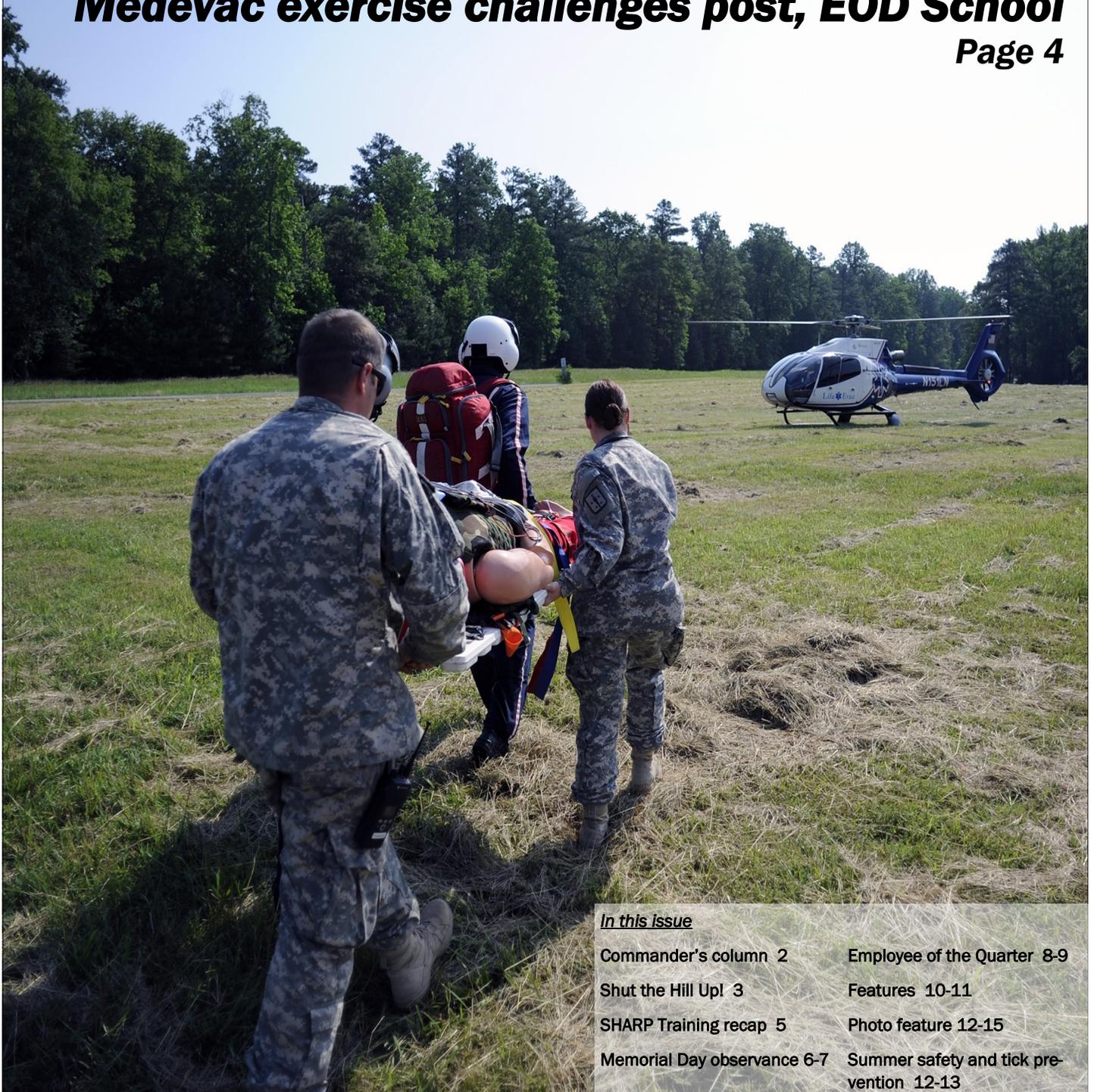




Medevac exercise challenges post, EOD School

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Commanders Column by Lt. Col. Peter E. Dargle



The past three months have been filled with a range of great opportunities and significant challenges for our Garrison. We have shared moments of tremendous triumph but have also faced challenges. Throughout this time, one thing has remained constant - the absolute professionalism and dedication

of our workforce to accomplish the A.P. Hill mission and provide "The Best Training & Support - Anywhere!" Your determination throughout this period has been inspirational and I am extremely proud of all your efforts.

Over the next several months my priorities will focus on four key enablers to address near-term challenges while sustaining momentum toward future objectives. These enablers include: increased emphasis on Garrison preparedness and readiness; improved efforts to speed processes, improve decision making and garner resource efficiencies; continued commitment to right-size and right-organize the workforce; and sustained Leader and Workforce Development to professionalize our workforce. During the months ahead, we must continue to explore creative options that allow us to identify ways to achieve the ends even while the means remain constrained.

Garrison Preparedness

In broad terms, this effort includes: 1) Planning and activities associated with sequestration and possible furlough with a goal to balance the care for our workforce

against mission execution; 2) Conduct training and exercises to ensure the garrison is prepared to respond to and recover from an all-hazards event; 3) Execute projects and policies that ensure the life, health, safety and security of the A.P. Hill community and our facilities; and 4) Promote a responsive and comprehensive wellness program to increase resilience of our great People.

Situational Dominance

To remain relevant in an era when information is refreshed at a very-rapid pace, A.P. Hill must develop processes to quickly receive, manage, assess and distribute information to support timely decision making. Key to this strategy are: 1) Effective cross-directorate coordination; 2) Persistent and positive communication throughout our organization; and 3) Establishment of a viable and reliable communication network that supports rapid dissemination of information.

Reshape the Workforce

We remain committed to addressing manpower challenges by exploring every available option to reshape our workforce. Manpower initiatives for the next several months include placement of over-hires and reducing grade and position mismatches, completing requirements to recruit and hire our IMCOM-approved critical hiring requests and gaining approval for hiring against reimbursable positions to support our mission. These strategies may not reap immediate rewards, but if executed properly, will provide long-term, sustainable positions that inherently increase A.P. Hill capacity and capability in the future.

See Leader page 3



Garrison Commander
Lt. Col. Peter E. Dargle

Public Affairs Officer
Bob McElroy

Command Sergeant Major
Command Sgt. Maj. Keith R. Whitcomb

Public Affairs Specialist
Michael Meisberger

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Shut the Hill Up! By Command Sgt. Maj. Keith R. Whitcomb

ac•count•a•bil•i•ty

(ə, kaʊn tə' bɪl i ti)

adj: Liable to being called to account; answerable.

n: The state of being accountable, liable, or answerable.

A policy of holding public officials or other employees accountable for their actions and results.

Hello and greetings on the rebirth of the A.P. Hill quarterly publication, *Up and Down the Hill*.

To begin, I wanted to say that we absolutely have some dedicated employees here at the Hill, and over the last year I have had the pleasure to meet most of you.

I still have some more meeting to do but I wanted to take a few minutes and discuss the importance of accountability, how it applies to us all and how the future of A.P. Hill and the 90,000 warriors that come through here every year count on it.

We owe the U.S. Army the very best of our efforts daily. And, to this end, accountability plays a role in each of our lives as we must all "pull our weight."

Leaders within the Garrison must hold people accountable for their actions and ensure their employees are not expected to do the work of others who shirk their responsibilities.

Holding individuals accountable can also be a positive by rewarding our employees who go above and beyond in the support of our Garrison and our Warriors.

I ask you to think for just a minute about your position

within the garrison and ask yourself:

"Am I holding my subordinates accountable for their actions, am I fair about it?"

"Is my leader holding our team, section or division accountable for our actions and is he or she fair about it?"

"Are the same standards applied across my team, section or division?"

"Do I abuse my position as a leader?" Or "Does my leader abuse their position?"

I think about this every day and see many challenges for us all to tackle. These questions could be used as points of discussion during counseling sessions as long as the conversations are professional in nature.

Finally, leaders cannot be thin-skinned and should elicit honest feedback whenever possible to improve their abilities and the performance of their team, section or division.

Thank you so much for what you do for U.S. Army Garrison Fort A.P. Hill every day and congratulations to you all again for being selected as a Army Community of Excellence for 2013!

Well done!



Leader from page 2

Leader and Workforce Development

A.P. Hill's Civilian Training and Leadership Development Committee continues to analyze and develop strategies that increase professional education and training opportunities. We also look to challenge Directors and Supervisors to ensure the quality execution of our employee evaluation program that includes: effective development of Position Descriptions, Performance Objectives, Individual Development Plans, Counseling and Evaluations. Our goal is to have employees understand their roles, trained to execute their current job and developing future potential, and recognized for their performance against quantifiable standards of performance.



AP Hill, EOD School test emergency response and evacuation procedures

Story and photo by Bob McElroy

FORT A.P. HILL, Va. – U.S. Army Garrison Fort A.P. Hill and the Explosive Ordnance Disposal School held a Medical Evacuation Functional Exercise on June 12 to test the post's ability to respond, triage and evacuate victims of a training accident.

Thousands of Soldiers, Marines, Sailors, Airmen and other federal agencies use Fort A.P. Hill's ranges and training areas throughout the year for realistic live-fire training.

Military training is dangerous and even with the most-stringent safety procedures in place, accidents happen and result in injuries, sometimes severe. Key to a casualty's survival is prompt medical care and evacuation to a hospital.

The exercise scenario called for an EOD School vehicle roll-over that caused three casualties—two with serious injuries, the third suffered a life-threatening injury.

EOD School instructor Sgt. 1st Class Tomas Centeno was on the scene and provided immediate first aid to the victims until medics Sgt. Dennie O'Connell and Staff Sgt. Ramon Loo arrived.

O'Connell moved deftly among the injured, examining their injuries and assuring them that they'd be all right. She determined one patient had a life-threatening injury and said he had to be evacuated immediately.

Loo helped her load the patient in an ambulance and drove to a nearby landing zone to wait for the civilian medical evacuation helicopter to arrive.

Soon a Eurocopter 130 flown by Life Evac Virginia appeared and landed. Flight Nurse Randy Ison and Flight Paramedic Andrew Modrall left the helicopter and joined O'Connell and Talbert.

O'Connell apprised them of the patient's injuries and Ison and Modrall attached a heart monitor and started an intravenous solution. When the patient was ready, they carried him to the helicopter and loaded him for transport.

The helicopter flew a brief pattern to simulate taking the patient to the nearest trauma center and then landed and unloaded the patient.

By that time, first responders had moved a second casualty to the landing zone for evacuation. A.P. Hill firefighters and the medics wheeled him to the Eurocopter and Ison and Modrall loaded and secured him. The helicopter flew another pattern and unloaded the patient.

Satisfied that the exercise had tested the post's casualty evacuation procedures, Dargle ended it and participants moved to the EOD School for the hot wash—a review where all who participated can offer first impressions in a non-threatening environment.

Dargle said the exercise achieved his goals and will benefit the entire garrison now and into the future.

"We must learn from today so we will be better if it happens for real," he said.



Staff Sgt. Roberto Loo (left) a combat medic and Explosive Ordnance Disposal School instructor Sgt. 1st Class Tomas Centeno (right) prepare a casualty for Medevac.

SHARP training provides education and awareness

U.S. Army Garrison Fort A.P. Hill addressed sexual harassment and assault last week with two training sessions designed to inform, educate and raise awareness of this critical issue.

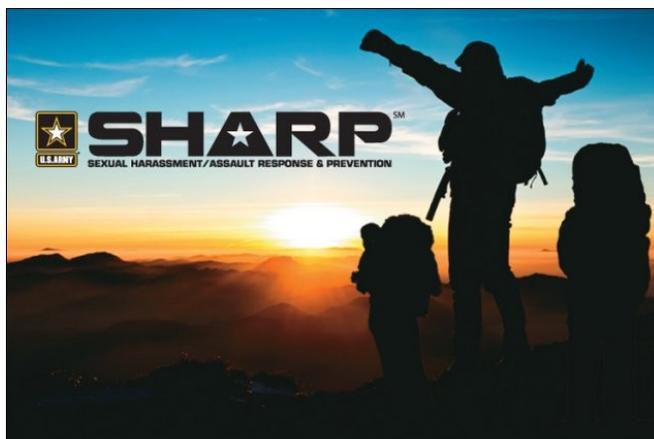
On Wednesday, June 19, each directorate held group discussions that addressed:

- Army Values
- The Army Civilian Corps Creed and what it means to each person and the team
- Accountability, especially with regard to each group's daily operations
- The A.P. Hill Sexual Assault Prevention and Response Program and Prevention of Sexual Harassment complaint procedures
- Three ways to reduce Sexual Harassment or Assault at Fort A.P. Hill

The group discussions were a precursor to the garrison-wide classes A.P. Hill commander Lt. Col. Peter E. Dargle, Command Sgt. Maj. Keith R. Whitcomb and SHARP coordinator Camilla F. Lewis led on Friday June 21. Each discussion group was instructed to come to the garrison-wide training with talking points to share with the other groups.

Friday's session featured videos and discussions as well as a review of the garrison's policies regarding sexual assault and harassment.

The training and group discussion reinforced the command's vision and direction regarding SHARP and improved the garrison's SHARP program.



"We have to improve...as a garrison, across the Army and across DoD." Lt. Col. Peter E. Dargle, commander USAG Fort A.P. Hill, Va.



During group sessions on June 21 participants had to examine a sexual assault or harassment scenario and develop an appropriate response. Each group briefed their results to the rest of the garrison.

For more information on the Army SHARP program visit: <http://www.sexualassault.army.mil/index.cfm>

To watch video of the A. P. Hill SHARP training visit: <https://aphiva0160dm006/Pages/Default.aspx>

A.P. Hill honors the fallen and those who served

Story and photo By Bob McElroy

Fort A.P. Hill honored the fallen and recognized living veterans during a brief ceremony at the Medal of Honor Garden here on May 22.

U.S. Army Garrison Fort A.P. Hill commander Lt. Col. Peter E. Dargle said Memorial Day is America's way of honoring those who have given all for their country.

"Rooted in the ancient Greek tradition of honoring their fallen Warriors, Memorial Day is the day we pay our respect to those who, in Abraham Lincoln's words, gave their last full measure of devotion," Dargle said.

"These Warriors we honor today have never sought war for its own sake, but proudly stepped forward when their nation called them to action." he said.

"Through their devotion and actions we enjoy the many blessings of liberty and freedom we have today. To the men and women of our military that have given their last full measure of devotion we are forever grateful."

Following his remarks, Dargle recognized local resident and former A.P. Hill employee James W. Farmer Sr., a World War II Navy veteran who saw action during the D-Day landings in Normandy, France on June 6, 1944.

"Sir, we are profoundly thankful for your service to our nation and are blessed to count you on the rolls of the Fort A.P. Hill Family," Dargle said.

The featured speaker was A.P. Hill employee Armando Flores, a 20-year Army veteran who served as an infantryman in the Vietnam War and was awarded the Purple Heart for wounds he received there.

Flores gave a poignant speech that recalled the Soldiers he served with in Vietnam who died during the war. They are memorialized on the Vietnam Veterans Memorial in Washington, D.C.

"I have a lot of friends on the Wall, I visited them last year and will visit them this year," Flores said. "Without them we wouldn't be here."

Flores said that Memorial Day is a holiday for everyone.

"Remember that when you celebrate on Monday," he said. "And when you see a veteran, shake his hand,



Decorated Vietnam Veteran and Fort A.P. Hill employee Armando Flores was the featured speaker at the post's Memorial Day ceremony on May 22 at Congressional Medal of Honor plaza.

thank him for his service and tell him you're very proud of him."

Following his remarks, Flores, Dargle and garrison Command Sgt. Maj. Keith R. Whitcomb placed a wreath in front of the Medal of Honor memorial.

The Caroline County High School Junior Reserve Officers Training Corps provided the color guard for the ceremony.

The cadets who participated were Shane Beazley, Boen Deffenbaugh, Dakota Johnson and Hunter Brock. U.S. Army Master Sgt. (Ret.) Roland Payne led the color guard.

Editor's note—Dargle was the featured speaker at the annual Memorial Day observance in Bowling Green on May 27. After the ceremony he joined Veterans of World War II, Korea and Vietnam in laying wreaths at the Caroline County Veterans Memorial on the Courthouse lawn.

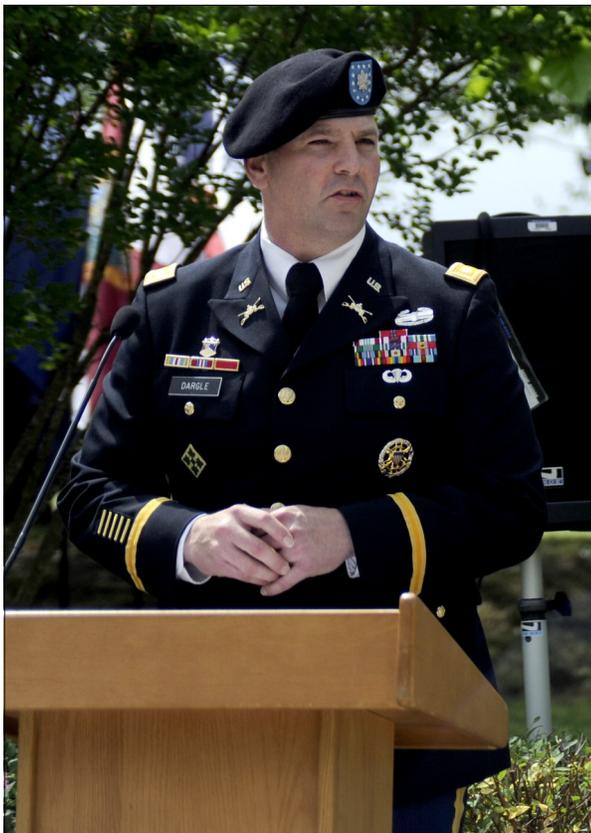
More from the A.P. Hill Memorial Day observance



Chaplain (Lt. Col.) Tim Smith (right) opened with a blessing. Also shown, Joseph Poirier.



The Caroline High School Junior ROTC Color Guard presented the colors



Garrison commander Lt. Col. Peter E. Dargle urged those who attended to remember those who gave their last full measure.



Lt. Col. Peter E. Dargle thanked World War II U.S. Navy veteran James W. Farmer Sr. for his service.

Garrison recognizes Employees of the Quarter

Following the U.S. Army Garrison Fort A. P. Hill Memorial Day ceremony, garrison commander Lt. Col. Peter E. Dargle and Command Sgt. Maj. Keith R. Whitcomb presented awards to several employees for their distinguished service and superior performance of duty.



Vance E. Dunlap earned the Achievement Medal for Civilian Service. Dunlap retired May 31 after 13 years of civilian service.



Lt. Col. Peter E. Dargle and Command Sgt. Maj. Keith R. Whitcomb presented Daniel W. Berkowitz of DPTMS a Department of the Army Certificate of Achievement for being named Employee of the Month for April 2013..

U.S. Army photos by Bob McElroy



Patrick D. Byers, Dianne V. Smith and Ron L. Lamborgini received Military District of Washington Certificates of Appreciation for being named Employees of the Quarter for January through March 2013.



Randolph E. Woolfolk of DES earned an Achievement Medal for Civilian Service. Woolfolk retired on May 31 after nine years of service at Fort A. P. Hill.

Garrison recognizes Employees of the Quarter



Kay Hummel of Resource Management was named the Employee of the Month for April 2013.



Armando Flores and Madelaine Perrotte-Clontz received garrison certificates of achievement for their contributions to the Fort A.P. Hill Memorial Day ceremony.



Edward T. Herndon received a Department of the Army Certificate of Achievement for being named Fort A.P. Hill Employee of the Month for April 2013.

Employee Spotlight – Camilla F. Lewis

Each edition we'll highlight one A.P. Hill employee to learn a little bit about him or her and how they contribute to our mission of providing the Best Training and Support Anywhere.

Interview and Photos by Michael Meisberger

Camilla F. Lewis recently began working as the U.S. Army Garrison Fort A.P. Hill Sexual Harassment, Assault, Response and Prevention specialist. Occasionally called Fay, she was born and raised in Cincinnati, Ohio and has a degree in Social Work.

Lewis was a career Soldier and retired as a Sergeant First Class at Fort Campbell, Ky. After her retirement she worked in children's services and was a Victim Advocate for victims of domestic and sexual abuse at Fort Campbell. Following her time there she moved to Virginia and worked for another agency of the federal government. Lewis can be contacted at: 804-633-8672.

What does your job entail?

I'm the SHARP Specialist and Victim Advocate. I'm here for the Soldiers, Family Members and Civilians at A.P. Hill. I also provide Victim Advocacy services. For example, if someone is harassed, I can provide assistance and support for them.

Why is SHARP important?

If you have an office of ten people and one person is affected, all of the individuals are affected. It's one thing to have to go into combat, it's another thing to have to go into combat and wonder whether or not you're going to be sexually harassed and assaulted. SHARP helps us

to have an effective civilian and military force; it helps them run effectively.

What are your goals for SHARP here at AP Hill?

To make sure the program is effective for everyone, to get my name out, so individuals know I'm here and to provide an atmosphere of comfortability. When a person is comfortable in their surroundings, if something happens to them, they will feel free and trust me to assist them and keep their safety intact.

After you retired from the Army, did you ever envision coming back to work for the Army and with Soldiers?

I retired at Fort Campbell. Retiring within a military community, I don't think I ever left the military community until my first few years in Virginia when I worked for another branch of the federal government. Working around the military is my first love, I understand the culture, understand the dynamics, the language, the military has numerous acronyms. I understand the Army.

What's your favorite football team, baseball team?

My favorite football team is the Cincinnati Bengals, my favorite baseball team is the Cincinnati Reds. I'm 100 percent Ohio!



"We want our youth to enter a force that's free of sexual harassment."



"Working around the military is my first love, I understand the culture...the language."



"I'm here for all of the A.P. Hill Soldiers, Family Members and Civilians."

New security guards learn to perform under duress

Story and photos By Bob McElroy

Three new security guards learned the power of pepper spray May 1 as part of their training here.

The Fort A.P. Hill Directorate of Emergency Services recently hired Joseph Figert, Jerry Mensah and Shasta Williams to be its first new security guards. Their training includes being sprayed and performing a number of tasks while coping with the effects.

DES training officer Lt. Ronald Henson sprayed each guard in the face and they felt the effects immediately—severe burning in their eyes and on their skin. Each struggled to see clearly, wincing from the spray.

Henson led them through the gauntlet, where they used a baton against a padded dummy, pushed away a person trying to get past them, subdued an aggressive suspect and fired a pellet pistol at a target.

Henson said it is important the security guards know how it feels to be hit with pepper spray, and, more important, they need to know they can still perform if they're sprayed.

"They need to know what it feels like; it burns like a hot iron, but they can still function if they open their eyes," Henson said. "We've got to train them not to quit. The goal is to go home at the end of the day."

After they completed the gauntlet the guards used wet paper towels and water to cool the burning in their eyes and on their skin. Figert said it was the worst pain he had ever felt.



Security guard Shasta Williams found it hard to see clearly after being sprayed with pepper spray.

The security guard training is about five weeks long, Henson said. In addition to the O.C. spray training the security guards learn hands-on defensive tactics, handcuffing, baton training and active shooter techniques. They receive several hours of classroom training in duties and responsibilities, use of force and legal issues. They also qualify with pistol, rifle and shotgun.

They're trained the same as the police at the gates and inspection points, Henson said.



Security guard Joseph Figert gets sprayed.

"It's horrible," he said.

Williams, a Navy Reserve Master at Arms, said he'd been sprayed before as part of his Navy training.

"This is worse than the first time because I had to open my eyes to shoot," Williams said. "But, I knew what to expect so it made it a bit easier."

Pepper spray is also known as O.C. —oleoresin capsicum—spray, a mixture of cayenne pepper extracts and oil in a pressurized container. Henson said that also can be dispersed in a fogger and as foam.

The fog is used for crowds, it disperses over a wide area, Henson said. Foam is used in smaller spaces, like a jail cell. The spray is used on individuals close to you who you need to subdue.

It's been a busy few months at A.P. Hill...March-April



The newly-renovated Lois B. Wells Memorial Health Care Clinic officially reopened on March 18. The ceremony marked the completion of an eight-month, \$1.4 million renovation that transformed the old clinic into a bright, modern facility.



The post hosted a Civil War Sesquicentennial Winter Quarters Exhibition near Liberty Church on March 31. Civil War re-enactor Woodford Broadbus showed some of the gear and personal items a Confederate Soldier carried day to day.



Chaplain (Lt. Col.) Dusty Gray led the Easter sunrise service at historic Liberty Church on March 29.



Col. Aimee L. Kominiak, the commander of the Sustainment Center of Excellence, presented certificates to Mike Earl and other members of the A.P. Hill team on April 17 for their excellent support to Sustainment Soldier training.

It's been a busy few months at A.P. Hill...April-May



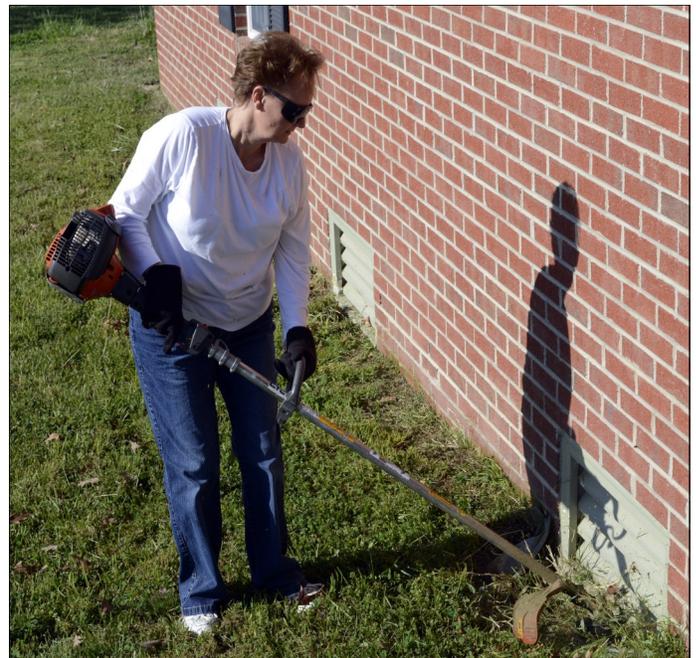
Earth and Safety Day on April 18 drew more than 800 students from several local middle schools as well as exhibitors from private, county, state and federal environmental organizations..



The command team recognized our fine volunteers on April 23 for the time and passion they gave to the post.



The Army Reserve's 99th Regional Support Command opened its new reserve center on April 25. The \$12 million complex is home to the Army Reserve's 310th Multi-Role Bridge Company.



The Resource Management Office staff proved they could handle Spring Clean-up on May 1 as adeptly as the garrison's budget.

U.S. Army Photos by Bob McElroy

It's been a busy few months at A.P. Hill...May-June



A.P. Hill commander Lt. Col. Peter E. Dargle (sixth from left) and other area military commanders signed the Fredericksburg Region Armed Forces Community Covenant on May 4 in Fredericksburg.

U.S. Army Photos by Bob McElroy



Soldiers from 4th Brigade Combat Team, 10th Mountain Division (above and left) traveled from Fort Polk, La. in May to train with Soldiers from 3rd Special Forces Group (Airborne), Fort Bragg, N.C. . During their two-weeks at A.P. Hill the combined units practiced reflexive fire, Medevac techniques, small unit tactics and more. Aviators from 3rd Battalion 82nd General Support Aviation Battalion supported the training.

It's been a busy few months at A.P. Hill...June



A brief but violent storm swept through the area on June 13 and caused considerable damage. At USAG Fort A.P. Hill, the high winds blew down trees and cracked limbs resulting in blocked roads around the post. Parts of the installation also lost electricity for up to 18 hours.



U.S. Army Garrison Fort A.P. Hill celebrated the Army's 238th Birthday on June 14. The day began with a five-kilometer run and culminated in the cutting of the Army Birthday cake by the oldest Soldier, A.P. Hill Deputy Garrison Commander Col. (Ret.) Robert T. Wright (right) and the youngest Soldier Sgt. Jonathan Inskeep from the 29th Infantry Division.



Garrison commander Lt. Col. Peter E. Dargle and Lodging Manager Debra E. Reno officially opened "Espresso To Go" the new coffee shop at Tucker's Tavern. The new café features hot and cold coffee drinks, smoothies, hot cocoa and water. They deliver within the garrison headquarters area. Hours are Monday-Friday 7 a.m.— 2 p.m.



Members of the Commonwealth of Virginia Military and Veterans Affairs committee visited A.P. Hill on June 18. During their visit they stopped by the 29th Infantry Division tactical operations center to chat with division commander Maj. Gen. Charles W. Whittington, Jr. (right).

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

for Heat Injury Prevention

- Take it easy with outdoor activities in the heat.
- Many heat injuries are preventable.
- Stay hydrated and use sunscreen.
- Proper clothing is important.
- Monitor the wet bulb globe temperature, and your daily workload/heat exposure.
- Recognize symptoms of heat injury and know what to do.

Take 5 ... then take action.



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<https://safety.army.mil>

ARMY SAFE IS ARMY STRONG



TICK PREVENTION SAFETY

Bugs make us shudder, but the tick can- quite literally- get under our skin

If you enjoy the outdoors, especially during the April-October timeframe, be extremely careful – these small hunters attach themselves when you brush high grass or even at the beach.

Ticks are the leading carriers (vectors) of diseases to humans in the US, second only to mosquitoes. It is not the tick bite itself, but the secretions in the tick's saliva, that can cause diseases like Ehrlichiosis or Lyme disease.

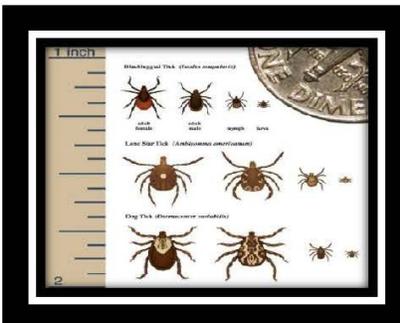
These diseases can be avoided through Education (training, pamphlets), Prevention, Identification, Proper Tick removal, and Awareness of what symptoms to look for in case you need medical assistance (most cases can be cured early with antibiotics).

Prevention

- Walk in the center of trails or paths.
- Avoid tick-infested areas (especially places with leaf-litter and foliage)
- Landscape to create tick-safe zones
- Wear a hat, long pants & long-sleeved shirts, tuck pant legs into socks, and wear closed shoes.
- Wear light colored clothing.
- Treat clothing, not the skin, with Permethrin, found in lawn care stores. *Always follow directions.*
- To repel ticks, spray skin with 20% DEET; children under three years old should not use DEET. For older children do not spray directly to the face, apply to the hand and rub in.
- After coming indoors, shower as soon as possible and check your body for ticks; use the buddy system.
- Wash and tumble dry your clothing on high heat for 1 hour and check your pets for ticks.
- Wash your children's skin with soap and water to remove any repellent when they return indoors.

Did you know that NIH-supported researchers suggest that a tick must be attached for several hours to transmit Lyme disease bacteria? *Promptly removing the tick could make a difference in keeping you from getting infected.*

Tick identification. If you are bitten, immediate identification of species type can avoid unnecessary doctor trips.



Deer ticks, the tiny species on the first row is primarily responsible for transmitting Lyme disease. *Symptoms include a circular rash like a bull's-eye at the bite site, arthritis, flu-like aches; later, disease can affect joints, heart, and cause neurological problems.*

Lone Star Tick: Most prevalent tick in VA on the second row, has been shown to transmit Ehrlichiosis. *Symptoms include fever, headache fatigue, nausea, vomiting, joint and muscle aches, or eye pain. This disease can be deadly if left untreated.*

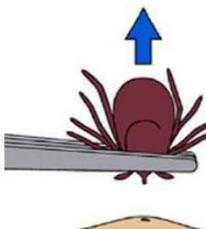
If you find an attached tick, don't panic, ticks are easy to remove with a pair of fine-tipped tweezers or by using the Pro-Tick Remedy (ISO Office).

Consult your healthcare provider if you develop a rash, fever, body aches, or fatigue in the 1-3 weeks following a bite. Be sure to tell the doctor about

your recent tick bite, when it occurred, and where you most likely acquired the tick.

Tick Removal Steps

- Wear gloves so you don't spread germs.
- Do not use petroleum jelly, hot matches, nail polish, or other common methods; only use fine-tipped tweezers or PTR for removal.
- While using tweezers, **taking care not to squeeze the tick's body**, grasp as close to the skin as possible on the mouthparts and gently pull straight up until it comes free. (Don't twist as you may break off the head and risk infection)
- Once removed, don't crush the tick because you may transmit disease.
- Thoroughly cleanse the bite with alcohol or skin antiseptic solution and apply antibiotic cream when finished.
- Wash hands thoroughly after handling and disinfect all used instruments.
- Do not discard the tick in case you develop any symptoms, instead take it to a Medical Clinic to be processed for identification and testing in a tightly closed jar or zip-lock bag.



****If pregnant, take extra care as Lyme disease can be transmitted to your child.**

For more information, contact the Safety or Environmental office where they can provide advice on Tick safety as well as pamphlets and handy pocket cards. For online material go to

<http://www.cdc.gov/Features/StopTicks/>



Garrison Hours of Operation

Garrison Headquarters	Monday – Friday 8 a.m. - 4:30 p.m.
Lois B. Wells Health Clinic	Monday – Friday 7 a.m.— 4 p.m.
Directorate of Family and MWR	Monday – Friday 8 a.m.— 4:30 p.m.
Community Activity Center	Monday-Friday: 6 a.m.—7 p.m. Saturday 9 a.m.—5:30 p.m. Sunday 9 a.m.—5:30 p.m. Holidays 9 a.m.—5:30 p.m.
1673 Recreation Center	Unit sign-out on an as needed basis.
Wilcox Gym	24/7
Downtime Zone Recreation Center	Unit sign-out on an as needed basis.
PX at Wilcox	Tuesday – Saturday 10 a.m.— 5 p.m.
Wilcox Snack Bar	Tuesday – Saturday 11 a.m. – 7 p.m.
Recreational Lodging,	Monday – Friday 7 a.m. – 4 p.m.
Outdoor Recreation	Monday – Friday 7 a.m. – 4 p.m. Sat 7 a.m.—3 p.m. Sun 8 a.m.— Noon

Would you like your hours posted? Submit office name, building and days and hours of operation to Up and Down the Hill at: usarmy.aphill.imcom-atlantic.mbx.pao@mail.mil.

Follow all the latest news and information on official Garrison social media:

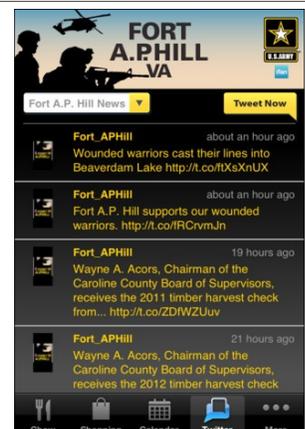
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