

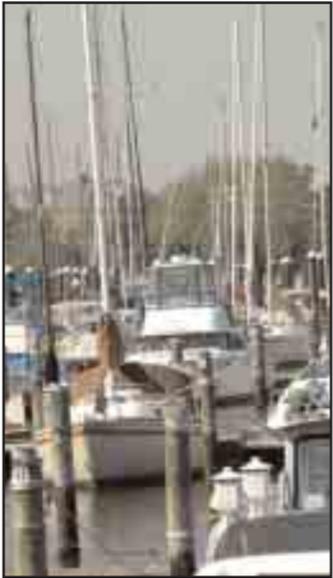
Casemate



Tides Military Night

The Norfolk Tides will be hosting a Military Appreciation Night at Harbor Park tonight. The gates open at 6 p.m. for celebration leading up to the 7:15 game.

What's Inside



Dock on the bay

Old Point Comfort provides safe haven for mariners.
..... Pages 12-13

Town hall results

Questions and answers from April 29 town hall meeting.
..... Page 5

'I Quit'

Post employee enjoying his breath of fresh air.
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Tribute to graduates

The Casemate is planning a tribute to graduating high school seniors of the Fort Monroe community for the May 28 issue, and we need your help identifying those individuals.

Names must be submitted in writing to casemate@monroe.army.mil no later than May 21. Please include the name of the high school and highlight valedictorian/salutatorian students. For more information, call 788-3531.

Memorial Day

Time to remember



File photo by Patrick Buffett

A 233rd Military Police Detachment Soldier leads the joint service color guard during last year's Memorial Day observance at Hampton National Cemetery.

Community to honor vets with flags, flourishes

Post community members looking for ways to show their patriotic spirit during the upcoming Memorial Day weekend have several local options to choose from, to include special observances at Hampton National Cemetery and here at Continental Park.

On May 28, Fort Monroe will team up with an assortment of civilian volunteers to adorn the gravesites at Hampton National Cemetery with more than 28,300 U.S. flags.

"Fort Monroe is a grand place to work with people who pull together," remarked event coordinator Dina Groesbeck, acting director of DPTMS. "There were plenty of people last year who remarked how this event has grown from a handful of people to over 250 Soldiers, employees, family members and students from (local) elementary schools."

Cemetery administrators have also expressed genuine gratitude for the effort. "Without (the volunteers), it would be very costly to get this done," H. D. Hardamon, cemetery administrator, said following last year's event. "We simply don't have a big enough staff anymore to accomplish this on our own, and it would cost us around \$6,000 to contract the work. So what's being accomplished is very meaningful."

Inside

REO Speedwagon will headline pre-Memorial Day concert May 29.
... Story on Page 4

See MEMORIAL, Page 4

Post exercise to test emergency response

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Several Fort Monroe agencies, along with "players" from as far away as Picatinny Arsenal, N.J., will team up for a late-May exercise here to test emergency response plans for potential terrorist threats and natural disasters.

Operation "Strong Defense," set for May 25 and 26, will be the first oppor-

"It's extremely important to develop a clear focus as to what each agency's precise responsibility would be in a time of crisis."

Bill Moisant

Installation Anti-Terrorism Officer

tunity for the IMA Northeast Region Office — headquartered at Fort Mon-

roe — to analyze its role in disaster and threat response on a region-wide scale. Other participants, like Headquarters TRADOC and Fort Monroe garrison, will also use the opportunity to hone their local response plans.

"This is separate from force protection; we're clarifying crisis operations," said Bill Moisant, Fort Monroe anti-

See RESPONSE, Page 3

Columns & Commentary

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

'Safety isn't seasonal. It should be second nature'

Summer season brings safety concerns

"It all happened so fast," is a common statement among accident victims. Time after time, people are surprised to learn just how quickly a good situation can turn terribly wrong. In fact, in little more time than it takes you to read this article a motorist will have died on our nation's highways. And, according to statistics, it's a good possibility someone else has drowned at a swimming area or in a boating accident. Obviously, neither of these individuals anticipated the events that unfolded — they may have been on their way to a relative's home or simply enjoying a day at the beach — but it's probably safe, and a bit unfortunate, to assume they didn't fully consider safety measures that could have averted or mitigated the

Commander's Corner



Delinor Vantree
Post Safety Manager

events that occurred. Safety isn't seasonal. It should be so ingrained over time that it becomes second nature — like fastening a seatbelt before starting a car. The difference between life and death often is a seatbelt or a life jacket. Statistics tell us that the

summer season — particularly those weeks when the kids are out of school, families are traveling and a trip to the pool or beach is a popular pastime — also presents a greater possibility of accidents that result in injury or death.

Consider our highways alone. Hundreds of thousands of tourists will converge on the Hampton Roads area this summer. They will bring money, tired bodies, large expectations and short tempers to our cities that already suffer from traffic overload throughout the year.

We should not add to the heat and stress by not being prepared for long traffic lines, jams, detours and the ever-present roadwork. Plan ahead. Leave earlier than usual. Stagger your work hours and use roads other than the interstate during peak traffic times.

Road rage can be contagious, but it rarely exists without two parties. Don't respond to aggressive drivers by countering with similar tactics or juvenile behavior behind the wheel. Set the example by driving in a safe, courteous manner.

Parents are responsible for ensuring their children's safety in everything from automobiles to amusement park rides and water sports. It takes seconds to check a latch or safety belt.

The waters around Fort Monroe and other beaches in this area have treacherous rip tides and currents. Read posted signs at our beaches, pools and waterways to be aware of the dangers that might exist. Obey the signs, and make sure your children know what they can and can't do. Swim only in authorized areas where lifeguards are present, and don't swim after consum-

ing alcoholic beverages. While on the topic of drinking, it should be a foregone conclusion by now that the consumption of alcohol only increases the risk of an accident occurring, especially when combined with outdoor activities. The phrases "Don't Drink and Drive" and "Think Before You Drink" were coined for a reason. They're meant as simple reminders that DWIs, drownings and alcohol-related accidents resulting in injury or death continue to occur all too frequently across our nation and within our military ranks. Please take care of yourselves and those close to you. Imprint the phrase "it all happened so fast" in the back of your mind. And stop and think before you act ... is this an accident waiting to happen? Have a great summer.

'Sometimes the world's changes can be overwhelming ... can leave us breathless.'

The need to stay positive in a changing world

A couple of days ago my wife and I had the great opportunity to attend a banquet sponsored by the Rock Incorporated. Each year, just prior to graduation, high school cadets from local school districts are awarded a scholarship to the school of their choice. The speaker for the night was Maj. Gen. Alan Thrasher. In his speech to the Cadets, Gen. Thrasher reminded them about the need to take the difficult courses, especially in the fields of math and science, because the military is changing to a more high-tech force and these two subjects are what the military will need in a changing world. It is imperative that the military select not only the best graduates from these high schools, but also the top ones in these fields of study. Gen. Thrasher assured us that changes are inevitable,

Chaplain's Corner



Lt. Col. Wilbert Harrison
Post Chaplain

and Cadets must be prepared to meet the needs of the changing Armed Forces. The recurring theme in his speech was the need for Cadets to prepare for a changing world, which in turn would result in a changing army. This brings me to the point in this article, how can we stay positive in a changing world? Sometimes the world's

changes can be overwhelming, and at times they can leave us breathless. If you are like me, you ask yourself, "Am I ready to face the future, and what am I doing now to prepare for coming changes?"

Considering how stressful and overwhelming change can be, another question I ask myself is, "How will I handle the emotional distresses that come with change?"

To be positive during change is not easy. It takes more than wishful thinking.

In Psalm 118, the writer outlines several ways we can stay positive in a changing world.

First he says we ought to give thanks to God. The reason for giving God thanks is that it turns our attention to someone greater than you and me, and we can know with confidence that God is with us and we do not have to face the future alone.

Thanking God is an outlet

of worship and God loves when we pray and give thanks. God rewards us with peace and serenity, thereby helping us face the future in a more positive way. After all, life is not only about preparing for the future, but we must learn to enjoy the moments as God gives them to us.

Second, we are to "trust God in times of trouble."

The Psalmist states, "I was in trouble, so I called to the Lord, the Lord answered me and set me free."

Freedom is something we all want. Our soldiers are fighting and sacrificing their lives so there will be freedom in the world. God delivers us so we do not have to be afraid of change. We can remain positive and carry on a daily faith and trust in God knowing he will walk with us in life's changes.

Third, the Palmist says, "The Lord has done powerful things. The power of the Lord has won the victory; with his

power the Lord has done mighty things. I will not die, but live, and I will tell what the Lord has done." The choice is to live or die. We can choose to live positively by telling the good news of God's faithfulness. Staying positive will lead to actions that are positive. The Apostle Paul sums it up in his Epistle of Philippians 4:8-9, which says "Saturate your mind with what is good and you will discover peace and with it comes a positive life style." Fourth, always remember God is good. Take a moment to look back and see how, in the past, God has been there for you. When we take time to reflect on the love of God and remember what God has done for us, we can live positively because we know he will be with us in changing times. The antidote for living positively is: trust God and live.

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Casemate

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Cooks capture top Yard of the Month marks

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

The Patch Road home of an Army sergeant first class and her semi-retired husband was among the seven that garnered top marks from judges during this year's first Yard of the Month competition here.

Teda Cooks of TRADOC's Office of the Command Sergeant Major and her husband, Curtis, heard shouts of congratulations from neighbors as they milled about their yard Monday evening. The sign proclaiming their win had just been added to a flowerbed out front.

"I've always felt a nice yard was just part of having a nice home," said Curtis, who spends about an hour a day fussing with the various plants and shrubs surrounding the home. The yard work is also one form of physical therapy, he said, as he recovers from the heart attack and bypass surgery he endured nearly two years ago.

"I don't even think of it as work anymore ... it's kind of relaxing," the retired Army staff sergeant said.

And caring for the outward appearance of his home is something Curtis said he inherited from his dad. "It has always been our way to contribute to the community. Who doesn't feel great about the block they live on when everyone takes that little extra effort to keep their yard looking nice?"

Teda — whose role in yard projects usually involves plant choice and placement, and physical labor of course — said she was very excited when she learned they had won. "I think it's a reflection of who you are," she said. "If the outside of your quarters is trashed, what does that say about the people who live inside?"



Photo by Patrick Buffett

Sgt. 1st Class Teda Cooks of TRADOC's Office of the Command Sergeant Major and her husband, Curtis, demonstrate their pride in the outward appearance of their quarters, which won them Yard of the Month for May.

It's a matter of pride."

Yard of the Month is "very important to everyone at Fort Monroe," according to post Command Sgt. Maj. David E. Williams, who oversees the contest. "It reflects the great pride we share for our beautiful community.

"The installation commander created an initiative titled Project Pride to motivate all to get involved with the maintenance and appearance of the post," the sergeant major said. "When families are recognized as having the Yard of the Month, it solidifies their genuine concern and demonstrates their willingness to go

above and beyond.

"And, with the use of mayors and area coordinators, I very much look forward to recognizing the Most Outstanding Area as well as the Yard of the Month in the near future," Williams said.

The remaining Yard of the Month winners are: Col. Carlos and Susan Glover, 103 Ingalls Road; Sgt. Shawn and Julia Kelso, 38 Tidball Street; Col. Joseph and Elaine Rodriguez, 2 Ruckman Road; Col. James and Fonga Dunn, 28 Ruckman Road; Staff Sgt. Theron and Necise Poe, 5 Moat Walk; and Petty Officer 3rd Class Amy Thomas, 352A Gulick Drive.

RESPONSE Continued from Page 1

terrorism officer. "It's extremely important to develop a clear focus as to what each agency's precise responsibility would be in a time of crisis. Who is supposed to be talking to whom ... that sort of thing."

Lt. Col. Scott Wilson, the NERO Operations Division Chief, said that a "crisis" can be any sudden change to the environment that disrupts a garrison's ability to provide complete support to the missions being accomplished on an installation.

"It could be terrorists, disease or a natural disaster such as Hurricane Isabel," Wilson said.

One of NERO's missions is to prepare for such crises and, when they occur, to coordinate actions to restore the garrison's full support capability.

There are numerous civilian and military agencies that have overlapping responsibilities in a crisis situation. Each agency involved in Operation Strong Defense has a well-established written emergency

response plan, Moisant emphasized. However, the best way to check for shortcomings or overlaps in those plans is to conduct training exercises such as the upcoming one. It will also be another opportunity to actually work alongside the installation's emergency response counterparts from the city of Hampton.

Moisant said he anticipates "several scenarios" unfolding simultaneously during the computer-driven exercise. Fort Monroe may be dealing with "something along the lines of a bomb threat situation," he said.

"During a real-world event, there may not be time to go back and review the written plan. A lot of it will be intuitive, and that's the wrong time to learn that actions x, y and z weren't the right things to do."

Bill Moisant
Anti-terrorism officer

Crisis situations for Aberdeen Proving Ground, Md., and Picatinny Arsenal will be played from a "white cell," which will replicate all of the garrisons and commands being played, other than TRADOC, Fort Monroe and NERO, according to Bud Droke, NERO Operations and overall exercise director.

He said that having crises occur simultaneously at three separate installations working for three different garrison commanders, senior mission commanders and under two different MACOMS will ensure that the NERO staff gets a "full workout."

All of the exercise events and response plans are going to be managed by "interactors" from the TRADOC Analysis Center, White Sands Missile Range. They will operate with the white cell at Bay Breeze Community Center. Response teams will operate primarily out of their respective installation or emergency operations centers.

"What will you see on the ground?" one of the NERO officials posed. "Not much — it's all inside the computer and communications systems." Although, some response vehicles may set up an incident command post to "command and control the icons and response vehicles inside the computer simulation."

"The interactors will keep it honest," Moisant said. "If we say up front that Fort Monroe has ten MP vehicles available for emergency response, they're not going to let us roll 12." The interactors also have the ability to record each step of the emergency response drills, which will prove invaluable in the "after action review" phase of the exercise.

"The number one benefit, of course, is the opportunity for the various emergency responders and operations directors to practice their plans," Moisant said. "During a real-world event, there may not be time to go back and review the written plan. A lot of it will be intuitive, and that's the wrong time to learn that actions x, y and z weren't the right things to do."

From a NERO standpoint, Wilson said they hope to "learn the strengths and weaknesses of how all the various staffs integrate their actions."

Observance features UVA instructor

An assistant dean of students at the University of Virginia who teaches Asian-American studies will be the featured speaker at Fort Monroe's Asian/Pacific-American Heritage Month (APAHM) observance starting at 12:30 p.m. on May 17 at the post's Bay Breeze Community Center.

Dr. Daisy Rodriguez will speak on the history and legislation of APAHM, contemporary issues that face Asian-Americans and personal experiences. The observance's purpose is to provide the public an opportunity to learn more about the history of Asian/Pacific-Americans and how they have contributed to the culture and heritage of the nation.

An Asian/Pacific-American heritage food sampling will take place at the conclusion of the formal program.

For those desiring more information, contact Steve Sheffler at 757-878-7252 or John Saunders at 757-878-7250.

REO headlines first summer concert

Claim your spot at Fort Monroe's Walker Airfield to welcome the legendary rock band, REO Speedwagon, and the U.S. Continental Army Band's "Crossfire" when they perform at the post's pre-Memorial Day summer kick-off bash, May 29.

Free to the public, the outdoor concert will include food and beverage for sale on site. Gates open at 5 p.m., and "Crossfire" leads off the program starting at 7 p.m., followed by REO at 8:30.

Credited with defining the "power ballad," REO will be performing many well-known hits including "Can't Fight This Feeling," "Keep On Lovin' You," and "Time For Me to Fly."

"Crossfire" will be demonstrating its distinctive show band style performing rock favorites such as "Long Train Running," "Takin' Care of Business" and "Hit Me With Your Best Shot."

One of the most popular rock bands of the 1970s and '80s,



Contributed photo

REO Speedwagon has sold more than 40 million records and scored 13 Top 40 singles since forming in the 1970s.

REO has produced 17 critically acclaimed albums, scored 13 Top 40 singles – including two Billboard number ones – and sold more than 40 million records. Current band members include lead singer/songwriter Kevin Cronin, keyboard player and founding member Neal Doughty, bass guitarist Bruce Hall, drummer Bryan Hitt and lead guitarist Dave Amato.

All visitors 18 and older will need to present a picture ID to gain access to the installation. Visitors without a DoD decal are asked to use Mercury Boulevard to enter post.

Post officials said no coolers, food or beverages can be taken into the concert site. The public is also reminded that no weapons are allowed on post.

For more information, call 788-3151.

MEMORIAL

Continued from Page 1

Parents are encouraged to bring their children and make this event a family affair, Groesbeck said. Those interested in participating can just show up at the Phoebus side of the Hampton National Cemetery (along County Street) beginning at 8 a.m.

Hampton Cemetery Ceremony

The portion of Hampton National Cemetery that's located on the grounds of Hampton University will also be the site of a Memorial Day ceremony beginning at 10 a.m., May 31.

The event will include Staff Sgt. Jeanine Lewis from The U.S. Continental Army Band singing "God Bless America," and a 21-gun salute by a detail from the 233rd Military Police Detachment.

Maj. Gen. Robert W. Mixon Jr., deputy director/chief of staff, Futures Center, TRADOC will be the program's principal speaker. At the end of the ceremony, a brass quintet from the band will perform a military service medley.

Continental Park Salute

Following that ceremony, Col. Perry D. Allmendinger, garrison commander, will host a 21-cannon salute at Continental Park on Fort Monroe, beginning at 11:50 a.m.

A salute battery composed of Soldiers from Headquarters TRADOC and the Fort Monroe garrison will fire the salute. TUSCAB will perform patriotic music.

Memorial Day Safety

"According to the Virginia State Police, 10 people died last year on Virginia's highways in vehicle crashes during Memorial Day weekend. Five of those killed were not wearing safety belts."

COL. PERRY D. ALLMENDINGER
GARRISON COMMANDER

4x8 PA Plaza

2x3 US

2x3 Jeff's Florist

Fort Monroe Town Hall

Community voices property damage, gate access issues

A town hall meeting was held at the Post Theater April 29. Col. Perry D. Allmendinger, garrison commander, was the host for the event, and representatives from post directorates participated.

The following questions and answers were discussed during the meeting.

If a contractor damages personal property while working on Fort Monroe, what action should I take?

Notify the MP Desk and request a patrol unit to investigate and create an incident/damage report. Get as much information as possible from the contractor who damaged the property. Request the identity of the contractor's company and the individual causing the damage.

Document as much information as possible. Take pictures as necessary. Be as accurate as possible, noting such things as date, time, who was involved, where the incident occurred, what happened, and what was said. Request that the contractor provide the name and phone number of the company representative responsible for handling insurance claims.

If the contractor is not responsive within a reasonable amount of time, notify your legal assistance office for help. (Maj. Thomas Barrett, Post Judge Advocate)

How much does a daily pool pass cost?

The indoor pool daily rate is \$3 per person. The outdoor pool rate is \$2 per day for children under 12, and \$4 per day for children 12 years and up. (Mike Carlomany, MWR)

How are children who live on Fort Monroe assigned to Hampton city schools?

Children are assigned by residence location. Fort Monroe is zoned for Bryan Elementary School, Spratley Middle School and Phoebus High School. (Charlie French, school liaison officer)

Is it possible to get additional tire vendors to sell a larger variety of tires at the post exchange?

We have opted to go with Firestone. Firestone offers us same-day or next-day delivery on tires. If the tires do well and it warrants adding another line, we can always add them. (Rita Sheridan, post exchange manager)

Contractors are performing work on our homes without notifying us in advance, can anything be done to at least inform us about the work?

Contractors did indeed go to some quarters without notification to the occupants during the confusion and immediate repairs necessary following the devastating hurricane in September, 2003.

However, as an immense amount of work con-

tinues to be contracted, the Housing Office has been making a concerted effort to ensure that all occupants are given ample notice prior to allowing the workers in their homes. Recently, the Corps of Engineers was contracted to send a team of engineers to survey the remaining needs of all the quarters. This has already begun and every home is being scheduled by the Housing Staff headed up by Jimmy Melvin.

We hope that all occupants realize that it is never the intent of the staff to allow any unnecessary inconvenience, but do hope that soon all repairs can be completed and Fort Monroe can be better than ever. (Lt. Col. Craig Simoneau, DPW/L director)

What is the plan to construct a new front gate?

DPW/L - The design for the entry control point project is now 90 percent
See TOWN HALL, Page 6

4x10.5 Big Al's

**2X2
Freedom**

TOWN HALL (Continued from Page 5)

Fort Monroe can be better than ever

complete. We are now seeking authorization and funding of the project as part of the Unspecified Minor Military Construction Army (UMMCA) Program.

Meanwhile, we have adequate funds to complete the design and prepare the necessary plans and specifications to obtain contractors'

proposals.

Department of the Army has indicated that FY04 funding is likely not adequate to fund our project. To help expedite the project, they are attempting to gain the necessary Congressional authorization in FY04, then fund the project early in FY05. This translates to a

contract award in January 2005 with a construction period of 12-18 months to follow. If Congress does not authorize the project in FY04, it will be delayed until authorization is obtained. (DPW/L)

Traffic at the front gate was very slow on 29 April and the side gate was closed. Is there a reason for the delay?

The delay was a result of our Random Anti-Terrorism Measure Program (RAMP).

We will randomly change the times of gate operations for all three gates, and we advise that you plan a little extra time and vary your routes and routines to enable Fort Monroe to become less predictable. You will see more random measures at the gate in the upcoming months. (Provost Marshal's Office)

What is being done to make an appointment at the health clinic easier?

The clinic director has added about 3.5 hours more clinic time each week to add about 10 more appointments per week. We are asking McDonald Army Health Clinic, Fort Eustis to send us a replacement provider when one of our providers is gone more than a few days in a row. We are also in the process of justifying a new registered nurse to help with overall clinic functions to include management of appointments. (Lt. Col. Craig Mears, Craven Health Clinic commander)

**4X12
VERIZON**

MP *Rollcall*

The many duties of Traffic Section

The mission of the Traffic Section is to enforce traffic laws, regulations and orders. It responds to and investigates traffic accidents involving fatalities, serious injury or requiring technical expertise in reporting. Accidents, on or off post, that involve military personnel, government vehicles and government property are investigated by the Traffic Section.

April's Incidents Report

- Traffic accidents without injury: 6
- Medical emergencies: 4
- Illegal immigrants: 1
- Vehicle lockouts: 2
- Warrants served: 1
- Fire alarms: 3
- Verbal altercations: 1
- Gas spill: 1
- 911 call: 1
- Red Cross message: 1
- Suspended license: 1
- Wanted persons: 1
- Unsecured buildings: 1

As a traffic accident investigation team, it monitors and reports information concerning traffic and road usage and implements alternate or temporary routes for the flow of traffic during construction or special events.

The Traffic Section also provides technical assistance to the Military Police patrols using radar and processing DUI/DWI; it performs aggressive driving under the influence enforcement.

In addition, the Fort Monroe Traffic Section aids the community with aggressive speed limit enforcement on all of the post's roads, especially in housing areas and "school zones."

Contact the Fort Monroe Traffic Section at (office) 788-3382 or (cell) 816-0066 for further information.



One final salute ...

Soldiers of C Company, 1st Battalion, 116th Infantry Regiment pose with the array of Meritorious Service, Army Commendation and Army Achievement medals awarded during a departure ceremony May 7 at the Bay Breeze Community Center. The awards recognized the 116th's force protection efforts here over the past year as part of Operation Noble Eagle. A separate award was also presented to Spc. Jeff Gill for the assistance he rendered during a motor vehicle accident off post two months ago. The 116th began demobilizing Thursday. The National Guard contingent is returning to its armory in Roanoke, Va.

Photo by Patrick Buffett

**3 X 3.5
MAID BRIGADE**

**3 X 3.5
SMART MOVE**

**6 X 7
KIA**

Post pitches in for OEF troops

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Troops in Kandahar cannot always get the personal items they need. "There's no shopping on the firing line," Terry Richey, swimming instructor said.

Richey participated in the Support our Soldiers Swim held at the Community Activities Center pool May 3. At the event, customers could swim free for the day by bringing a personal or entertainment item for troops overseas.

"We're still collecting items, and most people don't even care about swimming. They just come in and drop things off," she said.

"The three fire bases that Kandahar supports — Qalat, Shkin and Orgun-E — have it really bad," wrote Beth Sigler, youth services director, in an email from Afghanistan.

Sigler, who is currently providing recreational support to Soldiers, said they have inadequate hygiene

facilities and no base Exchange to buy personal or convenience-type items.

MWR staff members decided to back Sigler by collecting and sending everything from CDs to socks. "This is continuous. As long as people keep bringing things, we'll send them over there," Richey said.

"This is continuous. As long as people keep bringing things, we'll send them over there."

Terry Richey

On donations being made to support OEF Soldiers

Items for the Soldiers can be placed in bins at the Community Activities Center pool, PX or Fitness Center and will be sent to Kandahar.

Sigler sent a list of the types of things desired, it includes: packaged snacks, travel-size personal hygiene items, socks, candy (no easily melting types like chocolate bars), gum, sanitary wipes, bug spray, DVDs, movies, CDs, AAFES redeemable coupons, bath and body goodies, shower totes and camel backs.

Contact Richey or Mike Carlomany at 788-3301 for more information.

3x14 Bass Pro

3x7 1st Command

Music Under the Stars

Performances include 'Cinema Spectacular,' big bands

The U.S. Continental Army Band is set to kick off its 70th "Music Under the Stars" outdoor concert season. Performances take place every Thursday evening, June through August, starting at 7 p.m. at Continental Park.

All concerts are free to the public and tickets are not required.

A variety of music is scheduled for the season to include show tunes, marches, jazz, swing, Dixieland, country and Top 40, among other music styles.

Season highlights also include a performance by the U.S. Army Chorus during the Army birthday concert June 10.

A special patriotic concert to honor the nation is scheduled for July 1. Daytime NBC soap opera star, Matt Ashford, will take part in "Center Stage," an Aug. 5 concert.

Boston Brass, an internationally known brass quintet, is scheduled to appear

at the band's "Music in the Park" concert Aug. 19. And the band's "1812 Overture" gala celebration Aug. 26 includes live cannons firing during the performance and "listener's choice" music to round out the evening.

In the event of rain, the following schedule changes will occur: The June 10 Army birthday concert and the Aug. 19 "Music in the Park" concert will be relocated to the post theater; the same day; and the "1812 Overture," Aug. 26, concert will be rescheduled to the following day, Aug. 27, at Continental Park.

Guests are encouraged to bring lawn chairs and blankets.

The gazebo at Continental Park is located on the corner of Fenwick Road and Ingalls Road.

For more information, call the band's concert hotline at 788-3620 or visit their Web site at tradoc.monroe.army.mil/band.



Spc. Chad Parsons, right, and Sgt. Jason Bemis of The U.S. Continental Army Band perform during the recent Easter Sunrise Service on post. TUS-CAB members are gearing up for their 70th annual "Music Under the Stars" concert series on post.

Photo by Patrick Buffett

Music Under The Stars Series

Date	Group	Event
June 3	Concert Band	"Cinema Spectacular"
June 10	Concert Band/Army Chorus	Army Birthday Celebration
June 17	Jazz Band	"Salute to Big Bands"
June 24	Concert Band	"Evening of Classics"
July 1	Concert Band	"American Celebration"
July 8	43rd Army Band, Nebraska	Guest Performance
July 15	43rd Army Band, Nebraska	Guest Performance
July 22	James River Ramblers/Crossfire	Small Group Ensembles
July 29	Concert Band	"Cartoon Classics"
Aug. 5	Concert Band/Matt Ashford	"Center Stage"
Aug. 12	Concert Band	"Alumni Concert"
Aug. 19	Boston Brass	"Music in the Park"
Aug. 26	Concert Band	"1812 Overture"

All events start at 7 p.m., and take place at Fort Monroe's Continental Park.

Visit us online at www.monroe.army.mil/casemate

6x7 Rack Room Shoes

NewsClips

Col. Perry D. Allmendinger to present Safety Conscience awards at mini-fair

Environmental Mini Fair; Safety Stand Down Day

Environmental Mini Fair with Safety Stand Down Day will be held May 19. It will begin with a free picnic lunch consisting of hotdogs, chips

and soda, at 11:30 on the parade ground inside the moat.

The mini fair will showcase environmental programs from around the area. Participants include Virginia Marine Resource Commission law enforcement branch, Tidewater

Oyster Gardeners Association, Hampton Roads Storm, NASA, Hampton Clean City Commission. Also, DPW/L will host its third annual plant exchange. Donated houseplants, seeds and trees will be available to the public at no cost.

At noon, Col. Perry D. Allmendinger will speak and present Safety Conscience awards. After which, Virginia's state forester will present Fort Monroe the Tree City

See NEWS, Page 20

5x12 Suncom

March Employee of Month



Name:

Walter A. "Chip" Wikan

Directorate: MWR

Job/position:

Manager, Fort Monroe Bowling Center

Time at current assignment:

8 months

Time in govt./military service:

About 2 years

Where do you live:

Norge in a Chickahominy River canal

Family:

Wife, daughter

Outside activities:

Love to hunt, boat and fish; true loves are reading and playing trombone, and I've been known to bowl a little.

Goals:

Fort Monroe is truly a wonderful place, and I've found the people I work with dedicated to creating world-class operations. My aim is to give this community a bowling center that distinguishes itself well enough to be a credit to all those around me.

Other comments:

Hurricane Isabel left destruction in its wake, but a side benefit has been the opportunity to bring this bowling center into the 21st Century. It's all new and beyond state of the art, and you are going to have to see it to believe it.

'I Quit'

Post employee appreciates his breath of fresh air

BY WAYNE KANOY
POST PUBLIC AFFAIRS OFFICE

Scottie Cannon quit.

And health practitioners across the Army can only hope that others will follow his lead in light of a recent Pentagon survey, which indicated cigarette smoking rose by four percent in the ranks as compared to a study five years ago. The survey involved 12,756 troops at 30 military installations.

Cannon, a 50-year-old Fort Monroe Department of Army civilian, achieved an almost impossible goal for many smokers. The retired Army staff sergeant quit – cold turkey – one year ago last month.

Assigned to the Post Judge Advocate office, Cannon, a legal clerk, is proud of his accomplishment and feels good in both spirit and body.

"If you see me in a bear fight — don't help me — help the bear," Cannon joked.

"I've gained about 10 pounds. Food smells better and tastes better, and I eat more. But it's all muscle," he said with a laugh while rubbing his midriff.

Thinking back to what first led him to ending his 28-year smoking career, Cannon cited cigarette costs and his habit of letting them burn up when his attention was drawn to other interests.

"I'd light one up, put it in an ashtray and, before I realized it, there was nothing left to smoke," he explained. And when he thought how expensive cigarettes were becoming, he said he would visualize "dollar bills burning up."

A costly habit

A later worry for a "man his age," Cannon said, was the health problems associated with smoking to include gum disease, severe head-aches, nausea, breathing difficulties when walking, a persistent cough and feeling run-down. After a one-year abstinence from cigarettes, Cannon said his overall health is much better, allowing him to gain a few extra years on his life, he hopes.

Once he had made the decision to quit, Cannon said he sought and found encouragement from family members, friends and co-workers to help him make up his mind to break what he called "a horrible, nasty and expensive habit."

"As a smoker, I can appreciate the struggles that confronted him and his ability to overcome them," said Barbara Sesek, a legal assistant and co-worker.

Another co-worker, Alice Durden, a claims assistant who works closer to Cannon's desk, said, "Scottie's health has improved as a result of his smoker's cough going away. This should encourage other smokers to stop this unhealthy habit," she added.

Citing a co-worker who works outside his office but in the same building, Cannon said Eileen Langston, post retirement services officer, was another helper who "keeps after him" to stay free of "those cigarettes."

During his first week without smoking, Cannon said his wife, Heike, who was also a smoker, didn't think he was up to the challenge. After the second



Photo by Patricia Radcliffe

When he thought about how expensive cigarettes were becoming, Scottie Cannon said he would visualize "dollar bills burning up."

full week, when she realized how serious he was in his determination, Cannon said she stopped smoking and has continued to be his partner in maintaining a smoke-free lifestyle.

There are significant benefits that Cannon now appreciates that were not immediately realized, he said.

Estimating the cost of one year without cigarettes, Cannon said he and his wife saved approximately \$2,600. "I'm ashamed to say

what I might have saved in 28 years," he confessed.

Finally seeing clearly

Another benefit Cannon realized was when looking through his car's windshield and house windows.

"There was no smoke film on the surfaces," he observed. "I can, clearly, see through the glass. And everything smells better inside my car and house," he said, smiling.

In addition to clothing, Cannon rattled off car and house furnishings that are now free of cigarette odor and burns. Seats and chairs, sofas, mats, flooring, rugs, carpet, walls, wall attachments, ceilings and ceiling fixtures have also been spared.

"This is just a start," he said. "I'm sure there's other stuff I can't think of at the moment."

Until smokers give up their habit and live in a smoke-free environment, it is difficult for them to realize how much cigarette smoke has diminished their quality of life, Cannon pointed out. Now, an advocate of a smoke-free society, Cannon said he "takes the initiative" in urging young and old to give it up.

"One of my office goals is to help Barb, my co-worker, find a way to break her smoking habit," he said.

Cannon emphasized that she has tried very hard to end this problem, and like many other smokers, has difficulty in ending a practice that's become second nature to her existence.

Where it started

For Cannon, his decision to begin smoking was not difficult. As a 22-year-old Soldier from Greenville, N.C., assigned to the 1st Infantry Division in Goppingen, Germany in 1974, he said he was at the wrong place at the wrong age when introduced to "uniform smoking."

As a soldier you train and work as a team, and oftentimes, you want to "belong to what everybody else appears to be doing," he explained. Encouraged by his first sergeant, Cannon said he could not resist joining those with a "nicotine routine" in his unit and, in just a short while, he was smoking "packs of cigarettes." The rest is history, he said, until April 2003, when he decided to leave the cigarette ranks for a "decent dose of fresh air."

Cannon said he is thankful and proud that his two sons, Scotty, 25, and Markus, 22, did not follow his smoking habit. They did, however, follow their dad's footsteps into the U.S. Army. Both men, Cannon said proudly, are currently serving their country in Iraq.

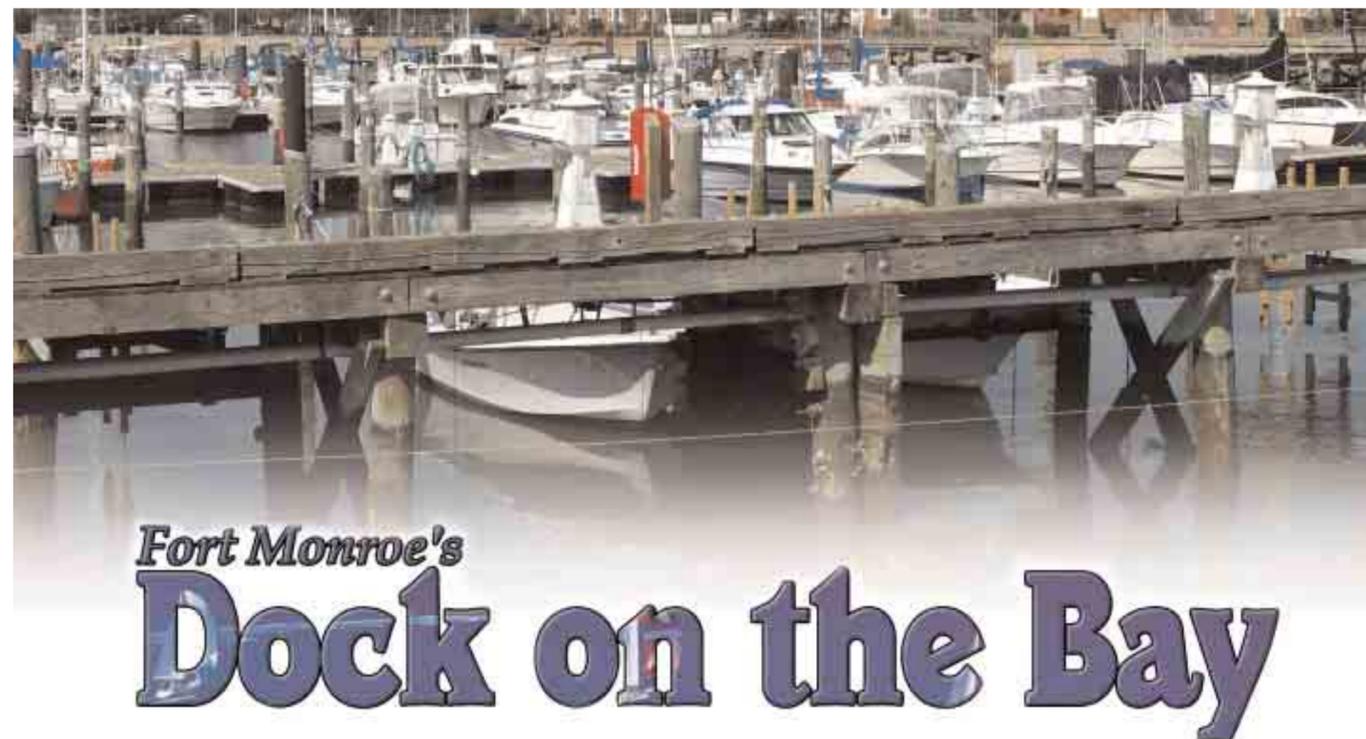
"There is no way I'll start smoking again," Cannon said. "I still find myself wanting one (cigarette) once in awhile but only for a brief moment."

Bruce McFadden, Fort Monroe's Substance Abuse Program manager, shares Cannon's — and the Army's — interest in smoking cessation. He cited recent Department of Defense cost figures associated with the treatment of smoking-related illnesses and lost productivity as "being in the neighborhood" of \$930 million annually.

"I cannot overstress the dangers of this drug (nicotine)," he said. "More people die from smoking-related illnesses than AIDS, alcohol, traffic accidents, illicit drugs, murder and suicide combined."

Fort Monroe hosts several events throughout the year meant to educate smokers on the dangers of their habit and encourage them to quit. Among them are the Tobacco Cessation Program and the Great American Smoke-out conducted each November.

For more information on the Tobacco Cessation Program, contact Bruce McFadden at 788-3510 or by email at: mcfaddenb@monroe.army.mil.



Fort Monroe's Dock on the Bay

Old Point Comfort provides safe haven for mariners

BY WAYNE KANOY
POST PUBLIC AFFAIRS OFFICE

Boaters looking forward to warmer weather and for a marina close to good fishing and boating around Hampton Roads might find the Old Point Comfort Marina here ideal -- for various reasons.

With life preserver, admiral's hat and rudder fixed for duty, skippers can steer their motorboats away from the marina to the Chesapeake Bay in approximately five minutes, the Atlantic Ocean in 20 minutes and the James River in 35 minutes. And, according to Theresa Grogan, Old Point Comfort Marina manager, the boat basin's 13-foot mean-low-watermark is "downright appreciated" by many boat handlers.

Owned and operated by the Army, the marina's full complement of services are authorized for active and retired military, Reservists and National Guardsmen, Department of Defense and Nonappropriated Fund civilians, and contractors working on Fort Monroe. Public access to the marina is also authorized but limited.

The marina has 24-hour security and is a sheltered harbor. Services include 314 floating slips, temporary dockage, for accommodating vessels up to 50 feet; 30 and 50 amperage shore power; dockside water; boat ramp; fishing boat rentals; floating fuel dock -- gas and diesel; vessel sewage pump out and dump station; and a full service maintenance facility that includes an indoor maintenance bay and wet slip supported by a six-ton lift.

Boaters will also find bathroom, shower and laundry facilities, a ship's store, and restaurant that serves breakfast and lunch, Monday through Friday. The restaurant's serving schedule varies, according to season. Fees charged for all marina services can be paid

with credit card or cash.

Grogan said the public is restricted to using only the marina's boat ramp and restaurant.

"Some (public) still get a bang out of our location and become regular customers," she added.

Customers authorized to use all of the marina's services also have access to Fort Monroe's other recreational activities. These include the post's fitness center, indoor and outdoor swimming pools, tennis, basketball and racquetball courts, picnic areas, teen center, community center, library, and bowling center.

Open too, for all visitors, is Fort Monroe's Casemate Museum, a five-minute walk from the marina. Located inside the moat of the largest stone fort ever built in the United States, sightseers at the museum learn about the post's rich history, contributions to the nation and current missions.

The marina also serves as an official Virginia Weigh Station for any customer to weigh various fish species in competing for awards as determined by the Virginia Marine Resources Commission. Virginia hunting and fishing licenses can also be purchased.

The Virginia Clean Marina Program has officially recognized Old Point Comfort Marina as a Virginia Clean Marina, for meeting higher environmental, safety and management standards that exceed what is legally required of a marina in the Commonwealth.

Old Point Comfort Marina is also a Boat U.S. cooperating marina.

For those needing information on the marina's services, fees and hours of operation for all facilities, contact Grogan at 757-788-4308.

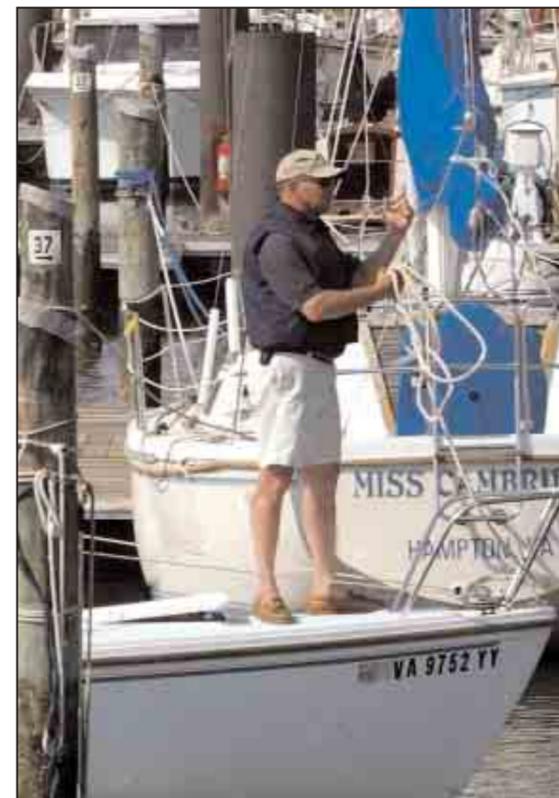
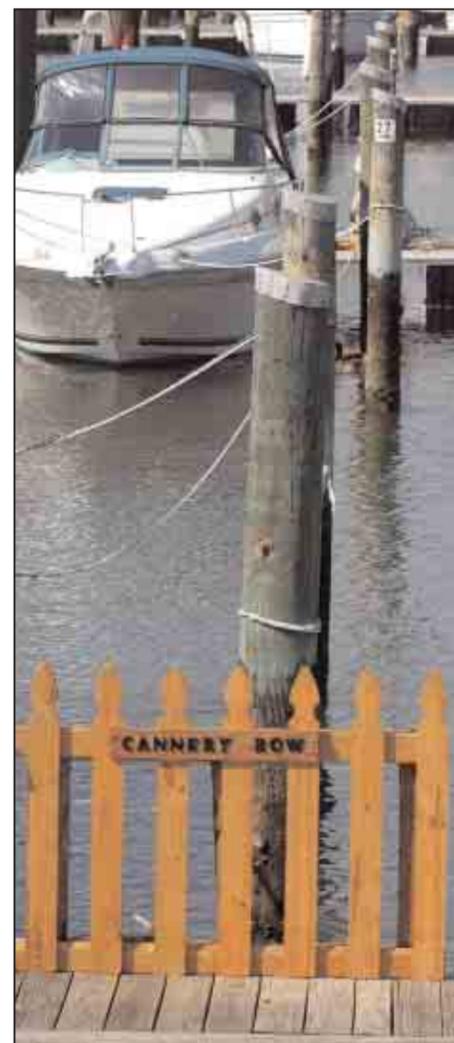


Photo above - Boat owner, Steve Butkus, guides his craft to the Old Point Comfort Marina maintenance facility. Photo below left - The post marina's aesthetics include this gate, which alludes to an old John Steinbeck novel (published in 1945) about the dock workers of Cannery Row within Monterey, Calif.



Photo left - Dick Cassat, an Old Point Comfort Marina employee, maneuvers a hydraulic lift arm into place at the marina's maintenance facility. Watercraft up to 28-feet in length, and weighing up to six tons can be serviced at the facility. Photo below - Joann Gauthier U.S. Army Cadet Command, left, and Bill Neff, Fort Monroe MWR Auto Craft Shop manager, check out the fishing gear sold at the Marina's boating store. Several varieties of bait, boating equipment, marine sports wear and shower and locker room facilities are also available.

Photos by Patrick Buffett



Monroe Marina employee displays 'model behavior'

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

With tiny toothpick lamps and wee wood-dowel moorings, Fort Monroe's Dick Cassat has demonstrated his "model behavior" as an employee of Old Point Comfort Marina.

Working evenings in his garage at home, Cassat has crafted a near-identical model of his work site along McNair Road. The model includes the 333 boat slips at Old Point Comfort, as well as a replica of the two-story marina building to include its wood steps and second-floor balcony.

"I even have the correct number of spaces in the parking lot," Cassat boasted.

Now displayed in the marina's main sales area, the model is used as a familiarization tool for new customers. "Before, we just used a blueprint, and it was kind of hard relating the drawings to the actual features of the marina," Cassat said.

The model also came in handy during the recent MWR Expo on post. "It was a great way to show everything we have to offer here," he said.

Shrugging his handy work off as

"no big deal," Cassat said woodcrafts are just an occasional hobby that keeps him from getting bored at home. He has also built a number of decorative nautical knick-knacks, which he has donated to the store to be sold to interested customers.

Late last year he also designed a "high-water" t-shirt meant to commemorate the flood levels experienced on post during Hurricane Isabel.

Cassat said he'll continue to tinker with his marina model when there's time. "I suppose I could paint the lines on the street and I'd like to get a photo of the (Hampton Roads Bridge) tunnel to use as a backdrop."

Coworker Theresa Grogan, the Marina's manager, said she's proud of Cassat's work. "Dick is one of the most innovative and energetic employees I have ever had the pleasure of working with," she said.

"He approaches his job the same way he did this model project -- with tenacity and a sense of adventure. If anyone can think of a unique project, it's Dick! I think he must stay awake at night thinking up of this kind of stuff."



Photo by Patrick Buffett

Dick Cassat points out the finer details of his replica of Old Point Comfort Marina on post. The tops of more than 145 toothpicks were used to make the lamp posts.

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



Many golfing options in the coming months

Registration has already begun for the eighth annual ACS Systems & Engineering, Inc./Bruce Rader-St. Jude Golf Tournament, which will be held May 27 at Honey Bee Golf Club in Virginia Beach. Registration is open until May 17.

The tournament features a double shotgun start with a morning round at 7:30 and an afternoon round at 1. Dinner will be served at 6 p.m., with a live auction to follow.

The cost is \$125 per person, \$500 per foursome for morning rounds and \$1,000 per foursome for the Afternoon Gold Sponsor rounds. Reservations and sponsorship information can be obtained by contacting tournament chairperson Karen Smith at 479-0123 or realtorkaren@verizon.net.

■ The Red Cross is sponsoring a Charity Golf Tournament on June 2 at Stonehouse Golf Course in Toano. Registration will begin at 11 a.m., with a shotgun start at 1 p.m.

The cost is \$100 per person, and includes a gift bag, greens fees, cart

Sports Calendar

and a post-tournament reception.

For more info, call 253-0228.

■ The Tidewater Chapter of the West Virginia University Alumni Association's ninth annual Mountaineer Golf Classic is scheduled for June 4 at Cypress Creek Golfers' Club in Smithfield. The cost is \$90 per person before May 21, and \$100 after.

For more information, contact Daryl Rankin at 238-9856.

Volksmarch

The German-American Volkssport Association will host a 10K "A" Medal Walk at Fort Monroe on May 22 and 23. Registration is from 8 a.m. to 1 p.m. at Picnic Shelter No. 5.

Pre-registration for award and I V V credit is \$6. I V V credit is \$3. To walk without an award is free. For more info, call 867-8878.

Diamond dwellers



Photo by Patricia Radcliffe

Fort Monroe Braves pitcher Carlos Garcia makes a catch near home plate as an unidentified Fort Eustis Giants player waits to bat during a May 8 game. The Braves won the contest 10-9.

Intramural Volleyball

STANDINGS		May 20
POST DIGGERS	4-0	DCSRM vs. Cadet Command, 11:30 a.m.
DCSRM	3-0	BAND vs. Post Diggers, 12:45 p.m.
NERO	2-1	ROUND 9
BAND	0-2	May 25
CADET COMMAND	0-3	Cadet Command vs. NERO, 11:30 a.m.
DCMA	0-3	Post Diggers vs. DCMA, 12:15 p.m.
SCHEDULE		May 26
ROUND 7		DCSRM vs. Post Diggers, 11:30 a.m.
May 18		ROUND 10
Post Diggers vs. NERO, 11:30 a.m.		May 26
DCMA vs. DCSR, 12:15 p.m.		NERO vs. BAND, 12:15 p.m.
May 19		May 27
DCMA vs. NERO, 11:30 a.m.		Cadet Command vs. DCMA, 11:30 a.m.
ROUND 8		DCSRM vs. BAND, 12:15 p.m.
May 19		■ Note: All games played at the CAC.
BAND vs. Cadet Command, 12:15 p.m.		Standings as of May 10.

3x7 Getting Started

3x5 Northstar

2004 POMOCO RUNNING CRAB HALF-MARATHON

Post team paces pack

Lovett places second for women, Manske finishes third for men

Fort Monroe's running team finished first overall at the 2004 Pomoco Running Crab Half-Marathon in Hampton on April 17, completing the half-marathon with a team time more than an hour faster than the previous year's first-place military team.

The Monroe team's overall time was 5 hours, 2 minutes, 50 seconds — a 7:42 average per mile. Retired Colonel Dennis Manske led the way, finishing third in the male 55-59 age group

with a time of 1:35:13. Maj. Anthony Campbell and Maj. Emory E. Phlegar Jr. ran solidly, finishing with commendable times of 1:43:16 and 1:44:21.

According to post team coordinator Dale Abrahamson, it was a total team effort that ensured victory.

In the 5-kilometer race, TRADOC female masters runner Master Sgt. Pamela E. Lovett placed second in the female competition with a time of 21 minutes, 25 seconds.

The half-marathon drew 444 runners, and the 5K had a total of 200 runners.

This is the second in a series of 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., Abrahamson said. He added that new team uniforms are due in any day and will be worn in the next event.

Fort Monroe sponsorship support is defraying registration fees for these races.

All Fort Monroe Soldiers and civilians are invited to join the team. For more information, contact Abrahamson at 788-4227.



Photo by Patrick Buffett

Dennis Manske, right, presents the Pomoco Half-Marathon trophy won by the Fort Monroe running team April 17 to Col. Perry D. Allmendinger, garrison commander. Also pictured are Maj. Emery Phlegar, center, and Maj. Tony Campbell.

Upcoming runs

■ The Chesapeake Bay 10K is May 15 at 8 a.m. at Ocean View Beach Park. The cost is \$35. There will be separate male and female age groups.

■ "Run on the Wild Side" is scheduled for June 5 at 8:30

a.m. at the Virginia Zoo. The 5K run costs \$15 if postmarked by May 30, and \$20 after. There will also be a 1/2 mile course through the zoo that costs \$10 (\$15 after May 30).

For more info on both, call Ann Hupp at 373-4174 or visit www.kalerunning.com.

Put me in coach



Photo by Patricia Radcliffe

Softball enthusiast Riley Scott, 1 1/2, receives a ball from his mother, Kelly, before a youth softball game May 8.

4x9 St. Leo

2x3 Plasma

Moat Notes

UPCOMING SPOTLIGHT EVENTS

Asian/Pacific Heritage Event May 17	Volksmarch. May 22
Clean Sweep Walk May 18	REO Speedwagon May 29
Safety Day, Mini Fair May 19	Memorial Day Ceremony May 31

For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



May 14

Dolphin watching

Dolphin watching boat trips run every Friday and Saturday at 4 p.m. from the Virginia Marine Science Museum. The two-hour excursion costs \$12 for adults and \$10 for children ages 11 and under.

Call 437-BOAT for reservations, or visit www.vmsm.com for more information.

May 15

Harbor Seal Splash

The Harbor Seal Splash is a two-hour Virginia Marine Science Museum in-water, interactive educational program. Visitors will learn the natural history of harbor seals and explore conservation needs and efforts.

The program runs Saturdays and Sundays at 1:30 p.m. through May 30.

The cost is \$125 and reservations are required. Call VMSM guest services at 437-6000 for more information.

Scottish fiddler

The American Theatre in Hampton will host Scottish fiddler Bonnie Ride-out on May 15 at 8 p.m.

Tickets are \$25 or \$30 with discounts for students, seniors and military, and can be ordered by calling 722-2787 or visiting www.theamericantheatre.com.

Beaverdam Park events

Beaverdam Park in Gloucester has scheduled a series of family-oriented nature programs this month, the first of which is a "Fishing Fun for Kids" outing on May 15 from 1 to 2 p.m.

Participants will learn about various rods and reels, fishing line, knot tying, basic lures, and the laws and safety measures associated with the sport. Those who wish to fish must bring their own rods and reels. Bait

Green Thumb



Photo by Patricia Radcliffe

"They like it and it helps them grow," Richey Cooper said of the jonquils she banded as part of April's Spring Cleanup effort.

will be provided.

The program is open to youth ages 5 to 10. Participation fee is \$2 per child. Advance registration is required.

Other Beaverdam Park events include the Dragon Run Canoe Trip on May 22 from 8 a.m. to 4 p.m. Various wildlife and waterfowl will be encountered on this "magnificent, yet rugged, day trip" covering miles of uninhabited wetlands.

Participation fee for the canoe trip is \$15 per person. The fee includes canoe, life jacket and paddles. Participants are asked to bring their own lunch and drinks. Anyone under 16 must be accompanied by an adult.

To register for a program or receive further information, call (804) 693-2107.

Watercolor painting

On May 15 from 10 a.m. to 4 p.m. the Courthouse Galleries in Portsmouth will host "Underwater: Exploring Watercolor Techniques" with Rieneke Leenders, president of the Tidewater Artists' Association.

The cost is \$35 (\$30 for members) and includes admission to exhibits. All materials will be provided.

For more information, call 393-8543 or visit www.courthousegalleries.com.

May 16

Hampton bird walk

Volunteers from the Hampton Roads Bird Club will lead an informal bird walk at Newport News Park on May 16. The group will meet, weather permitting, at Picnic Area 1 at 7 a.m.

For more information about the free walk, call 886-7912.

May 18

Stained glass classes

The Frame and Craft Shop's next series of stained glass classes will begin May 18 and run for six straight Tuesday evenings from 6 to 8 p.m. The cost is \$40 plus supplies for beginners and \$50 plus supplies for intermediates.

Beginners will complete two projects, while intermediates are asked to bring a project they feel is beyond their reach.

Preregistration is required. For more information, call 788-2728.

Investing Class Series

"Investing For Your Future," a basic investing class series developed by Cooperative Extension will run May 18 and 25 from 7 to 9 p.m. at the Midtown Community Center in Newport News.

The May 18 session will be "fixed-income investing and mutual funds investments." The May 25 session is "investing tax-deferred and with small dollar amounts and getting help and avoiding investment fraud." The cost is \$10 per person, and the registration deadline is May 4. Checks or money orders payable to VCE-Newport News can be mailed to VCE-Newport News, 739 Thimble Shoals Blvd., Suite 1009, Newport News, VA 23606-3562.

May 20

Basket weaving class

The Frame and Craft Shop will be hosting a Basket Weaving 101 class May 20 from 6 to 10 p.m. The cost is \$36 and includes all supplies needed to make a handbag basket. For more information, call 788-2728.

Rockwell to speak

Williamsburg author Barbara Rockwell will be the final speaker in the Williamsburg Regional Library's "Local Authors @ Your Library" series on May 20 at 7 p.m.

The program is free. For more information, call 259-4050.

May 21

Art auction

Transitions Family Violence Services, The Center for Child and Family Services, and the Kiwanis Club of Coliseum Central will host an art auction on May 21 at the Hampton Holiday Inn and Conference Center.

Artwork will be previewed from 7 to 8 p.m. with auction bidding beginning at 8. Tickets are \$20 per person, and can be purchased by calling 838-1960, Ext. 306.

May 22

k.d. lang in concert

Kd Lang will be performing with the Virginia Symphony on May 22 at 8 p.m. at the Constant Center in Norfolk. Tickets are \$76.50, \$45 and \$35, and are on sale now at the CC box office, all Ticketmaster outlets, online at ticketmaster.com or by calling 671-8100.

Folk trio to perform

Folk trio Mad Agnes will perform at the Williamsburg Library at 8 p.m. on May 22 as part of the library's Dewey Decibel Concert Series. Tickets are \$12 for adults, \$10 for students with ID and \$6 for those under 16, and can be reserved by calling 259-4070.

Mystery History Tour

Lee Hall Mansion in Newport News will be hosting the Mystery History Tour on May 22 from 6 to 8 p.m.

Solve the great mystery by gathering clues from different historical characters. Edgar Allen Poe, Pocahontas and other famous people from the past will be involved.

The cost is \$12 for adults and \$8 for children (members: \$8 adults, \$5 children). There is a family rate of \$20 for up to two adults and three children.

For more information, call 888-3371 or visit www.leehall.org.

Pre-school train program

"All Aboard the Iron Horse," a fun-filled program about trains designed for pre-school age children is scheduled for May 22 at 1 p.m. at Huntington Park in Newport News.

The event is free. For more information, call 886-7912.

At The Movies

Showing at the Langley Air Force Base Theatre

Friday, May 14

7 p.m. — The Ladykillers (R)

Saturday, May 15

2 p.m. — Jersey Girl (PG-13)

7 p.m. — The Prince and Me (PG)

Friday, May 21

7 p.m. — The Alamo (PG-13)

Saturday, May 22

2 p.m. — Home on the Range (PG)

7 p.m. — The Whole Ten Yards (PG-13)

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 7666-1237 or LowJ@aafes.com for details.

May 24

Harbor Seal Happening

This new Adult Adventures Program at the Virginia Marine Science Museum will explore the world of harbor seals. The program will take place May 24, from 9:15 to 10:30 a.m.

Meet Chip Harshaw, VMSM Curator of Mammals, and learn what it's like to work hands-on with seals. Observe a behavioral training session, get a behind the scenes look at the seal habitat and meet some resident seals.

The fee is \$7 for members and \$10 for nonmembers. For more information, call 437-6002.

May 26

Senior Health Day

Hampton Parks and Recreation Department will celebrate the 11th annual National Senior Health & Fitness Day on May 26.

The event will kick off at 9 a.m. at various locations throughout the city. It will range from small group exercise demonstrations/participations at the senior center to walk-

ing Buckroe and Grandview beaches and health fairs at Westhampton and Northampton centers.

For a complete listing of the day's activities or to register, call 727-1601.

May 27

Officers Luncheon

Bay Breeze Community Center will be the site of a four-star buffet May 27 with live music provided by The U.S. Continental Army Band's small jazz combo. The event will also include guest speaker Ralph Bresler, who will be talking on "Iraq War, Danger to America's Security?"

The luncheon starts at 11:30 a.m. and is open to officers of all services, active, retired, reserve and former

officers plus their spouses and guests.

To attend, send a check for \$17.50 per person to VIPMOAA Hospitality Box 4305, Fort Eustis 23604 — it must arrive by May 17.

Reservation coupons and more info are available at <http://vipmoaa.org>.

May 28

Great High Mt. Tour

The Great High Mountain Tour featuring Alison Krauss and Union Station will be at the Constant Center in Norfolk on May 28 at 8 p.m.

Other musicians on tour include Jerry Douglas, Ralph Stanley, The Whites, The Cox Family, Norman and Nancy Blake, the Nashville Bluegrass Band, Tim Eriksen, Riley Baugus, Dirk Powell, the Reeltime

Travelers, Ollabelle and the Sacred Harp Singers.

Tickets are \$39 and \$49 and can be purchased at the CC box office, all Ticketmaster outlets, online at ticketmaster.com or by calling 671-8100.

Fridays at the Fort

Fort Monroe MWR will once again host its "Fridays at the Fort" celebration beginning May 28 from 5 to 9 p.m. at the Bay Breeze Community Center.

The celebrations have been temporarily suspended while the Breezeway — formerly the Surf Bar — is being renovated.

The next celebration will feature entertainment by DJ Cliff Rock. Plenty of snack foods and drinks are also available for purchase. For more information, call 788-2406.

WWII film fest to run weekend of May 29-31

The Virginia War Museum will host a three-day World War II film festival. All movies will be shown in the museum's theater and are free with each day's paid admission.

Following is the schedule:

May 29: 9 a.m. — Memphis Belle; 11 a.m. — A Bridge Too Far; 2 p.m. — Saving Private Ryan.

May 30: 1 p.m. — Sahara; 2:45 p.m. — King Rat.

May 31: 9 a.m. — Battle of Britain; 11:30 a.m. — Guadalcanal Diary; 1 p.m. — Go For Broke!; 2:30 p.m. — Enemy at the Gates.

Admission to the museum is \$5 for adults, \$4 for seniors and \$3 for children ages 7 to 18. For more information, call 247-8523.

6x8 Langley Air Show

Day of fun at Kings Dominion

Each year, the USO of Hampton Roads and Paramount's Kings Dominion offer a day of family fun for exceptional family members (EFMs) and their families. Due to EFMs' medical conditions, it is very difficult, if not impossible, for many of these chronically/terminally ill and wheelchair bound children to get a day of relaxation and recreation.

The two sponsors, with the support of the Joint Military EFM Committee, will make arrangements for free admission into the park, medical staff to be on hand, handicap accessibility to rides, a group picnic and a free family photo to remember the day.

To qualify for this program the EFM must be under 18 and wheelchair bound or have a chronic, terminal or life-threatening illness. This event will take place June 21.

For more information call Eva Granville at Army Community Service, 788-3535/3878.

Kids Day is coming!

Fort Monroe's annual Kids Day will be held on August 7. Opening ceremony will begin at 10 a.m. with a parade around the field.

There will be games, prizes and activities for children of all ages. Every child will win a prize and qualify for door prizes. Also included will be

face painting, balloons, and clowns. Information booths will be available for parents and there will be free hot dog, soda and chips.

For more information on this program, or if you would like to volunteer for this event, contact Army Community Service at 788-3878/3535.

Army Family Team Building Classes

AFTB classes are open to everyone. Below are few of the upcoming sessions.

■ Who's Who in the Army – Wednesday, May 19, 11:00-13:00

□ Chain of Command and Chain of Concern

□ Military Grade and Command Structure

□ Organization of the Total Army

■ PCS Time Again? – Wednesday, May 26, 11:00-13:00

□ Impact of the Mission on Family Life

□ Supporting Your Child's Education

Call Kathleen Miller at 788-3878 to register.

Anger management classes

ACS sponsors ongoing anger management classes. They are held at ACS, Quarters 1, and run on Mondays from 11:30 a.m.-1 p.m. Call Allen Reed at 314-7910 or Kathleen Miller at 788-3878 to register. All persons are required to

attend eight sessions to receive a letter of completion.

Monthly Newcomers Briefing

ACS offers a newcomers briefing the second Thursday of every month. A short overview of the services available on post and in the surrounding community are discussed. Briefings are also given by the garrison commander, post CSM, school liaison officer, post chaplain and an EEO representative. A short tour of the Casemate Museum is also given.

Call Marie Hinton at 788-4344 or Kathleen Miller at 788-3878 to register.

Identity theft

Identity theft is on the rise and is the fastest growing crime in the United States. The Federal Trade Commission and other consumer agencies received hundreds of complaints last year.

Identity theft occurs when an unauthorized individual uses someone's personal information to commit fraud. This includes your name, social security number, credit card number and other identifying information. To protect yourself, obtain more information or file a complaint, contact Beverly Nicholson at Fort Monroe Consumer Affairs Office, 788-4132 or nicholsb@monroe.army.mil

Free Hampton-area exhibit honors underwater legend

STORY AND PHOTOS BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Did you know great white sharks can bite through bullet-proof plexiglass?

That's just one of the amazing facts you can discover at the Cousteau Society exhibit in downtown Hampton.

The Cousteau Society's namesake — Jacques-Yves Cousteau — was an explorer, conservationist and co-creator of the self-contained underwater breathing apparatus (SCUBA gear) and other devices that changed the diving world. Cousteau shot films of his underwater adventures which became regular features among television nature shows in the late 1960s.

"Curiosity and passion," Clark Lee Merriam, Cousteau Society worker, said fueled Cousteau's desire to explore. "He was curious about everything and wanted to see

it. He was a terrific communicator which made him such a good environmentalist. He was a graduate from the French Naval Academy with an engineering background, but he was not a scientist, although most people think he was. He often invited scientists on explorations."

Initially, the Cousteau Society was located in Norfolk and an agreement had been made with the city to erect a center on the site that is now occupied by Nauticus. After a mayoral change, the society moved to Chesapeake. Finally, Hampton invited it to here to be housed in its current location.

"This is the first time we have had a place where we can display articles for the public, so we are excited about being here," said Merriam who has worked for the society over 27 years.



Clark Lee Merriam enthusiastically discussed Jacques-Yves Cousteau's collaborative inventions and modifications of diving equipment, including diving helmet pictured.



Clark Lee Merriam shows snapped plexiglass ribs of a man-made experimental shark at the Cousteau Society May 4. The shark was filled with chum — ground fish parts or bait — and put in the water so great white sharks' reactions to it could be recorded by instrumentation on board. A 15-foot great white took the bait.

"Tidewater is a desirable location because it is centrally located on the East Coast and can support new (metal) boats and older wooden ones that the society uses".

The society's lobby-sized museum contains models of Calypso and Alcione — Cousteau's exploration vessels — underwater craft, diving equipment and various memorabilia and underwater photographs spanning several decades.

The Cousteau Society is located at 710 Settler's Landing Road in the shopping area anchored by the Raddison hotel. Admission is free, and the exhibits are self-paced; although, workers like Merriam are willing to give tours and answer questions.

Nina comes to town

A replica of Columbus' ship, the Nina, arrived in downtown Hampton Thursday and is docked at the public piers, 756 Settlers Landing Road, until May 24.

Built without power tools, the ship has been called 'the most historically correct Columbus replica ever built.' This is the last year the ship will tour the U.S. before moving to Mexico permanently.

The ship is open to the public for self-guided tours 9 a.m. to 6 p.m. daily. Admission is: \$5, adults; \$4, seniors; and \$3, 5-18 year olds.

VA expands operations on Army posts

BY JOE BURLAS
ARMY NEWS SERVICE

WASHINGTON (May 11, 2004) -- The Department of Veterans Affairs has expanded its liaison offices to now support 136 military installations. The move promises better service for Soldier transition from active duty and is expected to make it easier for disabled Soldiers to get the help they need, according to the VA's top official.

"I don't believe in red tape," said Anthony Principi, Veterans Affairs Secretary, during a recent press briefing. "If a disabled Soldier on active duty comes to us, we are going to take care of (him)."

Part of the expanded VA service

on military installations is ensuring a VA counselor talks to wounded veterans in military hospitals before those veterans are discharged from the military service. Those hospitals include Walter Reed Medical Center, Washington, D.C.; Eisenhower Army Medical Center, Fort Gordon, Ga.; Brooke Army Medical Center, Fort Sam Houston, Texas; and Madigan Army Medical Center at Western Regional Medical Command, Tacoma, Wash.

The VA is also making a dedicated effort to reach out to the latest generation of combat veterans. Principi is sending out a personal letter to more than 150,000 veter-

ans of Operations Enduring Freedom and Iraqi Freedom. That letter thanks the veterans for their service and reminds them of VA benefits they may be entitled to.

The letter explaining benefits is in addition to the VA briefings given to approximately 200,000 servicemembers annually as those individuals outprocess from military service.

"VA has learned many lessons since the Gulf War in 1991 and other conflicts, which will ensure this newest generation of war veterans receives the healthcare and assistance they deserve when they return to civilian life," Principi said.

In Operation Iraqi Freedom 4,579 Soldiers have been wounded in combat and another 10,387 suffered other injuries or illness through May 7. In Operation Enduring Freedom 210 Soldiers have been wounded in combat and 2,105 suffered other injuries or illness through the same period.

The second largest federal department — Department of Defense being the largest — Veterans Affairs is responsible for operating nationwide programs for veteran health care, financial assistance and burial benefits. There are currently about 26 million U.S. veterans alive today.

DTS streamlines travel order, claim process

Fort Monroe organizations have been using the Defense Travel System, or DTS, for processing travel authorizations and settlement vouchers since November 2003.

DTS is the reengineered temporary duty travel process that streamlines the steps previously required for orders and settlements. Travelers are now reimbursed within two to three days of submitting their claims.

The split disbursement option for expenses charged to the traveler's

government credit card are paid more timely and will assist in eliminating delinquencies.

Furthermore, travelers are now able to make their airline, lodging and rental car arrangements with Carlson-Wagonlit using DTS.

If you need help or simply have questions about DTS, contact your Organization Defense Travel Administrator. Assistance and training info is also available at the DTS Web site: www.defense-travel.osd.mil/training.

3x10 USAA

3x7 Capt's Winehouse

Girl Scouts pack up for the Poe house

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Reputed as the previous living quarters of Edgar Allan Poe, Fort Monroe's Perry House inside the moat will now be "home" to Girl Scout Troop 1021.

The girl scouts have been without a regular meeting place since September when flooding from Hurricane Isabel left their previous building — T-100 along the seawall — damaged beyond the reasonable cost of repair, according to the post engineers. That building is slated for deconstruction.

"I've got the keys (to Perry House) already," chimed Terry Richey, troop leader. "The relocation means we'll have a place to meet ... a place to belong. We don't even have a place to leave things — like craft stuff.

"It is so important for military kids to have something consistent in their lives; and scouting gives them that consistency," Richey said. As the daughter of an Air Force veteran, she should know.



Photo by Patricia Radcliffe
Terry Richey peers through a "Poe" house window after removing an unexpected item from its sashes.

Over the past few months, Richey has led the scouts in various activities which have helped them learn more about, and find a place within, their community. They have marched in parades, assisted in food collection and distribution, helped the elderly, toured several museums and a dairy, caved and, of course, sold cookies.

With a new place to hang their berets, Richey said she has big plans for her scouts and the Perry House. "It is such a wonderful building," she said. "There is enough space for Girl Scouts, Brownies and Daisies to have separate rooms and there is a kitchen complete with a stove and refrigerator. We may be able to plant flowers out front and the trees cry out for hand-made bird houses," she continued.



Photo by Patricia Radcliffe
(l-r) Girl Scouts (Cadet) Caitlin Curtis assists (Daisy), Holly Castle with teddy bear construction during a teddy bear picnic Saturday.

It has its quirks, though, like an extremely long hall closet downstairs and a small, head-knocking closet space upstairs. Also, Richey found a butter knife wedged between a set of window sashes. Apparently it was put in place to keep them from banging back and forth in the wind. An enthusiastic Richey removed the knife and spoke

of the atmosphere the rattling windows would evoke on a dark, rainy evening while reading some of Poe's writings during sleepovers.

"The bowling alley, CAC and Fitness center have let us meet in their buildings, but it's nicer to have a place to settle," Richey said. "Having a building of our own is the cherry on top of the sundae."

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USA award, for the seventeenth consecutive year, and the Tree Growth award, for the third year.

At 1:45, there will be a tree planting at Canon Park.

The inclement weather site for this event is the post motor pool, Building 57.

Suicide intervention training program

No-cost applied suicide intervention skills training will be offered at the Bay Breeze Community Center May 20-21 from 8:30 a.m. to 4:30 p.m. It is open to active duty and retired military, DoD employees, churches and other community agencies. Active duty and DoD civilian participants may attend with supervisor's approval and all participants must attend two full days of training to receive certification.

During the mornings, there will be free coffee, juice and pastries. Later, a light lunch will be served.

Dress is civilian casual for all attendees.

Space is limited. Call 788-2611 for reservations.

Military Appreciation service at Bethel Center

Bethel Restoration Center will honor veterans, active duty, reservists, their families and friends in a special service May 23 at 11:30.

"We understand the role the military has played in our freedom and we don't take it for granted. We know it's their presence in the background that gives us the freedom that we

have. Their work has been going on for years and years and that's why we want to honor the veterans as well as active duty," Dr. Marcia Alston, church project director, said.

The church will celebrate with music, speeches, special prayers for fallen troops and a reception with refreshments after the service.

The church is located at 6205 Richmond Road in Williamsburg (near the Lightfoot exit). For more information, call 757-766-1515.

From Fort Monroe, take I-64 west to exit 234 (Lightfoot) bear right onto SR-199. Take third exit, Lightfoot Route 60, turn right at bottom of the ramp onto Route 60, Richmond Road. Church is on the right.

AAFES announces new catalogs are available

New major appliance, baby and all-services sports and fitness catalogs are available now to AAFES patrons.

The major appliance supplement offers "the hottest brand names and coolest technological wonders in washers and dryers, refrigerators and freezers, ranges and microwaves, dishwashers and kitchen appliances," said Judd Anstey, AAFES representative in a recent AAFES news release.

Prices in this supplement are valid through Aug. 31.

"Whether it's a boy or a girl, the 2004 Baby Exchange Supplement has everything the growing military family wants and needs," Anstey said. The new catalog is bundled with goodies for baby, toddler and even mom and dad. Prices in the Baby 2004

AAFES offers wide range of new catalogues

New annex



Photo by Patricia Radcliffe
(l-r) William Hinton and Richard Seeley decide on steel beam placement for the Youth Activities Annex construction April 20.

Exchange Supplement are valid through — Sept. 30.

The newest Exchange Catalog is dedicated to the 2004 Summer Olympics. The Games of the XXVIII Olympiad return to Athens, Greece, the birthplace of the first modern Olympic games of 1896. In the spirit of this event, the 2004 Sports and Fitness catalog features military members who hope to participate in Athens this summer.

This catalog contains Olympic and

fitness trivia along with workout equipment that can help anyone reach their fitness goals sporting brand names like Nautilus, Bowflex, Weider, Proform and Everlast. It also contains water skis and wakeboards, games for the swimming pool, golf clubs, hiking and camping gear and mountain bikes.

Prices in this catalog are valid through Sept. 30.

Anyone with exchange privileges can order from these catalogs. That includes active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, DoD civilians stationed overseas, exchange employees and their family members are authorized to shop.

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. The 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 the 2004 Baby Exchange Supplement on the Internet at aafes.com www.aafes.com, usmc-mccs.org, www.usmc-mccs.org, navy-nex.com, www.navy-nex.com or cg-exchange.com, www.cg-exchange.com.

Earnings generated by purchases in the Exchange and Exchange Online Store as well as Exchange Catalogs such as the Baby Supplement are returned to the military community in the form of funding for Morale, Welfare and Recreation (MWR) facilities and programs.