today with a KidPop concert featuring Judy Pancoast, an award-winning children's author and composer. The show begins at 12:30 p.m. at Bluebird Gap Farm in Hampton.

The concert will last 45 minutes, leaving plenty of time to explore the farm – which features more than 250 domestic and wild animals including a mountain lion, bobcat, pheasants, ponies and birds of prey.

For further information, call 727-8311 or visit www.hampton.gov/parks.

Boston Pops tickets

Tickets for a Dec. 3 performance by the Boston Pops go on sale today at the Constant Center Box Office on the campus of Old Dominion University; the Virginia Arts Festival Box Office at MacArthur Center and Ticketmaster outlets. The cost ranges are between $26.50 and $101.50.

Those who wish to attend are encouraged to buy their tickets early as past performances have sold out quickly.

For additional ticket information, call 282-2822.

July 31

Phoebus folk concert

Virginia's "rustic renaissance man," John McCutcheon, returns to the American Theatre in Phoebus Saturday for an 8 p.m. concert.

Having mastered twelve different traditional instruments, McCutcheon has not only earned notoriety in the music business, but has also received five Grammy nominations. Critics describe his storytelling style as comparable to performing legends like Will Rogers, Arlo Guthrie and Garrison Keillor.

For information and tickets, visit www.theamericantheater.com or call 722-2787.

Aug. 1

Final Tidewater Winds concert

The Tidewater Winds will wrap up their 2004 Summer Concert Series Sunday with a "Grande Finale" performance at Willett Hall, Portsmouth, beginning at 7:30 p.m. Junior and senior high students representing schools as far north as Williamsburg are among the performers. The event is free and open to the public.

For more information and directions to Willett Hall, visit the concert group's website at www.homestead.com/tidewaterwinds.

Aug. 2

Oceans in Motion

The Virginia Aquarium's Oceans in Motion mobile display returns to the oceanfront Monday evening as part of the Beachstreet USA evening events.

Outfitted with enough aquariums to hold almost 500 gallons of water, Oceans in Motion features a diverse range of marine life in displays that replicate their natural habitats in the waters of Virginia.

Virginia Aquarium educators will be on hand to talk about the habitats and challenge visitors with brain buster quizzes.

There is no fee to visit Oceans in Motion. The display is open from 6:30 to 9:30 p.m. Additional oceanfront visits are planned throughout August.

Visit www.vmsm.com for more information.

Aug. 3

Summer in Blue concert

The United States Air Force Heritage of America Band kicks off its Summer in Blue Concert series with a show titled "Olympic Dreams," Saturday at Memorial Park on Langley Air Force Base.

Additional shows are planned for each Saturday in August at the same location. All performances begin at 7 p.m. The public is invited. And, if you miss a Saturday performance, you can still catch up with the band Sunday evenings at Merchants Square in Williamsburg.

Those shows are free and open to the public. All performances begin at 6:30 p.m.

For more information, visit the band Web site at www.af.mil/accband or call their InfoLine at 764-2934.

New museum hours

The Virginia War Museum in Newport News will change its operating hours Tuesday. The museum will be open Monday through Saturday from 9 a.m. to 5 p.m., and Sunday from 1 to 5 p.m.

Admission cost to the museum is $6 for adults, $5 for seniors and active duty military and $4 for children ages 7 to 18. The museum is located in Huntington Park along Warwick Blvd. For more information, call 247-8523.

Aug. 4

A hearing adventure

Poquoson Public Library will treat children to an experiment in sound Wednesday with a program titled "Do you hear what I hear" that's being led by experts from the Virginia Air and Space Center.

Can a sound wave blow out a candle? How do we hear the beat or the bass of a boom box? These questions and more will be explored during the program, which begins at 11 a.m. The program is open to all ages. Those who are interested can register at the library's circulation desk. The library is located at 500 City Hall Avenue in Poquoson. For further information, call 868-3060.

Aug. 7

Coyote Run concert

A free outdoor concert featuring "Coyote Run" will begin at 7 p.m., in the Grace Episcopal churchyard, Yorktown. Appalachian and maritime traditions are presented in Coyote Run's unique and rich storytelling style of music.

Instrumentation includes guitars, mandolins, accordion, flutes, whistles, digeridoo, bagpipes and more.

Participants are encouraged to bring a chair, blanket and picnic supper. For more information, call 898-4490.

At The Movies

Showing at the Langley Air Force Base Theatre

Friday, July 30
7 p.m. — Two Brothers (PG)
Saturday, July 31
2 p.m. — Dodgeball: A True Underdog Story (PG-13)
7 p.m. — No show
Friday, August 6
7 p.m. — White Chicks (PG-13)
Saturday, August 7
2 p.m. — The Notebook (PG-13)
7 p.m. — No show

Adults $2, children 6-12 years old $1.50 and children under 6 are 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 LowJ@aafes.com or 766-1237 for details.

Aug. 7

Colonial culture festival

Endview Plantation in Newport News will host a two-day festival devoted to the Colonial cultures of the Africans, Irish, Native Americans and Scottish (and their impact on today's society) Aug. 7 and 8.

Each day will include music, storytelling, food vendors and Colonial role players.

Admission is $7 for adults. Tours of the house are a separate charge — $6 for adults, $5 for seniors 62 and older and $4 for children 7 to 18. Endview Plantation is located along Yorktown Road, near the Naval Weapons Station and Newport News Park. From I-64, take exit 247 and follow the trailblazing signs.

Midway slots cruise

On Aug. 7, the Chesapeake Bay Midway Slots Cruise sets sail from Portsmouth for the first time.

Guests will climb aboard the luxury vessel "Freedom" for a round-trip cruise to Crisfield, Md., which is just a short motorcoach bus ride away from Midway Slots in Delaware. A side trip to Tangier Island is also included, as well as all meals and lodging.

The cruise departs from Olde Towne's High Street Landing on select Saturdays and Tuesdays throughout August and September. The package cost is $175 per person, based on double occupancy for the hotel.

Participants must be 21 years old to enter Midway Slots. For more information, call 1-800-863-2338 or visit www.tangiercruises.com.

Aug. 11

League helps new mothers

The non-profit, mother-to-mother support group, La Leche League, will hold its monthly meeting Aug. 11 in Hampton.

The support group welcomes new mothers, whether they are currently nursing newborns or still awaiting a new birth.

For directions to the meeting or more information, call 851-5986 or 220-9187.

Aug. 12

Godzilla movie rampage

Williamsburg library will celebrate Godzilla's 50th birthday with a Thursday afternoon film series beginning Aug. 12.

It was way back in 1954 that Godzilla first stomped his way through Tokyo in a Japanese horror movie titled "Gojita." Fifty years and 22 films later, the big "G" is still going strong. Three of his movies, beginning with "Godzilla, King of the Monsters" and ending with "Godzilla vs. Megaguirus," will be shown.

Show times are from 2 to 4 p.m. Admission is free and reservations are not required. For more information, call 259-4050.

Aug. 14

Babysitting class

The American Red Cross is offering a babysitting class for youth ages 11 to 18 Aug. 14 at the Poquoson Public Library.

Instruction includes basic first aid and tips for taking care of young children. Participants are encouraged to sign up early, as space is limited. The cost of the class is $35, which must be paid by check at the time of registration.

The library is located at 500 City Hall Avenue in Poquoson. For more information, call 868-3060.

Library poets' forum

Aspiring poets have an opportunity to read their work in a public setting as the Williamsburg Library hosts its Poets' Forum Aug. 14 beginning at 3 p.m. The forum is also open to those who wish to read poetry written by others that has touched their lives.

The forum is free of charge. The program will continue on the second Saturday of each month. For more information, call 259-4070.

Chamber Music of the 19th Century

Which melodies inspired the fluid brushstrokes of Claude Monet and Pierre Renoir? Which harmonies motivated Paul Gauguin's choice of colors? Violinist Natalia Kuzanetsova and pianist Oksana Lutsyshyn will bring the Chrysler Museum's collection of 19th-century French art alive with a special program of 19th-centruy French chamber music. Featured composers include such luminaries as Claude Debussy and Maurice Ravel. The performances will begin at 2 p.m.

At 3 p.m., there will a public tour of the 19th-century French art gallery.

Cost for both is included with museum admission.

Aug. 17

Who gets Grandma's yellow pie plate?

An educational workshop to assist families with the transfer ofnon-titled property is being offered by the Virginia Cooperative Extention Office in Newport News.

Few people plan ahead for the transfer of non-titled property. This workshop provides an opportunity for individuals, couples and families to begin discussion and the process of non-titled property transfer.

Pre-registration is required for this free workshop. Call 591-4838 to register.

Aug. 20

Forces of Nature

The new IMAX film "Forces of Nature" opens Aug. 20 at the Virginia Air and Space Center, Hampton.

Participants will encounter the Earth's fiercest powers and the death-defying science of studying awesome forces of nature like volcanoes, violent earthquakes and tornadoes. All of it will be shown on the five-story-high IMAX screen and enhanced by16,000 watts of digital surround sound.

For show times and advance ticket purchase, call 727-0900, ext. 703 or visit www.vasc.org.

Aug. 21

Nansemond Indian tribal pow-wow

Music, dance, authentic crafts and food will be a part of this two-day celebration that takes place at Lone Star Lakes Park.

Call 757-923-2360 or visit www.Suffolk-Fun.com for more information.

Aug. 28

Mystery history tour

Edgar Allan Poe, Pocahontas, Richard Decauter Lee and several other 19th century characters will visit the grounds of Lee Hall Mansion Aug. 28 to help visitors complete a Mystery History Tour.

During this family-oriented event, guests will hunt for clues on the grounds and interview the visiting literary and historical giants. Performances will take place at 6 and 7 p.m. Reservations are required. The cost is $7 per person.

Lee Hall Mansion is located just north of Newport News Park. From I-64, take exit 247 and follow the trailblazing signs. For more information, call 888-3371 or visit www.leehall.org.

Virginia Symphony Concert in Yorktown

The Celebrate Yorktown Committee proudly presents the eighth annual free concert featuring the Virginia Symphony. Arrive early with your chairs, blankets and picknic basket for preconcert appearances. The concert will be held at the Yorktown Victory Monument from 6-10 p.m.

call 757-890-4490, email olsen@yorkcounty.gov or visit www.yorkcount.gov/cyc for more information.

Sept. 4

March of Dimes ride

Close to 400 motorcyclists are expected to join the Greater Hampton Roads March of Dimes ride and fundraiser to help fight premature birth Sept. 4 beginning at Chesapeake City Park.

The event is open to all motorcyclists. Interested riders can sign up by contacting the local March of Dimes chapter at 361-0000. The registration fee is $25, which includes a t-shirt, the official ride pin and lunch. Prior to the event, riders will be encouraged to collect contributions from family, friends and coworkers.

Further information can also be found on the March of Dimes website: www.marchofdimes.com.

Hoop skills

Photo by Patricia Radcliffe

Gretchen Ingram, 8, shows off her hula-hooping skills at the Community Activities Center July 22.

CHAPLAIN Continued from Page 2

same motives as yourself – since all these qualities induce loyalty…Since happiness is our best and highest aim we must, if we would attain it, give our attention to virtue, without which we can obtain neither friendship nor any other desirable thing. [Marcus Tullius Cicero]

Be slow in choosing a friend, even slower in changing. [Benjamin Franklin]

So long as we love, we serve. So long as we are loved by others, I would almost say we are indispensable; and no man is useless while he has a friend. [Robert L. Stephenson]

True happiness consists not in the multitude of friends, but in their worth and choice. [Ben Johnson]

No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other's worth. [Robert Southey]

The only rose without thorns is friendship. [Madeleine de Scudery]

When befriended, remember it, when you befriend, forget it. [Ben Franklin]

The first foundation of friendship is not the power of conferring benefits but the equality with which they are received, and may be returned. [Junius]

I do then with my friends as I do with my books. I would have them where I can find them, but I seldom use them. [Ralph W. Emerson]

Friendship is a thing most necessary to life, since without friends no one would choose to live, though possessed of all other advantages. [Aristotle]

The feeling of friendship is like that of being comfortably filled with roast beef; love, like being enlivened with champagne. [Samuel Johnson]

Nothing makes the earth seem so spacious as to have friends at a distance; they make the latitudes and the longitudes. [Henry David Thoreau]

Friendship, like love, is destroyed by long absence, though it may be increased by short intermissions. [Samuel Johnson]

Greater love hath no man than this, that a man lay down his life for his friend. [St. John 15:13]

NEWS CLIPS Continued from Page 10

Thrift Shop reopens

The Thrift shop will open for business Sept. 14 at 10 a.m. Business hours are Tuesdays and Fridays from 10 a.m. to 2 p.m. Consignment hours are 10 a.m. to 1 p.m. on those days. Volunteers are always needed and welcomed. For more information, call 788-2566.

TCC tuition benefits

New Virginia legislation provides eligibility for in-state tuition at public colleges for spouses and children of active-duty military personnel in their first year of assignment in Virginia.

This benefit can result in substantial student savings for military families from out of state. At TCC, in-state tuition is $63.70 per credit hour while out-of-state residents pay $209.65 per credit hour.

TCC will host open houses for military families at all four campuses July 28 and 31 to explain the new in-state tuition benefit and how to apply for it. Hours are July 28, 11 a.m. to 7 p.m. and July 31, 10 a.m. to 1 p.m.

For maps to TCC's four campuses, visit their Web site, www.tcc.edu, and search under "campus locations."

For more information, call TCC's Information Center at 822-1122.

Fall/Winter catalog

The 2004 All-Services Fall/Winter catalog is bursting with brands service members trust, quality they deserve and value only found at the Exchange.

The Exchange Services' newest catalog salutes the military family by offering products designed to meet their unique needs. Whether buying a gift, redecorating, upgrading, or just shopping for essentials, this 600-plus-page catalog has something for every member of the military family.

Prices in this catalog are valid July 22 through Jan. 14, 2005 and anyone with Exchange privileges can order from it.

Orders can be placed by mail, fax or phone. To place orders toll free from the United States, Puerto Rico or Guam call 1-800-527-2345. AAFES' catalog center is open around-the-clock, seven days a week and complimentary international access calling is available from several countries.

Customers can also shop on the Internet at aafes.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

Computer recycling

Consumers can take old computers and other electronics to Office Depot stores for free recycling (no purchase is necessary to participate) through Labor Day.

Office Depot will accept computers, monitors, and most other peripherals; digital cameras, copiers, fax machines; cell phones, PDAs and TVs (27 inches or smaller). Customers can recycle one item per day (PCs and peripherals count as a single item).

This collection program is a partnership between Office Depot and Hewlett-Packard, but all electronic brands will be accepted. To locate the nearest store, log on to www.officedepot.com.

Users of this free service should read Office Depot's Terms and Conditions at the following web site: http://www.officedepot.com.

The consumer is responsible for removing any personally identifiable data from the products turned in to Office Depot.

Lightship reopens

After two years of restoration, The Lightship Portsmouth is welcoming visitors to trace crewmembers' footsteps and imagine the rolling sea underneath. The museum reopened Memorial Day and resumed its tours and visitation hours for the summer.

The Portsmouth Museums Foundation funded the $500,000 renovation. According to Museums Director Nancy Perry, much of the restoration took place on the exterior of the vessel.

The Lightship was constructed in 1915 and served for 48 years off the coasts of Virginia, Delaware and Massachusetts helping mariners avoid dangerous shoals and enter safely into harbors at night. The ship anchored at various locations at sea and remained at each post for months at a time.

In 1964, The Lightship was transferred to Portsmouth and was renamed Lightship Portsmouth.

The ship is stationed at Water and London streets on the Portsmouth Waterfront. The Lightship Portsmouth is a National Historical Landmark and is open to the public to view artifacts, uniforms and photographs.

Lightships have their roots in lighted floats used during the Roman Empire. Roman galleys — patrolling coastal areas to protect merchant vessels from pirates — used fire baskets atop the masthead to notify merchant vessels and to warn pirates.

The first lightship in the United States was placed near Willoughby Spit in 1820 and was then relocated to Craney Island. By 1917, the majority of these vessels lined the East Coast.

The Lightship Portsmouth is open from 10 a.m. to 5 p.m. Mondays through Saturdays and 1 p.m. to 5 p.m. on Sundays. Summer hours will continue through Labor Day.

The museum is not handicapped accessible; however, there is a video and display of Lightship Portsmouth featured nearby in the Portsmouth Naval Shipyard Museum. The $3 admission includes both museums. For further information, contact Nancy Perry at 757-393-8718 or visit www.portsnavalmuseums.com.

Summer carriage rides

Guests can enjoy summer evenings and experience the streets of Olde Towne during horse and carriage rides, offered by Ever After Farms.

Carriage rides feature a circa 1816 restored surrey service. It travels Olde Towne's historic streets on a designated route starting from Water and Harbor streets.

The rides operate on a first-come, first-served basis; however, appointments can be arranged.

The service operates six days a week: Tuesday through Thursday: 6-10 p.m.; Friday and Saturday: 6-11 p.m.; and Sunday: 9 a.m.-1 p.m.

Rides from Olde Towne to the NTELOS Pavilion are available on Sundays from 6 to 10 p.m. on evenings that a concert is scheduled. Carriages can hold three people and are $10 per person. Wagon rides are available during the holiday season and can accommodate 15 people, and are $8 per person.

For more information, please contact Richard or Lynn Nash at 757-967-9008.

River Taxi Tug

Bypass heavy traffic and enjoy the Elizabeth River while heading toward a Portsmouth-Norfolk destination on a new water taxi service presented by Squyres Marine Services.

Stops on the river include any destination in the Olde Towne area of Portsmouth or the downtown area of Norfolk, including service to moored vessels in the Crawford Bay anchorage. Some of the more popular stops include Olde Towne's High Street Landing and North Ferry Landing, along with Norfolk's Waterside and Harbor Park.

The service will eventually be offered year-round. Although service is currently limited to Friday and Saturday evenings, it may extend to seven days a week by next summer.

Private charters are available to wedding parties, birthday parties, and those who want to enjoy the water at night.

Rates are $5 for adults and $3 for children 12 and under for any location within the defined zone or for a 20-minute guided tour. A $2 discount coupon is given with each fare, to be used for a return trip or another ride. For more information, call 757-439-1939.

A little slice of home ...

Soldiers at Forward Operating Base, Tarin Kwot, Afghanistan, rummage through a "care package" of personal hygiene items, peanut butter, cookies and other non-perishable items provided by the Fort Monroe community. Beth Sigler, youth programs director at the Community Activities Center here, has been part of the MWR staff in Kandahar since March, and has been instrumental in delivering post-donated items to the troops.

Army *News*

Army moves up fielding of Future Combat Systems

BY GARY SHEFTICK
ARMY NEWS SERVICE

WASHINGTON — The Army plans to accelerate the fielding of some Future Combat Systems such as armed robotic vehicles, unattended ground sensors and unattended munitions.

The Army is taking advantage of leaps and bounds in wireless technology to "spiral" FCS development, said Lt. Gen. Joseph L. Yakovac, military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology. He said spiraling allows for a more flexible approach to system development, to add technology as it emerges.

"The Army evolves by putting future ideas forward as they become available," Yakovac said.

Army leaders also plan to field sooner, to more of the force, an automation network known as the "System of Systems Common Operating Environment," or SOSCOE. Yakovac likened SOSCOE to the "windows" operating system of a computer, but infinitely larger, and said the network will allow units to "plug and play" the FCS pieces.

"We are basically building the Internet you use every day and moving it into battle space," Yakovac said. He added that it's a big challenge to make that network secure, yet accessible by all Soldiers and integrated with all systems.

Future Combat System technology will be inserted into the brigade-sized units of action the Army is establishing, said Brig. Gen. Charles Cartwright, program manager for the FCS UAs. He said one of the UAs will be selected as an "experimental unit" to test all the new FCS technology in 2008. A projected 32 of the 43 UAs will be fielded with some FCS capabilities by 2014, he said.

Over the life of the FCS program (2O25 plus), 15 selected UAs will become FCS Units of Action, Cartwright said. These units will be fielded with all 18 of the Future Combat Systems, he said, and they will have extraordinary capabilities.

The rest of the modular UAs are still slated to receive the network and some of the FCS developments. For

See FCS, Page 20

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FCS

Continued from Page 19

instance, the Non-Line of Sight Launch System, or "rockets in a box," as Yakovac called them, are intended to be fielded widely. This pod of missiles can be aimed and fired from miles away.

The unmanned sensors and robotic vehicles are also intended for wide dissemination, officials said. In fact, they said a small unmanned robotic vehicle is already being used today in Iraq and Afghanistan to detect mines.

Part of this week's FCS announcement included "buying back" five of the Future Combat Systems that had been previously deferred. Added back to the FCS list are:

o Armed Robotic Vehicles (ARV Assault and ARV RSTA [Reconnaissance, Surveillance and Target Acquisition])

o Recovery and Maintenance Vehicle

o Intelligent Munitions Systems

o Class II Unmanned Air Vehicles (medium size)

o Class IV UAVs (capable of large payloads of both sensors and weapons and able to hover like a helicopter to maneuver up, down and sideways.)

In order to fund the development of the five new systems, the rate of purchase for the eight manned FCS vehicles will be slowed down slightly, officials said. But research and development for all the FCS vehicles will continue on schedule, Yakovac said.

A "demonstration" version of the first manned FCS vehicle, the Non-Line of Sight Cannon, is now being tested at Yuma Proving Ground, Ariz. The NLOS Cannon vehicle has a 155mm weapon and weighs less than 24 tons.

It's light, but can handle recoil, said Daniel Pierson, who works for the assistant secretary of the Army (Acquisition, Logistics and Technology).

The current NLOS Cannon vehicle runs on rubber tracks, but Yakovac stressed that the decision has not yet been made whether the manned FCS vehicles will be tracked or wheeled.

"We're looking to combine the best of both (wheeled and tracked capabilities) in these vehicles," Yakovac said.

Another change announced this week is that all manned vehicles will receive active protective systems. Yakovac said that decision stems from lessons learned in Iraq.

"In a 360-degree fight, everything needs protection," Yakovac said, even support vehicles.

"A lot of capability can be brought to a vehicle by software," Yakovac said. For instance, he said the FCS vehicles will have digital command and control, automatic target acquisition, the Joint Tactical Radio System, and the Warfighter Information System – Tactical, known as WIN-T, and more.

Officials plan to field the first FCS vehicles in 2008 and spiral the development to most of the Army by 2025. In the meantime, however, and for years into the future, the M-1 Abrams tank, Bradley Fighting Vehicle and other current weapons systems will remain important, said Lt. Gen. Benjamin S. Griffin, Army deputy chief of staff for Programs, G8.

Other Future Combat Systems include:

o Infantry Carrier Vehicle

o Command and Control Vehicle

o Mounted Combat System

o Recon and Surveillance Vehicle

o Non-Line of Sight Mortar

o NLOS Cannon

o NLOS Launch System

o Medical Treatment and Evacuation vehicle

o Unattended Ground Sensors

o Class I UAVs (small)

o Class III UAVs (fixed-wing)

o Unmanned Countermine MULEs

o Unmanned Transport MULEs

When talking about FCS, Yakovac often refers to "18 systems plus one." The one is the "network," he explained.

The Soldier is going to be "a node in the network," Yakovac said.

"The guy in the middle is the Soldier…" he said "and if we don't do all that we can to make his life better, then we have failed."

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Army posts to grow with BCT positioning

BY SGT. LORIE JEWELL
ARMY NEWS SERVICE

WASHINGTON, D.C. – A number of Army installations will grow by several thousand Soldiers in the next few years as a result of decisions on where new brigade combat teams (units of action) will be temporarily based, according to senior Army officials.

Permanent locations will be decided during the 2005 Base Realignment and Closure process, also known as BRAC, the officials said.

"It is an operational necessity right now to build these brigade combat team units of action and get them into the field as quickly as possible,'' said Brig. Gen. David Ralston, director of force management in the Army's G-3, at a media briefing.

In the thick of fighting the Global War on Terror, the Army is transforming from a division-based force into smaller, more rapidly deployable brigade-based units of action that will provide greater combat power. Plans call for 43 modular brigade combat teams (units of action), or BCT (UA)s, to be in place by fiscal year 2006, up from 34 brigades the Army has now. The National Guard will also transform its current combat force to 34 modular BCT (UA)s, officials said.

The Soldiers will be assigned to the new units of action through cross-leveling, PCS moves, and straight out of advanced individual training, or AIT. Some will also be transferred from Korea and other overseas locations, and after completing drill sergeant and recruiting tours. Officials pledged to limit back-to-back combat tours as much as possible.

Once permanently stationed with a new unit of action, the Army will make every effort to allow Soldiers to remain at an installation for up to seven years.

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