

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for July 19, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Well Being Council meets July 20

The Well-Being Action Council will meet 9:30 a.m., July 20, at the AA Post Chapel, Fellowship Hall. For more information, call Sheryl Speerstra, 410-306-4522.

### ACS will host family picnic

Army Community Service will host its annual family picnic and celebrate 41 years of service 11 a.m. to 1 p.m., July 20 at Maryland Boulevard Field. Free tickets are available at Aberdeen ACS, building 2754, Monday through Friday, 8 a.m. to 3 p.m., 410-278-7572, or at Edgewood ACS, building E-4630, Monday through Thursday, 8 a.m. to 5 p.m., 410-436-3362.

### Army seeks warrant officer candidates

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief on qualifications and application procedures to applicants interested in becoming U.S. Army warrant officers 10 a.m. and 1:30 p.m., July 19, at the Soldier Processing Room, room 243, Side A, building 4305.

For more information, call Master Sgt. Elijah Mobley, 410-306-2054, Chief Warrant Officer 3 Carlos L. Negron, Warrant Officer team, DSN 536-0458 or visit [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant)

### BJ's membership sale

BJ's Wholesale Club is offering a 15-month membership, to include two cards for \$30 for all civilian, military, retirees and contract employees.

This offer is good for new customers and for membership renewals.

Renewal membership holders should bring their current card with them.

A representative will be available 11 a.m. to 4 p.m., July 18, 19 and Aug. 1, at the Recreation Center, in building 3326 and at the Edgewood Recreation

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Army announces 10 great inventions

# APG firefighters gear up for stand down

Story by **YVONNE JOHNSON**  
APG News

Mindful of the loss of too many of its members due to preventable accidents and other line-of-duty deaths, the International Association of Fire Chiefs sets aside one day each year to focus on safety and accident prevention.

Thousands of fire departments across the nation observed the Firefighter Stand Down on June 21 and the Aberdeen Proving Ground Directorate of Safety, Health and Environment's Fire and Emergency Services Division was no exception.

Assistant chief David A. Smith assisted in organizing the activities in accordance with IAFC 2006 theme which focused on vehicle safety.

According to the USFA, 106 firefighters died last year, and approximately 25 percent of the deaths were due to vehicle related accidents, Smith said.

"We will be inspecting apparatus and equipment, checking seat belts, looking for deficiencies and things of that nature," Smith said.

Aberdeen Proving Ground firefighters and emergency



Photo by DAVE SMITH, DSHE

APG Firefighter Robert Farrell uses a ladder to move 'downed' Capt. Doug Schmidt to safety as firefighter Jimmy Ray observes from a second floor window during Firefighter Safety and Survival training at the University of Maryland Fire and Rescue held in conjunction with Firefighter Safety Stand Down training June 17 and 21.

medical personnel training at the fire houses included reviewing near-miss reports to evaluate what occurred, why and how to prevent a reoccurrence; physical fitness and

diet; safe vehicle operating procedures; inspecting gear for deficiencies and proper use of seat belts.

"A lot of these things we do on a routine basis," Smith

said, "but we want to reinforce the message that even though you're wearing safety gear, it's still important to wear that seat belt."

In addition to training,

morning briefings always address safety issues, added Capt. Howie Travers.

"One sobering statistic is that vehicle crashes cause more deaths among firefighters than fires," Travers said.

He commented on how easily the need to fasten seat belts can be lost in the rush to don all the necessary equipment that firefighters wear on each call.

"It isn't complacency," he said. "There are so many things going through your mind - you're putting on equipment, you're thinking about what kind of structure you're heading to, possible injuries or a rescue situation - it's easy to forget that one little seat belt."

"The message today is about the extra effort you can take to save your own life," he said. "It's better to lose one moment in life than to lose one life in a moment," he added.

While a crew was available to respond to emergency calls, the remaining force spent the day training and inspecting equipment. They reviewed inspection techniques for safety gear, including Self-Contained Breathing Apparatus.

"This is one of the most

See SAFETY, page 9

## National Guard exercise evaluates emergency communications

Story by **YVONNE JOHNSON**  
and **HEATHER TASSMER**  
APG News

In light of communication problems that plagued rescue efforts during 9-11 and Hurricane Katrina, the Maryland Army National Guard led a daylong exercise testing communication interoperability between state and

local emergency responders at Weide Army Airfield in Edgewood June 5.

The goal of the training was to test new equipment and enhance interoperable information sharing systems that aid information intelligence analysis during an emergency situation.

Along with the MDARNG, participating elements included personnel and equipment from

the 32nd Civil Support Team, the Maryland Emergency Management Agency and the Harford County Emergency Operations Center.

Maj. Gen. Bruce F. Tuxill, adjutant general Maryland, Col. James Grove, director of Homeland Defense and Military Support for the Maryland National Guard and Lt. Col. Bill Stephenson, commander of the 32nd Civil Support Team, briefed participants on the scenario and purpose of the exercise which included two MDARNG helicopters; an OH-58 Kiowa and a UH-60 Blackhawk.

"The goal is to show that we can maintain a communication center," Tuxill said. "We want to make sure we can talk to each other and overcome the problems of the past."

"Because emergency responders use different types of communication equipment, it is crucial to ensure beforehand that all elements are able to hear and speak to each other," Grove explained.

He said that the state's

See EXERCISE, page 9



Photo by YVONNE JOHNSON

Maryland Army National Guard Spc. Michael Potter adjusts the antennae used for video downlink on top of the MDARNG Mobile Command Center during the communication interoperability exercise that included state and federal emergency responders at Weide Army Airfield June 5.

## ECBC packaging specialist becomes second woman inducted into Hall of Fame

Story by **JENNIFER GASKILL**  
ECBC

An Edgewood Chemical Biological Center packaging specialist became the second woman inducted into the Military Packaging Hall of Fame of the National Institute of Packaging Handling and Logistic Engineers during its 50-year celebration June 6.

Nancy Waltman was recognized for her outstanding work attributes and highly credible service as evidenced by her accomplishments while working in the packaging field for the U.S. government. These include leadership of a diverse "hands-on" function involving direct communication with government contractors, development of new packaging designs and maintaining technical data.

Waltman is responsible for the leadership of U.S. Army civilians and contractor personnel (comprised of

packaging engineers and packaging specialists) who are involved in a broad spectrum of packaging related tasks and functions including chemicals and ammunitions.

The successful leadership of this mix of technical and functional assets defines the true value of Waltman to the military packaging community.

"Waltman's participation in the recently formed Army Packaging Policy Workgroup is steadfast and reveals her loyalty to the military packaging mission as well as her team," said Jim Zarzycki, ECBC director.

She has worked to reopen the lines of communication between packaging offices in major subordinate commands and continues to educate counterparts on the need for military packaging.

"Her effort is evident by the lines of communication that have been opened due

See FAME, page 8

## Soldiers educate students about careers in the Army

Story and photo by **JONI B. PLATT**  
20th Support Command (CBRNE)

Soldiers from the 20th Support Command (Chemical, Biological, Radiological, Nuclear and High Yield Explosives) recently talked about their personal experiences in the Army with local 4th and 5th grade students.

The seven Soldiers talked with students at Roye-Williams Elementary School in Aberdeen, discussing their Army jobs and providing hands-on experience in Army physical fitness.

1st Sgt. Montonya Boozer from the Headquarters Company of 20th Support Command (CBRNE) introduced the children to Army physical fitness by demonstrating proper Army push-ups and sit-ups. She selected a few students in the audience to try it for themselves.

"I just wanted the children to have fun and judging from the 'Hooahs' coming from the crowd, I think I achieved my goal," she said.

Maj. William Mott, adjutant at the 20th Support Command (CBRNE), briefly touched on the history of the Army and the newly formed command.

"Our goal was to introduce the students to various aspects of careers available in the Army and specifically within our command," Mott said. "While the unit's specialty is combat-ing weapons of mass destruction, there

are many other support jobs Soldiers, civilians and contractors perform. The goal was to give the children a broader view of what it means to be a Soldier."

"I'm a superhero; I explode bombs," said Sgt. Sean Caldwell when introducing himself to the students. A native of Dayton, Ohio, Caldwell has traveled with the Army to Paraguay, Afghanistan and Iraq.

Caldwell is one of the unit's explosive ordnance disposal Soldiers and works in the Army equivalent of a bomb squad. He explained that part of his job is to take x-rays of munitions that came from World War I and II. He also uses robots to assess and, if necessary, render safe munitions.

He explained that another part of his job is keeping VIPs, and other visitors to national events, safe from explosive hazards. Army Soldiers provide support at events like the Super Bowl and the Olympics.

"The thing I like most about my job is that I have the opportunity to do what I am trained for every day," Caldwell said. "Plus, I get to blow things up, make a lot of noise and ultimately make the environment safe for others by doing my job."

Other Soldiers talking to the students included Lt. Col. Kevin Michaels, a surgeon for the command;

Maj. Sonnie Deyampert, a nuclear specialist in the command's operations section; Sgt. 1st Class Liz Graybill, the command's paralegal; Sgt. 1st Class Richard Stewart, a member of the command's nuclear disablement team; and Staff Sgt. Althea Clarke, from the 22d Chemical Battalion (Technical Escort).

The 20th Support Command participates in outreach events like this one to familiarize the civilian community with the Army and help them better under-

stand local Soldiers and what they do.

"We don't just work here, we live here too," said the command's Chief of Staff Col. Barry Lowe. "When we support events like this, we talk to our friends and neighbors in the local community and broaden the understanding of the average citizen on what our patriotic and dedicated Soldiers do every day."

For more information about the 20th Support Command (CBRNE), visit [www.cbrne.army.mil](http://www.cbrne.army.mil).



1st Sgt. Montonya Boozer, right, 20th Support Command (Chemical Biological Radiological Nuclear and High Yield Explosives), demonstrates the proper Army push-up to, from left, Jeremiah Hill, Brandon Hilliard, Jason Hardrick and Jordyn Walker, students at Roye-Williams Elementary School.

# Family Child Care holds Eighth Annual Stand for Children Day

Story and photos by  
**HEATHER TASSMER**  
APG News

Children made crafts, sang songs and played games in celebration of the Aberdeen Proving Ground Family Child Care's Stand for Children Day June 19 at Maryland Boulevard Park.

The purpose of Stand for Children Day is to "celebrate the FCC program with the children who are enrolled on and off post," said Alexia Baker, FCC program associate who assists in FCC activity planning.

This is the eighth year the FCC staff has been holding the event, Baker said.

Children participated in various crafts throughout the day such as decorating visors with stickers and making tie dye shirts.

"This looks really great," FCC Director Aphrodite Corsi said as Lydia Ritchie, 4, squirted red and blue paint onto a T-shirt.

Before lunch, the Kinderman, also known as

John Taylor, entertained the children with games and a puppet show. The Kinderman stars in a children's TV show, "The Kinderman Show," which airs at 6:30 a.m. on Saturday mornings in Baltimore.

He conducted Kinder Olympics in which groups of boys and girls ages 2 through 9 participated in a race of the countries by age. Each child had to race to put their flag in the hole at the finish line.

The Kinderman also performed songs from his CD "Kindercise with Kinderman's Friends" about friends and a rhyming song about colors. Each time he'd say a color the children would do something in response. If he said the color red, they'd have to put their hands on their heads and if he said black they'd have to put their hands on their backs.

"The Kinderman always has a wonderful repertoire of children's songs," said Beverly Hartgrove, FCC trainer and curriculum specialist.



Jennifer Blair, center, an Aberdeen Family Child Care provider, helps her sons, Corey, 3, left, and Caleb, 6, decorate their visors.



Shane Jewell trudges forward in his sack during a relay race conducted by APG Youth Sports director Bill Kegley and assistant director Chris Fielder. The relay race was played during Family Child Care's Stand for Children Day at Maryland Boulevard Park June 19.

"The kids love to respond to the songs," the Kinderman said.

The children volunteered to sing by themselves, in duets, quartets and in a choir.

The entertainer also taught them how to use sign language to say sentences like "I feel happy" and "I feel sad."

He also had the children participate in a dance contest.

Johnathan Quarantiello, 11, shared his thoughts about the Kinderman.

"I liked his dancing," Quarantiello said. "He made some funny moves."

In addition to Kinderman's Kinder Olympics and songs, the children also played with hula hoops and participated in bean-bag toss games.

Bill Kegley, APG sports director, and Chris Fielder, assistant APG sports director, conducted a relay race. During the first part of the relay the children had to race while hopping in a sack. Then they had to run through hula hoops.

"It was kind of hard," said 7-year-old, Kavoss Mobley. "I liked being in the sack the best."

In addition to songs and games, Anthony Vaughters, FCC mentor and director of the FCC summer reading program, provided a display of books for children.

The children were not the only ones who had fun at Stand for Children Day.

Gena Smith, an Aberdeen provider, said this was the third year she attended the event, and "every year I enjoy it."

Baker said about 90 children attended. Thirty of them were from the Karing for Kids Learning Center.

"It was a beautiful day, and a great turnout," Hartgrove said. "We appreciated some food items that were donated from the APG Commissary."

The crafts are planned around what supplies the FCC staff is able to buy from year to year, she added.

"FCC received excellent support from Child and Youth Services for supplies," Hartgrove said.

Hartgrove organizes the event each year and each year it is a little different.

## MRICD hosts 15th successful bioscience conference

Story by  
**DR. MARGARET FILBERT**  
MRICD

The U.S. Army Medical Research Institute of Chemical Defense hosted the 15th Biennial Medical Chemical Defense Bioscience Conference June 5 through 9 at the Marriott Hunt Valley Inn, Hunt Valley. This year the conference was sponsored by the Joint Science and Technology Office for Chemical and Biological Defense and the Defense Threat Reduction Agency.

The 390 attendees from 14 countries, represented 17 federal organizations, 30 academic institutions and 28 private corporations.

The theme of the conference was "Putting the Pieces Together," and the program was organized around the DTRA capability areas—pretreatments, therapeutics and diagnostics—for the chemical defense program.

Three special workshops were held including a case study of a sarin exposure casualty in Iraq, galanthamine as a neuroprotective therapy for nerve agent exposures and choosing the right oxime. The conference's final session highlighted partnership initiatives.

"The Bioscience Review is the premier North American meeting for CW [chemical warfare] medical countermeasures and provides an unparalleled opportunity for like-minded scientists to network and collaborate research," said attendee Thomas Sawyer, from Canada's Defence Research and Development Center. "I very much hope that the meeting continues to be held."

Dr. Bruno Papirmeister, a former MRICD scientist renowned for his research on the blister agent sulfur mustard, gave the Clarence A. Broomfield Lecture titled "From Phage to PAMP: My Life in Sulfur Mustard Research and Beyond."

The banquet keynote speaker was retired Col. James S. Ketchum, MD. In his talk "Secrets Almost Forgotten," Ketchum showed videos clips of experiments on incapacitating agents carried out at the Biomedical Research Laboratory during the 1960s. Ketchum was the resident psychiatrist for the Army, stationed at Edgewood Arsenal.

During the banquet the JSTO-CBD/DTRA 2006 Annual Medical Awards were presented. The Senior Research Scientist of the Year was Dr. John Petrali of MRICD's Comparative Pathology Branch, while another individual in the branch, Tracey A. Hamilton, was named the Most Promising Young Researcher. The 2006 Outstanding Research Team award went to MRICD scientists Drs. James F. Dillman, III, and Robert J. Werrlein for their concerted efforts in identifying therapeutic targets for medical countermeasures against sulfur mustard to enhance the warfighter's chances of survival on the battlefield.

Dr. David E. Lenz, MRICD, was honored as the Outstanding Joint Research Coordinator of the Year, and Dr. Chunyang Luo of the Walter Reed Army Institute of Research received the Research Science Contractor of the Year award. Brig. Gen. Patrick Masson of France was recognized with the Chemical and Biological Defense International Award for his contribution to furthering cooperative research between the United States, the University of Nebraska Medical Center and France.

Retired Maj. Gen. Garrison Rapmund, a former commander of MRICD, complimented it's staff and commander, Col. Brian Lukey, on an outstanding job.

"I found everything about the meeting first class," Rapmund said.

## Food, water safety experts protect edibles at Army ball

CHPPM

Just as a fairy godmother made Cinderella's enjoyment of the ball possible, U.S. Army Center for Health Promotion and Preventive Medicine experts made enjoyment of the Army birthday ball—or at least the edibles there—possible for more than 2,100 attendees.

While Soldiers and their guests briefly set aside the cares of war for the glamour of a formal evening at the June 10 event, a team of CHPPM water and food sanitation and safety experts, working with security specialists from the Army's Criminal Investigation Command, precluded terrorist tampering with food, drinking water and beverages.

Dubbed the Food and Water Vulnerability Assessment Team, the changing mix of preventive medicine and veterinary food inspectors is trained to support the CID at

high-visibility events like the ball.

Team members come from CHPPM headquarters, Aberdeen Proving Ground and the U.S. Army's North Atlantic Regional Veterinary Command.

They meet with local health departments and water authorities. In addition, they evaluate the water supply and the food supplied for events, review food receipts and storage, as well as food preparation, cooking and serving.

The team's activities are aimed at deterring or mitigating terrorist activity against food or potable water supplies; providing an extra measure of food and water safety oversight.

Their skills were well employed at the Army's 231st birthday celebration at Washington, D.C.'s Hilton Hotel. The menu there included a range of beverages, filet

mignon, tilapia, salads and fresh berry tarts, and the chefs and their assistants numbered more than 150.

"Putting together a meal for that many people requires lots of ingredients and perfect timing," said Thomas McNeil, a food safety expert from CHPPM's Environmental Health Engineering Directorate. "Our job is to track all that action, inspecting and monitoring."

At any venue, the team serves as a deterrent as well as a precautionary measure.

"Deploying the team cannot 100 percent eliminate terrorist activity or outbreaks of food or waterborne illness," McNeil said. "The team can, however, identify both food and water vulnerabilities and food safety issues that potentially threaten the Army and its guests. And, that will reduce the occurrence of these dangers."

# APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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Deadline for copy is Thursday at noon for the following Thursday's paper.

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# Commander's Corner

**COL. JOHN T. WRIGHT**  
USAGAPG

Funding restrictions will have an impact on many Aberdeen Proving Ground operations.

As garrison commander I want to explain how this year's funding restrictions will impact Garrison operations and how I believe those impacts will affect the installation, its residents, workers and visitors.

Upon receiving the initial funding letter in March, the Garrison staff analyzed the impacts of the fiscal year 2006 funding projections concluding that with the reduction in funding and increasing pressure of utility costs we would run out of funds in June or July. Significant shortfalls in Anti-Terrorism/Force Protection, Army Family Housing and Base Operations were highlighted.

Throughout the spring we looked at and implemented measures to reduce our daily consumption or "burn" rate. In addition, to maintain essential contracts with little or no cash allotment, we mortgaged our 4th quarter labor dollars to pay mission essential contracts. The mortgaging occurred primarily to ensure continuity of the contracts from month to month pending receipt of supplemental funds and approval to award task orders. The inefficiencies of administering contracts in this manner are numerous and lead to increased administration costs and eat into goodwill between the government and contract work forces.

During the month of June, garrison leadership requested additional funds from the Installation Management Agency to meet the minimum essential requirements in BOS, AT/FP, and AFH. We also followed guidance from the Army Vice Chief of Staff and Director, IMA, with regard to hiring actions and award of service contracts. The collective intent was to reduce our daily burn rate and attempt to live within an IMA directed BOS funding ceiling of \$108.9 million (\$8 million below our minimum requirements) for the remainder of the fiscal year.

There was some relief in AT/FP and AFH and these two areas appear marginally satisfactory for the year.

We approached the end of June with no relief in the BOS area. That equated to no additional funds which equated to termination of all service contracts.

Our request for the authority to reprogram already meager SRM funds to cover the full BOS shortfall (\$8 million) was denied.

Our request to reprogram approximately \$2.5 million in Environmental program funds was approved on July 1, but our request to pay for all mission essential services for the month of July, pending receipt of additional funds for August and September was disapproved.

We cannot expect additional funding. Therefore upon the direction of the IMA, only life, health and safety related contracts will be funded for the balance of the year; all others are considered non-essential.

**The following services will continue for the balance of the year:**

- Refuse collection (no changes)
- Food Service (dining facilities)
- Laundry for Soldier linens
- Custodial – at minimum levels (one day per week, with selected areas at greater frequency)
- Military Personnel Services (some areas may be reduced or eliminated)
- Selective information technology functions – Life, health, safety, security related contracts
- Bottled water – for isolated buildings with potable water issues

As a result, every tenant organization is affected by these restrictions. For example the garrison will have to turn in all copiers, printers, etc.; therefore we will go paperless in nearly all areas of operations. Examples of services terminated or curtailed (many impacts still being determined):

Grounds maintenance – Ceased; no work has been performed since late May. A contingency plan is being executed by the directorates of Installation Operations and Morale, Welfare and Recreation to maintain health, life, safety and surety areas.

Central Issue Facility – Operations curtailed due to release of contract employees.

General Services Administration vehicle fleet – The Garrison has turned in nearly 100 vehicles. Most administrative use vehicles will no longer be available from the Transportation Motor Pool. Emergency services (police, fire, selected public works vehicles) will be retained. If your organization pays for the vehicle, there is no impact.



Photo by BLAKE VOSHELL, DOIM

Re-Nu-It Center (housing self-help store and lawn mower maintenance) – Contract employees have been dismissed; operations curtailed but supplies are available.

Work Order/Service Order desk – Contract personnel have been released, and a government employee reassigned from other duties (impact to be determined).

Real Estate – Contract employees dismissed; will lead to delays in transactions involving turn-in/issue of buildings, site plan approvals, etc.

Environmental programs – Selected lower-risk tasks will be deferred to next fiscal year; unobligated balances are being scrubbed.

Equipment maintenance – No garrison funds/tasks placed against contract; exceptions are emergency services vehicles/equipment that are not GSA maintained. Equipment, such as forklifts for ammunition supply operations, are deadlined if non-operational or out of tolerance for load testing. Mission tenant maintenance is not directly affected.

Tenant activities can help the Garrison by taking the following actions:

- Full payment of Interservice Support Agreement reimbursables. The Garrison will move to a strict up-front payment process – no payment, no service. Our thanks go out to all who have and continue to pay in a timely manner. Selective non-life, safety, or health related services

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## POST SHORTS

Center, building E-4140, July 25 and Aug. 23.

All major credit cards, checks and cash will be accepted for payment.

For more information, call Angela Keithley or Jacqueline McKeever, 410-278-4603/4771.

### Ed Center holds FAST Math class

A Functional Academic Skills Training Math class will run 8 a.m. to noon, Monday through Friday, through July 24, in building 4305, room

214. There will be no class on RDO Fridays.

Participation is limited to active duty Soldiers only and is geared to raise their General/Technical Score.

To enroll, call the Army Education Center, 410-306-2042 or DSN 458-2042.

### Thrift Shop holds Christmas in July

During July, visit the APG Thrift Shop to start gathering Christmas decorations early.

No Christmas consignments will be taken during July to help move out accumulated Christmas items.

For more information, call 410-272-8572 during hours of operation, 11 a.m. to 6 p.m. Wednesday, 10 a.m. to 2 p.m., Thursday and 10 a.m. to 2 p.m., on the first Saturday of the month.

### Vacation Bible School

The APG Post Chapel Ecumenical Vacation Bible School will be held 6 to 8:45 p.m., Aug. 7 through 11 for preschoolers ages 4 and 5.

This year's theme, "Fiesta," welcomes children to be fired up about Jesus. Get ready for an exciting celebration of Jesus' love filled with lively mariachi bands, colorful folkloric costumes, spicy chili peppers and warm friends.

Registration forms are available at the Main Post Chapel.

Volunteers are needed to assist in planning and training meetings scheduled for July 19.

For more information or to register, call Gerri Merkel, 410-278-2516, or e-mail her at gerri.merkel@apg.army.mil, call Clarence Weaver, 443-567-8934, or Bernadette Kovalsick, 410-322-5206 or 410-306-2345.

Deadline for registration is July 31.

### Working Woman's Scholarship nominations open

The Maryland Tri-County Chapter of Federally Employed Women presents an annual \$300 scholarship called the 2006 Dottie Dorman Working Woman's Scholarship to a deserving woman to pay for or offset college expenses incurred in pursuit of her continuing education.

To qualify nominee must:

- Be a female employee in any federal job in Baltimore, Cecil or Harford County.

- Currently be pursuing college-level education studies.

- Prepare a short essay (not to exceed one type-written page) summarizing educational plans and explaining how this scholarship will be used.

- Provide the name; home and work addresses; home and work telephone numbers; e-mail addresses; name and telephone number of current supervisor (to confirm federal employment); and name of nominee's educational institution.

Submit application to the Maryland Tri-County FEW Scholarship, c/o Suzanne Schultz, 952 Chesapeake Drive, Havre de Grace, MD 21078 no later than Aug. 12.

The winner will be announced during the APG Women's Equality Day observance and awards ceremony 10 to 11:30 a.m., Aug. 23, at the Edgewood Conference Center,

Aberdeen Proving Ground.

For more information, call Suzanne Schultz, 410-278-9514, or Melissa Smith, 410-642-2411, x5129.

### APG Newcomer Orientation scheduled

The Aberdeen Proving Ground Newcomer Orientation will be held 1 to 3 p.m., Aug. 16, at the Aberdeen Area Recreation Center, building 3326. All military, civilian personnel, retirees and their family members are invited and get acquainted with the military and civilian community at APG. Representatives of support agencies/organizations will be present to discuss their activities.

For more information, call Marilyn Howard, Army Community Service, 410-278-9669.

### Joining APG's Speaker's Bureau

Anyone who enjoys discussing their field of expertise or favorite hobby can become a member of APG's Speakers Bureau. The APG Speakers Bureau enables military and civilian employees of APG to address on- and off-post organizations and local schools on a topic of their choice. It is a voluntary community service offered without charge. To become a member of APG's Speakers Bureau, call 410-278-1151.

### Field assistance in science and technology program

The Field Assistance in Science and Technology Program is a U.S. Army Research, Development and Engineering Command asset used to gain better insight into the technology needs of Soldiers in combat.

RDECOM is made up of eight national and nine international laboratories, all working

to get technology to the Warfighter, quicker. The Uniformed Army Scientist and Engineer program was also implemented over the past year, coupling military scientists and engineers with Science Advisors to further enhance communication between troop leaders and RDECOM.

To share a Soldier technology need or solution with RDECOM visit [http:// www.rdecom.army.mil/business.html](http://www.rdecom.army.mil/business.html).

### DoD offers free anti-spyware

The Defense Information Systems Agency has licensed free anti-spyware software for all government employees and armed forces personnel for use on personal computer systems.

Users must be on a "mil" workstation to download the software.

To download the free anti-spyware software, visit the DISA Web site, <https://iase.disa.mil/sdep>, or the Navy's Information Assurance Web site, <https://infosec.navy.mil>. At the INFOSEC site, click on the COMPUSEC tools tab and scroll down to the anti-spyware link, second from the top. The software can then be saved to a local hard drive for writing on a CD-ROM or other portable media for home use.

(Note: Information provided by [www.military.com](http://www.military.com).)

### EEO volunteers needed

The Equal Employment Opportunity Office is looking for volunteers for the following committees: Asian American/Pacific Islander, Black, Federal Women, Hispanic, Native American/ Alaskan Native and Program for People with Disabilities.

For more information or to volunteer, call 410-278-1137.

(Editors Note: More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.)

# Community Notes

## THURSDAY JULY 13 SUNSET ON THE CREEK

Walk the trails with a naturalist and watch the sun set on the creek. This free program from 7:30 to 9 p.m. is for ages 6 through adult, 6 through 10 with an adult. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## FRIDAY JULY 14 SINGLES NIGHT CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Singles Night Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person. Passengers can come out for an evening sail and enjoy the company of other singles. Light jazz and beverages will be included. Reservations are required. For more information or for reservations, call 410-939-4078.

## SUNDAY JULY 16 DISCOVERY WALK

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park. This free program begins at 10:30 a.m. No registration. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

## SATURDAY JULY 15 BASKET BINGO

Basket Bingo to benefit VFW Post 8185 Men's Auxiliary will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, or VFW Post 8185, 410-642-9297.

## MONDAY JULY 17 TOASTMASTERS MEETING

Gunpowder Toastmasters Club 2562 will hold its regular meeting 11:40 a.m. at the Gunpowder Club at the Edgewood Area of Aberdeen Proving Ground.

This club is open to anyone on or off post who wants to improve their communication, leadership and listening skills and to overcome the fear of public speaking.

The meeting will last about an hour and lunch will be available. For more information, call Len Kolodny, 410-734-6573.

## FRIDAY JULY 21 ISLAND ADVENTURES ON THE SKIPJACK MARTHA LEWIS

The Chesapeake Heritage Conservancy, Inc. will offer Island Estuary Adventures onboard the Skipjack Martha Lewis for children ages 11 through 15. The day camp is an educational, hands-on experience teaching campers the history of the skipjack, oyster harvesting and the importance of preserving the Chesapeake Bay and its waterways. Children will

study water quality and Bay grasses on the water and on an island just below Havre de Grace. Tickets cost \$35 per child. To make reservations, call 410-939-4078.

## FRIDAY JULY 28 NG DOCUMENTARY MAKES MARYLAND DEBUT

'The War Tapes,' an award-winning documentary film made by three Army National Guard members on the ground in Iraq, will play at The Charles Theater, 1711 North Charles Street in Baltimore. This is the first war movie filmed by Soldiers themselves on the front lines. For viewing times, call The Charles Theater at 410-727-FILM, or visit [www.thecharles.com](http://www.thecharles.com) or [www.thewartapes.com](http://www.thewartapes.com).

*(Editors Note: More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.)*



## Host families needed

The 2006 World Series event will take place Aug. 13 through 20.

The 15 teams attending the World Series are comprised of 11 and 12 year olds from all over the world: eight teams from regions across the United States, the Maryland State Champion, a Harford County representative and five international teams including Canada, Australia, Mexico, the Republic of Korea and the Dominican Republic.

More than 50 host families are still needed for this year. Becoming a host family is a rewarding experience based on comments from other host families. Providing room and board, transportation, a new social and cultural experience and a big heart can help make this community initiative a fun and triumphant event.

For more information, contact Kallie Wasserman at Cal Ripken Sr. Foundation, 1427 Clarkview Road, Suite 100, Baltimore, MD 21209, [kwasserman@ripkenfoundation.org](mailto:kwasserman@ripkenfoundation.org) or 410-823-0808.

## MOVIES

**ADMISSION:  
ADULTS \$3.50,  
CHILDREN \$1.75**

**Building 3245  
Aberdeen Boulevard**

**To verify listing,  
call 410-272-9008,**

**or visit  
[www.aafes.com](http://www.aafes.com)  
and click on  
"Movie Listing"**

### THE OMEN

Friday, July 14, 7 p.m.

Saturday, July 15, 9 p.m.

Starring: Leiv Schreiber, Tomas Wooler, Julia Stiles, Rafael Sallas

A government official (Schreiber) and his wife (Stiles) gradually come to think that their cute little tyke, Damien, might be the son of Satan. (Rated R)

### THE BREAK UP (FREE ADMISSION)

Saturday, July 15, 7 p.m.

Starring: Jennifer Aniston, Vince Vaughn

After their latest squabble, art dealer Brooke (Aniston) decides to break up with her boyfriend, Gary (Vaughn), who hosts bus tours of Chicago. But breaking up and moving out is hard to do, especially when the former couple's friends and family and even complete strangers offer their advice on how to deal with the situation. To make matters worse, the former flames live in a sweet downtown condo, and neither of them wants to move out. (Rated PG-13)

Visit APG News online at  
[www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil)



Robert R. Pena



Sgt. 1st Class Stephen A. Lyons

## Two 'national treasures' honored at retirement ceremony

Story by  
**HEATHER TASSMER**  
 APG News

One civilian employee and one staff sergeant of the U.S. Army Ordnance Mechanical Maintenance School were honored during a retirement ceremony June 28 at the Dickson Hall Ball Conference Center.

Maj. Gen. Vincent E. Boles, chief of Ordnance and Commanding General of the U.S. Army Ordnance Center and Schools hosted the ceremony with the assistance of Command Sgt. Maj. Daniel A. Eubanks, OC&S Regimental Command Sergeant Major.

The ceremony honored Sgt. 1st Class Stephen A. Lyons, training developer/instructor

of the Directorate of Instruction, and Robert R. Pena, training instructor of the School of Military Packaging Technology, both of the OMMS.

"It's just another great day to honor two great Americans and their families," APG Garrison Commander Col. John T. Wright said. "We continue to look for other ways to honor retirees."

Boles and Eubanks presented Lyons with the Meritorious Service Award, the Department of the Army Certificate of Retirement and the Presidential Certificate of Appreciation. Lyon's wife, Lisa, received the Department of the Army Certificate of Appreciation. Their children, Jada Lynn, 15, and Stephen, 10, received OC&S Army Brat certificates.

Pena received the Department of the Army Superior Civilian Service Award, the Department of the Army Certificate of Retirement and the Department of the Army Certificate of Appreciation. Pena's wife, Ana, received the Aberdeen Proving Ground Certificate of Appreciation.

Boles quoted the words of Martin Luther King to describe the two honorees: "Not everyone can be famous but everyone can be great because greatness is determined by service."

"These two national treasures we honor today in their last formation. In their service they have left their hand prints on the work that is the defense of our constitution," Boles said.

"[Lyons] has a track record of being the best," Boles said. "In his 20 years as a machinist, he has been Soldier of the Year, Noncommissioned Officer of the Year and

Recruiter of the Year everywhere he went."

He shared information with the audience that he had compiled from talking to Lyons about his time spent serving for the Army.

Lyons credited good NCOs for the reason he stayed in the Army, Boles said. He told Boles they took good care of him and he wanted to do the same for other NCOs.

Boles also asked him what he'd miss about working at the school.

"He told me he would miss the camaraderie of the [NCO] Corps," Boles said.

Lyons told Boles he wouldn't miss the permanent change of stations.

Boles also spoke to Pena prior to the ceremony about his career.

Boles said Pena told him he will miss working with the Soldiers.

In addition, Boles said, "[Pena] will miss the SMPT travel schedule, training units and training Soldiers around the world how to package things."

"With all the changes they have lived through, they have lived our values, embraced our standards and served our nation," Boles said. "We have been touched by their efforts, their example and their sacrifice."

He thanked them for "their contributions that have preserved, protected and defended our constitution."

"It's a bittersweet day for the Army," Boles said. "It's bittersweet to have to say goodbye. They have both given so much."

**Sgt. 1st Class Stephen A. Lyons**

Lyons served overseas in Germany, Kuwait and Korea but also had many stateside assignments. Lyons discussed

the lessons he learned while serving the Army.

"When I went into the Army I was sort of a mamma's boy," Lyons said. "I didn't know how important responsibility was."

But after being in the Army, Lyons said he learned how to be a leader.

In addition, he learned it is important to "surround yourself with people who have integrity and character to mentor you so that you can teach others."

Lyons and Pena have plenty of plans to keep them busy after retirement.

Lyons' will officially retire July 31 when he will spend more time with Lisa, Jada Lynn and Stephen, instructing pastoral ministries and volunteering in the Aberdeen community, where he is the pastor of the Bread of Life Church. He and his family plan on making Aberdeen their permanent home.

Pena officially retired May 19 after 43 years of military and civilian service. Pena retired from the Army in 1989 and joined the civil service system in 1992.

His retirement plans are to enjoy spending time with his wife of 44 years, Ana, five sons, Roberto Jr., Ruben, Rene, Richard and Rafael and their three grandsons, seven granddaughters, and one great granddaughter-all who live in the Harford County area. He also plans to take care of his aging mother, Carmen. Pena will be taking a vacation with Ana and after that is considering doing consultant work in his areas of expertise.

**Robert R. Pena**

Pena's field experience includes multiple assignments in Europe, Vietnam, Panama, and special assignments to Iran, El Salvador, Honduras, Kuwait and Qatar, most of which involved weapons systems training. Most recently his work involved Hazardous Material Packaging for the School of Military Packaging Technology for the OMMS.

Pena said that out of all his assignments, "the most exciting, rewarding" one was training Soldiers in Kuwait how to package and handle hazardous materials during Operation Iraqi Freedom.

"It was hands on, and the real-life situation made our information that much more valuable," Pena said.

Continuously working with Soldiers and different formations of Soldiers is what Pena liked best about his job.

He thanked SMPT Dean Yvonne Jackson; Roger Thompson, director of Instruction; Bob Lemar, branch chief of the Turret Repair Division; Horst Faskash, branch chief of Wheel and Track Division and all of the OMMS.

"They provided me the opportunity to do the training I was involved in as a civilian," Pena said.

Pena talked about what it was like to work on the civilian side of government.

"It was quite different from the military," Pena said. "It was very interesting and rewarding as well because I always had an opportunity to learn."

## Purchase Request submission schedule set

RDECOM AC

The Edgewood Contracting Division of the U.S. Army Research, Development and Engineering Command Acquisition Center has established its Fiscal Year 2006 Cutoff Dates for Submission of Purchase Requests.

Early customer support in identifying and submitting purchase requests by or before the dates shown below greatly enhances the ability of the Edgewood Contracting Division to meet customer needs.

Early planning and coordination remain the keys to a successful year-end.

Organizations are advised to submit their year-end acquisition requirements as early as is reasonable to minimize the possibility of funds going unobligated at year end.

### FY 2006 schedule

Noncommercial Items Over \$100,000 - July 1  
 Noncommercial Items Over \$100,000 (Competitive) - too late this year - need minimum of 6 months; however, there may be exceptions. Requests will be considered on an individual basis.

Noncommercial Items between \$2,500 and \$100,000 - Aug. 1 (Competitive and Noncompetitive)

Commercial Items between \$100,000 and \$5M (Competitive and Noncompetitive) - Aug. 1  
 Short of Award over \$2,500 - action brought up to point of award pending receipt of funds - July 1

Commercial Items Under \$100,000 (Competitive and Noncompetitive) - Sept. 1

Task Orders/Delivery Orders between \$2,500 and \$100,000 (Competitive and Noncompetitive) - Sept. 1

Task Orders/Delivery Orders between \$100,000 and \$1 million (Competitive and Noncompetitive) - Aug. 15

Task Orders/Delivery Orders over \$1 million (Competitive and Noncompetitive) - July 1

Requests received after the scheduled dates will be considered on a case-by-case basis and will require approval by the director, Edgewood Contracting Division.

For more information, call Gwen Johnson or Carol Edmead, 410-436-3352/4388.

## Commander

From front page

For those tenants which the Garrison has not received payment may stop until full or partial payment in arrears is received. The Garrison Resource Manager will contact the respective organizations during the week of July 10 as to the status of payments. The full-payment of ISSA reimbursables is key to our spending plan for this fiscal year. Arbitrary non-payment is not acceptable during the year of execution. While this is a severe measure, the Garrison can no longer afford to conduct business as usual. All agreements will be honored.

- Capturing the impact upon mission due to the Garrison's curtailment/suspension of services. Failure to reflect this impact will mask the effects of the funding situation to senior IMA and mission leadership and will contribute to a downward spiral in BOS and SRM funding for the entire installation. If you pay for something that we should do for you, do not be bashful. The impact upon your mission must be known.

- Stationing actions. If your organization has pending stationing actions or manning levels not recognized in the Army Stationing and Installation Plan, you are encouraged to complete the

tasks. SRM and BOS funding models are largely driven by officially recognized supported populations.

- Energy consumption. Use your energy champions to seek out and implement appropriate energy conservation measures. Consider a consolidated Regular Day Off/Alternate Work Schedule to maximize the powering down of facilities. The Garrison will prepare an economic analysis of the benefits of an RDO for installation leadership consideration for FY 07.

In early August the mission leadership will be briefed on the forecast for FY07. Questions/issues can be directed to the USAG APG Garrison Commander, the Deputy to the Garrison Commander or the Resource Manager.



## Channel 21 features Pentagon Channel programming

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

### Monday

ATS Reloaded, 5:30 a.m.  
 American Veteran, 9:30 a.m.  
 Army Newswatch, 11 a.m.  
 Inside Afghanistan/FJ Iraq, 1 p.m.  
 Around the Services, 5:30 p.m.  
 Focus on the Force, 10 p.m.

### Tuesday

Around the Services, 8 a.m. and 8 p.m.  
 RECON, 11 a.m.  
 Focus on the Force, 1 p.m.  
 Army Newswatch, 3 p.m.  
 Freedom Journal Iraq/Inside Afghanistan, 4 p.m.  
 Army Newswatch, 7 p.m.

### Wednesday

Around the Services, 8 a.m. and 8 p.m.  
 Army Newswatch, 9:30 a.m. and 9:30 p.m.  
 American Veteran, 1 p.m.  
 Inside Afghanistan/Freedom Journal Iraq, 2 p.m.  
 RECON, 3:30 p.m.  
 Focus on the Force, 6:30 p.m.

### Thursday

Around the Services, 8 a.m. and 8 p.m.  
 Army Newswatch, 9 a.m. and 9 p.m.  
 Freedom Journal Iraq/Inside Afghanistan, Noon  
 Focus on the Force, 1 p.m.  
 RECON, 3:30 p.m.  
 American Veteran, 5 p.m.

### Friday

Around the Services, 8 a.m. and 8 p.m.  
 Army Newswatch, 10:30 a.m.  
 RECON, Noon  
 American Veteran, 2:30 p.m.  
 Freedom Journal Iraq/Inside Afghanistan, 4 p.m.  
 Focus on the Force, 6:30 p.m.  
 ATS Reloaded, 7 p.m.

### Saturday

Around the Services, 5:30 a.m.  
 Inside Afghanistan/VA News, 7:30 a.m.  
 American Veteran, 1:30 p.m.  
 Army Healthwatch, 2 p.m.  
 ATS Reloaded, 5:30 p.m.  
 Battleground, 7 p.m.  
 RECON, 8 p.m.

### Sunday

ATS Reloaded, 5:30 a.m. and 9:30 p.m.

Freedom Journal Iraq, 10:30 a.m. and 4:30 p.m.

Today's Military, 1 p.m.  
 Around the Service, 7:30 p.m.  
 Army Newswatch - Bi-weekly report on the men and women of the Army.  
 Around the Services - From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world.

RECON - A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.

Your Corps - Monthly view of the men and women of the Marine Corps.

Freedom Journal Iraq - A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq.

Navy Marine Corp News - A weekly look at the men and women of today's sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force.

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service.

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. A Pentagon Channel Original Series.

Focus on the Force - A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan - Presents the latest from Operation Enduring Freedom, showing the activities of American troops in country.

ATS Reloaded - ATS-Reloaded revisits the best of the week and keeps viewers updated on information that's important.

# Enroll now for the GAFPB competition

Story by  
**Maj. Claudia Henemyre-Harris**  
MRICD

The U.S. Army Medical Research Institute of Chemical Defense is hosting the German Armed Forces Proficiency Badge competition at Aberdeen Proving Ground, Aug. 13 through 20.

The GAFPB is a multi-day competition consisting of track and field, swimming, marksmanship and road-march events.

It was introduced in the 1970s and was established to recognize and reward those soldiers in the German Armed Forces who possessed superior physical abilities.

U.S. armed forces Soldiers are authorized to compete individually in the GAFPB and to wear the badge on the Class A, Class B and Dress Blue Uniform.

Competitors will be able to qualify for one of three different badges: gold, silver or bronze. Both track and field and swimming events are a pass/fail basis only. The marksmanship and road-march events will determine which badge the competitor will earn.

The GAFPB consists of extremely strenuous events and will greatly challenge every Soldier participating.

Competitors must be prepared for each event prior to arrival. No practice time will be granted before events begin.

MRICD conducts training for these events. Call 410-436-1499 or e-mail GAFPB@amedd.army.mil for the weekly training schedule.

MRICD has 75 slots available. Applications will be selected based on earliest arrival date at the MRICD. For more information and to register, visit the MRICD Web site, <http://usamricd.apgea.army.mil/>, or call 410-436-1499.

## Fame

*From front page*

to her efforts," Zurzycki said.

"Through her knowledge, individual efforts, reputation and 'can-do' attitude, she continues to aggressively search out new customers while nurturing existing ones in an effort to assure the growth of her organization," Zurzycki said. "Waltman's accomplishments and selfless service to the packaging community made her a clear choice for the Military Packaging Hall of Fame Award."

ECBC's packaging team has been closely involved with the transport of equipment to the Gulf region and has deployed personnel for months at a time to assist military logisticians in Kuwait.

Most recently, ECBC's



Photo by CONRAD JOHNSON, RDECOM

packaging personnel have begun reconfiguring the packaging of the Joint Service Lightweight Standoff Chemical Agent Detector to meet new transportation specifications.

# Safety

*From front page*

important things you'll ever do," said firefighter Jim Ray who instructed a class on inspection procedures for the SCBA. "This is our lifeline," Ray said.

Firefighter Todd Nicodemus, a U.S. Air Force veteran, said that he learned about the importance of safety while working on airfields.

"There were tons of standard operating procedures that were all based on accident prevention," Nicodemus said. "We think safety all the time, but this safety day makes you more conscious. It makes you take a second look."

"A lot of what we're doing now we do every weekend," said firefighter Robert Barr.

A veteran firefighter who is nearing retirement with 32 years of service, Barr said that in the past three decades, firefighting has changed dramatically.

"When I first started we focused on building fires and

some safety aspects, but now you have to concentrate on a lot more," he said. "Today there's a lot more than just wood and plastics; there are all kinds of chemicals and breathing hazards, especially working here on the proving ground with all this research development, chemicals and munitions."

"You can't be an expert in everything so you have to rely on your training, which is a constant thing because regulations and procedures are constantly changing," Barr said.

APG fire chief Edward C. Budnick said that the Safety Stand Down was "just a piece of a larger program that includes physical fitness, task and equipment assessments."

"Sometimes the big things we do takes attention away from the little things," Budnick said. "Sometimes you have to take a step back and set time aside to look at the basics and hone in on specific issues. The Safety Stand Down is a time for everyone to focus on the same thing. It's a broad program of what we try to do

to make the job safe, which pays dividends and increases our capabilities."

The International Fire Chiefs Association, the International Association of Fire Fighters and Volunteer and Combination Officer's Section support the Safety Stand Down.

"The health and safety of our members continues to be a number one-priority," said IAFF General President Harold Schaitberger. "I applaud our affiliates and all of the fire service organizations that remain united in the goal to reduce the number of line-of-duty firefighter deaths and injuries."

A "stand down" is a military term that is used to correct an issue that has become an obvious problem. The stand down is used to raise awareness and to take action against the problem as a whole.

That is exactly what the IAFC is encouraging and what thousands of fire departments internationally are doing — taking a stand for safety and standing down to improve in areas of safety.



Photo by YVONNE JOHNSON

APG Fire and Emergency Services Division firefighter Henry Hom inspects his personal gear for deficiencies during the Firefighter Safety Stand Down June 21.

# Exercise

*From front page*

installation of 800 MHz Mesin CMARC (Central Maryland Area Radio Communications) and Guardnet towers throughout the state now allow for statewide coverage using different types of communication equipment.

"It is the backbone of the system," he said.

The scenario called for a simulated train derailment on the tracks over the Bush River that would be reconnoitered by helicopters, and the goal was to test if all responders could both receive video and communicate with the helicopters as well as each other.

Stephenson guided efforts from the 32nd Civil Support Team's Unified Command

Suite, a 24-hour emergency command unit normally activated for suspected weapons of mass destruction emergencies that enhances radio and satellite frequencies.

"We enable responders to talk to each other," Stephenson said, noting that the unit was used in 2005 during Hurricane Wilma. "Additional capabilities involve the use of satellite, telephone and internet capabilities, including wireless laptop computers," he added.

Erin Cris, Harford County EOC, said that the CMARC system was funded by the departments of Justice and Homeland Security.

"We are using five channels for this exercise, which has never been used in Maryland," Cris said. "We can't over emphasize the value of a regional communication system. We look forward to find-

ing out what does and doesn't work."

Representing Governor Robert L. Ehrlich was Dennis R. Schrader, Maryland director of Homeland Security.

He said the statewide partnership formed in 2003 between the MDARNG, Department of Defense and MEMA has been wholly focused on enhancing emergency operations in the event of major accidents, natural disasters or terrorist attacks.

"The idea is that you have to practice. This is part of the military culture," Schrader said, "and we are bringing that way of thinking to the civilian world and private sectors."

Maryland State Aviation Officer Col. Charles H. Schulze explained why two teams used two different types of helicopters.

"The UH-60 (Blackhawk) is the Army standard but it offers very little in interoperability," he said, noting that while the Blackhawk is fine for transport and rescue missions, the OH-58 is better suited technically for communicating over different frequencies.

As the two helicopters departed Weide for the Bush River flyover, the participants gathered in the mobile command centers to observe the video feed and monitor radio communications. Soon, a live feed showed up on the monitor. Although grainy at times, the river and the tracks were clearly visible. In addition, many were able to hear the voices of the pilots.

With a few bugs remaining to be worked out, Grove said the exercise fulfilled its purpose.

"It didn't have to be successful," he said. "When an exercise doesn't go well, you learn from that and make corrections. That's the reason we are out here and that's the key to success."



# Morale, Welfare & Recreation

## APG teams get ready for Army 10-Miler

Story by  
**YVONNE JOHNSON**  
APG News

For the first time Aberdeen Proving Ground is sponsoring a post team for the Army Ten Miler, an annual event for active duty and civilian members of the Army.

Actually in the form of two eight person teams of active-duty Soldiers, the runners will represent the installation during the demanding run, led by Capt. Kirk A. Pietsch, the commander of Company A, 143rd Ordnance Battalion. Pietsch said that one team is all male while the other has two females.

"These are all people who showed up for the qualifying run at Hoyle Gym earlier this month," Pietsch said.

He said that although all slots are filled, interest in the run remains high and "phone calls are still coming in."

"I expect that next year we will be even more

competitive," he said.

Morale, Welfare and Recreation is sponsoring the team, which includes paying entry fees, providing transportation to and from the event and supplying T-shirts for the runners.

"Everything is a go," Pietsch said. "These are all good runners who are looking forward to representing APG."

The APG Army Ten-Miler first team includes Pietsch, Capt. Song V. Huynh, Company B 16th; 1st Lt. Jaime Arizmendi, HHC 16th; 1st Lt. Charles Davis, HHC 143rd; Sgt. 1st Class Kevin Campbell, HHC 16th Ordnance Battalion; Sgt. 1st Class Javier Cordova, Company B 143rd; Staff Sgt. Corbin Reynolds, Company C 143rd; and Staff Sgt. Matthew Woodley, HHC 143rd.

The APG Army Ten-Miler second team includes Maj. Claudia Henemyer-Harris, U.S. Army Medical Research Institute of Chemical Defense; Capt. Scott Thompson, chaplain,

143rd Ordnance Battalion; Sgt. 1st Class Heiat Hakim, HHC 61st Ordnance Brigade; Sgt. 1st Class Gregory Miller, HHC 143rd; Staff Sgt. Corey Baker, HHC 16th; Staff Sgt. Marlon Castro, HHC 143rd; Staff Sgt. Sterling Pinto, Company A 143rd; and Staff Sgt. Claude Turner, HHC 16.

### About the Army 10-Miler

The 2006 Army 10-Miler will be held Oct. 8 in Washington, D.C. The event is expected to attract 24,000 military and civilian runners from around the world to compete for top honors. Military teams will compete for the coveted Commander's Cup and its bragging rights.

Starting and finishing at the Pentagon, runners will pass such national landmarks as the Lincoln Memorial, the Washington Monument and the Capitol. Race weekend activities include a two-day race Expo, clinics and a press conference. Race day features the Health Net Federal Services Youth Runs and Youth Zone, a Post

Race Party featuring bands, entertainment and a live broadcast, the HOOAH Tent Zone, Army displays, the GEICO Gecko, McGruff the Crime Dog, and much more.

After registering 2,810 people on opening day, the Army 10-Miler registration site averaged 250 to 350 registrations per day. The site officially closed for registration for the 22nd annual Army Ten-Miler June 20 in a record 81 days with 24,000 registered, beating last year's 20,000 by 20 days.

Runners of the 2006 Army 10-Miler hale from all 50 states and 13 countries including Sweden, Australia, Japan and Mexico. This year's team competitions total 593 teams competing in 25 divisions. More than 150 military teams will be competing for the Commander's Cup.

For more information on DC's premier running event, visit [www.armytenmiler.com](http://www.armytenmiler.com).

## Activities

All services, classes and events are available to DoD cardholders, military, civilian, contractors, retirees, family members and guests. For information on these or any other events, please check out [www.apgmwr.com](http://www.apgmwr.com).

### Rolling Reader

The Harford County Public Library's outreach vehicle, the Rolling Reader, will join Child and Youth Services in providing a free summer recreation

program for children not enrolled in the CYS Summer Camp program. CYS will provide arts, crafts and game activities while children wait to go into the Rolling Reader to check out books. Children will be able to check out and return their books at the Rolling Reader or any Harford County Public Library. The Harford County Public Library's Summer Reading Program, "Clue into Reading" includes a free tote bag upon registration. Fun activities

encourage children to complete the program and receive a free book.

Library cards will be available on site for parents and children who do not have one.

Parents must bring a valid driver's license, military ID with orders, or a recent utility bill with a local address. Children under the age of 18 must have a parent or guardian fill out a library card registration form. Forms are available through the Harford County Public Library Website [www.hcplonline.info](http://www.hcplonline.info) under "Library Services" or through the installation at Outreach Services, in building 2752, office 201.

Children under the age of 13 must be accompanied by a parent or guardian.

Meetings will be held on Thursdays throughout the summer 11 a.m. to 12 p.m. at Skipper's Point Park in Edgewood July 20 and Aug. 3 and 17, and in Aberdeen at the New Chesapeake Playground July 13 and 27 and Aug. 10.

**Army Community Services is located in building 2754, Rodman Road. For information about these or any other services that ACS offers, call 410-278-7474/2453.**

### Parent Information Exchange (PIE)

This program is for Exceptional Family Members and is 6 to 7 p.m. the second Tuesday of each month. This support group is designed to assist military families who have family members with special needs. Its goals are to improve the members' ability to cope and discuss community resources. Free child care is available; call in advance if needed.

### Play Mornings

ACS offers a weekly play group on Monday and Wednesday, 9:30 to 11 a.m. for parents and children under 6-years-old to meet other parents while their children socially interact with each other. This is an ongoing program and play groups are held in the APG Chapel, room 5.

### ACS Birthday Picnic

There is no cost to attend the ACS birthday picnic, 11 a.m. to 1 p.m., July 20 at Maryland Boulevard Field. Free tickets are available at Aberdeen ACS, building 2754, Monday through Friday, 8 a.m. to 3 p.m., 410-278-7572, or at Edgewood ACS, building E-4630, Monday through Thursday 8 a.m. to 5 p.m., 410-436-3362.

**For all SKIESUnlimited programs contact Central Registration for details and registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program. Call 410-278-7479/7571 for an appointment to register.**

### Volunteers needed

Anyone interested in teaching classes such as kinder-musik, history, grammar, reading, and mommy and me tumbling, should call Sarah Behl, 410-278-4589.

For more information call 410-278-4589.

### Spirit Unlimited Summer Cheer Camp

Spirit unlimited instructors work with participants to help them be their best providing young cheerleaders and dancers with an age appropriate curriculum that will challenge them and bring them a sense of accomplishment. The camp includes cheerleading and dance fundamentals for all participants to have fun learning and performing. The staff is made up of college and professional instructors from the University of Maryland, Towson State University, George Washington University, the Baltimore Ravens, the Washington Redskins and many more.

Class will meet Tuesday, Wednesday, Thursday, 8 to 11 a.m. July 13, Aberdeen Recreation Center and is for children ages 6 to 15. Cost is \$60.

### Drivers education

Several sessions of drivers' education are being taught on both Aberdeen and Edgewood. Students 15 to 18 years of age must attend and complete 30 hours of classroom instruction

and 6 hours in car instructions. Student must have a Learners Permit. Parents, guardians, or mentors must attend the first class with student.

### Chess

Chess classes will be held 5:30 to 6:30 p.m., Thursdays at the Aberdeen Youth Center. Students will learn the basic rules of chess, offensive and defensive strategies, how to gain advantage over opponents, what to do when behind, and moving a piece to obtain superior board position will be covered.

### Scrapbooking

Scrapbooking classes will be held 6 to 7:30 p.m. every Wednesday in building 2752. All materials are included except students will need to bring in their own photos. Students will make a new layout during every class.

### Jujitsu

Jujitsu classes will be held 6 to 7 p.m., Monday at the Aberdeen Youth Center Gym. Grandmaster Soto, a 10th degree black and red belt, will be instructing.

### Basic auto mechanic class

Basic Auto Mechanic classes designed to enable the student to perform maintenance on a vehicle's engine and accessories will be held 5:30 to 7 p.m., Thursday nights at Automotive Crafts, building 2379.

**For information on Outdoor Programs, call Charles Heinsohn, 410-278-3868. To sign up for a class, visit MWR Registration, located in building 3326, call 410-278-4011/4907, e-mail [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil) or visit Web site, [www.apgmwr.com](http://www.apgmwr.com).**

### MWR Summer Fishing Tournament

This is a cash prize tournament Sunday, 8 a.m. to 4 p.m., Aug. 13 at Woodpecker Point Picnic Area in the Aberdeen Area. Winners will be determined by the biggest fish (by weight). Contestants must provide their own fishing equipment and bait. Tournament rules and state fishing laws will be enforced. Fishing license is not required. Registration deadline is Aug. 10. Fees are active duty, \$5; civilians, \$10 and families, \$15.

### Wilderness Challenge

Join 80 other military teams in a three-day endurance event in scenic Fayetteville, West Va., Oct. 5 thru 7. Teams are made up of four active duty personnel and consist of any gender combination, however one team member must be female. Registration and clinics will be held on Thursday; mountain run, whitewater swim and whitewater raft race will be held on Friday and on Saturday, mountain bike, Duckie race, mountain hike, awards and dinner will end the event.

Registration is open.

Visit [www.ima.army.mil/northeast/newtemplates/sites/local/default.asp](http://www.ima.army.mil/northeast/newtemplates/sites/local/default.asp) for more information. For more information, call 577-788-5280 or DSN 680-5280.

### Hunter's Safety Class

Hunter's Safety Classes will be held 6 to 10 p.m. on weekdays and 8 a.m. on Saturdays, at building 4303 on Boothby Hill Road in the DSHE training room to the rear of the building. Dates include July 13, 15 and Aug. 7, 9 and 12.

There will also be a one-day independent study class on Sept. 10 for students age 16 and older. Registration for the class will be held 2 to 4 p.m., Aug. 20 at the APG Bowmen Club Pavilion. The fee is \$7 and covers instructional materials (books/manuals). Only 25 student books and manuals will be available at the time of registration on a first-come, first-serve basis.

The course will be taught by Frank and Juanita Snyder.

For more information, call Carol Swam, DSHE, 410-436-2967.

To sign up for the class, contact MWR Registration, located in building 3326. They may be contacted at 410-278-4011/4907, by e-mail at [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil) or on Web site, [www.apgmwr.com](http://www.apgmwr.com).

### Easy rose growing

Learn to plant roses with ease from experts in the field. No matter how small the garden or gardening skill anyone can have gorgeous blooms from the first year. Class will be presented by the Harford County Master Gardener's Association 5:30-6:30 p.m., July 17. Register by July 13. Cost is \$10. Class is for adults 18 and older.

**For information on these or any other division of sports and fitness, call Ralph Cuomo, 410-278-2812.**

### 2006 Combative Tournament

A Grappling Competition will be held at the APG Athletic Center, building 3300, 1 p.m. July 15. There will also be a drill sergeant "Hard Core Competition." Registration is closed. For more information, contact Sgt. 1st Class Brian Sarjeant, 410-278-7400 or Staff Sgt. Jeff Dyer, 410-278-5150.

### Amateur Boxing Night

Come watch the 143rd Ordnance Battalion battle the 16th Ordnance Battalion July 29 at Hoyle Gym in Edgewood. Doors open at 5 p.m., fights begin at 6 p.m. Cost is active duty, \$5; non-military, \$10; or ring-side seating, \$20.

For more information contact MWR Registration, 410-278-4011/4907 or visit [www.apgmwr.com](http://www.apgmwr.com).

**To sign up for a youth sport, contact Central Registration, building 2752, 41-278-7571/7479. All sports participants must have a current sports physical, due at registration and be a member of Youth Services.**

### Coaches needed

Anyone interested in volunteering to coach, or would like more information, call Bill Kegley, 410-306-2297.

## Maryland State Fair tickets available

The Cow Palace, "Fire On The Midway" Chili Competition, "Battle of the Beast" Bullriding, food, rides and more await visitors to the Maryland State Fair at Timonium Fair Grounds, Md., Aug. 25 through Sept. 4.

Admission tickets cost \$5 per person and include concert series with Raven Symone, Chris Cagle and Sawyer Brown. All-you-can-ride vouchers cost \$16 per person.

For more information, call Stacie Umbarger, 410-278-3931 or visit <http://www.bcpl.net/~mdstfair/>.



## APG Bowling Center Snack Bar specials

Building 2342

### Week of July 11

Special #1: Egg salad sandwich on white bread (choice of mayonnaise, tomato, pickles and onions), chips, one cookie and soda for \$3.85

Special #2: Five butterfly shrimp, one cookie and soda for \$6.85

### Week of July 18

Special #1: Chicken filet club with cheese and bacon (choice of mayonnaise, lettuce, tomato, pickles, onions), French fries, one cookie and soda for \$5.95

Special #2: chicken salad sub with cheese and bacon (choice of mayonnaise, lettuce, tomato, pickles, onions), chips, one cookie and soda for \$7.25

The snack bar has a variety of items to choose from including hot meals, burgers, subs, sandwiches, baskets and pizza.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, located in the Recreation Center, are 1 to 5 p.m., Saturday and Sunday, 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

### The following are a few of the new titles available at the APG MWR Library:

**Restoring Grace** by Katie Fforde  
Grace, Ellie and Demi are a bit wobbly on their own, but when banded together they can surmount all obstacles. Neglectful mothers, bad divorces, unplanned pregnancies, greedy relatives, even dry rot all lose their power to ruin lives when faced by these three gals.

**The Saboteurs** by W.E.B. Griffin  
Two primary plot lines drive this new adventure: the U.S. preparation for the invasion of Sicily and mainland Italy in 1943, and the tale of four German saboteurs who have landed in America.

**Philosophy Made Simple** by Robert Hellenga

It's been seven years since the death of Rudy Harrington's beloved wife, Helen; his three daughters have flown the coop; and the time is ripe to sell his Chicago home of 30 years and buy an avocado grove in Texas. He's also been reading the college-

level text Philosophy Made Simple by Siva Singh, his daughter Molly's fiancé's uncle, sparking a previously latent interest in life's big questions.

**Blue Screen** by Robert B. Parker  
Erin Flint is on all the magazine covers, and her last movie was boffo box office. Her lover-manager, Buddy Bollen, who also owns a major-league baseball team, wants Flint to play for his team--a cameo, but timed to coincide with the release of her next movie. But Erin fears there may be an attempt on her life, so Boston investigator Sunny Randall is hired to be her bodyguard.

**Thriller: Stories to keep you up all night**, edited by James Patterson.

The blurry line between mysteries and thrillers gets even fuzzier in this outstanding anthology of 32 new stories by such top genre names as Lee Child, James Grippando, Denise Hamilton and David Morrell.

The library's Web site, [www.apgmwr.com/recreation/libraries.html](http://www.apgmwr.com/recreation/libraries.html), provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.



Your health is KUSAHC's goal



## Enhanced TRICARE Reserve Select open season begins

TRICARE Management Activity

TRICARE Reserve Select "open season" for Tier 2 and Tier 3 Selected Reserve members is Aug. 1 through Nov. 25, 2006. TRS is the premium-based health coverage offered by the Department of Defense similar to TRICARE Standard and TRICARE Extra.

Last year, coverage (Tier 1) was only available to members of the National Guard and Reserve who served on active duty for more than 30 days in support of a contingency operation or after Sept. 11, 2001.

The National Defense Authorization Act for Fiscal Year 2006 expands TRS

coverage to all qualified members of the Selected Reserve.

Purchasing TRS coverage is a two-step process. Step 1 is to qualify, Step 2 is the purchase. First, members must contact their Reserve Component to validate their qualifications for Tier 2 or Tier 3 coverage. After their Reserve Component has recorded their qualifications in the Defense Enrollment Eligibility Reporting System, members may then login to the Guard-Reserve portal and print a personalized TRS request (enrollment) form to purchase member-only or member and family coverage. The completed form and premium payment for coverage must then be submitted to the member's TRICARE

regional contractor by the applicable deadline for processing.

TRS Reserve Component qualification certification for Tier 2 and Tier 3 started in July and ends Oct. 31, 2006. Since the exact procedures to qualify for TRS Tier 2 and Tier 3 coverage may vary by Reserve Component, National Guard and Reserve members are encouraged to contact their unit or personnel office without delay for service-specific guidance.

TRS Tier 2 and Tier 3 coverage begins Oct. 1, 2006, for members whose request form and premium is postmarked or submitted to a TRICARE Service Center Aug. 1 through Sept. 25, 2006. TRS coverage begins Jan. 1, 2007, for members

whose request form and premium is post-marked or submitted Sept. 26 through Nov. 25, 2006. TRS Tier 1 members must contact their Reserve Component to obtain qualification guidance.

For additional information, members and family members may access TRS fact sheets, frequently asked questions, briefing slides and other educational materials on the TRICARE Web site at [www.tricare.osd.mil/reserve/reserveselect](http://www.tricare.osd.mil/reserve/reserveselect). To receive future TRS updates by e-mail as new information becomes available, members and family members may subscribe to [www.tricare.osd.mil/tricare-subscriptions/](http://www.tricare.osd.mil/tricare-subscriptions/).

## TRICARE enhances maternity ultrasound benefit

OSD

TRICARE Management Activity recently changed the maternity ultrasound policy, making ultrasounds easier to obtain when medically necessary.

Ultrasounds for medical necessity have always been part of TRICARE's maternity benefit; however, they were formerly covered as a service within the global fee for prenatal care and delivery services.

"Because an obstetric ultrasound is not a simple procedure, and may be an involved process, as of April 4, 2006, we changed the policy to have TRICARE cover medically necessary maternity ultrasounds separate from the global delivery fee," said Army Col. (Dr.) John Kugler of the TRICARE Office of the Chief Medical Officer.

Doctors often perform medically necessary maternity ultrasounds at different times during pregnancy.

"If an obstetric provider has reason for concern, TRICARE will cover the ultrasound," Kugler said.

Specific conditions for which TRICARE will cover an ultrasound include:

- Estimating gestational age
- Evaluating fetal growth

- Conducting a biophysical evaluation for fetal well-being
- Evaluating a suspected ectopic pregnancy
- Defining the cause of vaginal bleeding
- Diagnosing or evaluating multiple gestations
- Confirming cardiac activity
- Evaluating maternal pelvic masses or uterine abnormalities
- Evaluating suspected hydatidiform mole
- Evaluating the fetus's condition in late registrants for prenatal care

The enhanced ultrasound benefit also helps TRICARE beneficiaries and providers develop stronger partnerships as they discuss when it is appropriate to perform an ultrasound to ensure the best outcome. This benefit enhancement gives uniformed services families greater peace of mind during what can be an emotional time.

TRICARE is committed to offering world-class maternity care to world-class service members.

For more information visit TRICARE's Web site <http://manuals.tricare.osd.mil> and click on the TRICARE Policy Manual, Change 39, which was posted on April 4, 2006.

## Commentary—The liquid-calorie trap

Story by

**2ND LT. ANDREA FAVREAU**

Walter Reed Army Medical Center

Take a minute and allow your mind to wander back to the first few hours of your day: you're unfocused, groggy and all you can think about is getting that frothy cup of sweetness.

Sound all too familiar?

Did you know that the typical cup of specialty coffee with whipped cream delivers more than 500 calories to your body?

Many of the coffee drinks served at neighborhood coffee joints are little more than coffee-flavored sugar and fat potions that will add as many calories as a meal. Nutritionally speaking, they're not that different from ice cream. You can order straight coffee without all the cream and sugar, if you want, and have yourself a drink that won't pack on the pounds. But that's not the way most people order their coffee. They want it sweetened up, fattened up, and whipped up to create the most extreme taste experience.

Unfortunately, coffee isn't the only culprit in this world of liquid sugar. Carbonated soft drinks seem to be in first place as energy providers in the American diet. According to the Center for Science in the Public Interest, the soft-drink industry now makes enough soda to give every man, woman, and child in America more than 50 gallons of soda a year. That's around a half million calories worth of soda per person.

Soft drinks are a problem not only for what they contain, but for what they push out of the diet.

During the 1970s, children consumed more than twice as much milk as soft drinks, but by the 1990s, it had turned around — they were drinking twice as much soda as they were drinking milk. This reversal in consumption is linked with lower intake of nutrients such as calcium, iron, folic acid and zinc.

The same trend holds true for adults. Dr. Odilia Bermudez studied the reported diets of a large nationwide sample of American adults. Among respondents to the 1999-2000 National Health and Nutrition Examination Survey, more than two-thirds reported drinking enough soda or sweet

drinks to provide them with a greater proportion of their daily calories than other food.

Non-carbonated beverages (including fruit drinks, sports drinks, and the like), which are often promoted to be "healthier" than soda, are often not much better.

Check the label before you buy fruit juice. It may contain only 2 to 10 percent real fruit juice. These beverages are simply loaded with sugar, either refined or unrefined. And the drinks that claim to contain 100 percent real fruit juice have just as many calories and may have the same negative effects on weight control and diabetes.

It's healthier to eat the fruit than to drink the juice. For example, a 12-ounce glass of juice, which is the juice of two or three oranges, has about 180 calories. But eating one orange will provide around 80 calories and it's more filling.

Bermudez said she's hopeful that by helping to identify the main sources of excess energy in the American diet her work may contribute to the development of much-needed strategies to combat obesity in the American public. Her study found that people who regularly consume these drinks had a higher body mass index (the usual measure of obesity), than those who drank only water or milk.

Dieters may not realize how sugary beverages affect them, Bermudez said, because they most often focus on avoiding calorie-rich solid foods. Liquid calories tend to be ignored in the total daily intake.

Another interesting fact is that 50 years ago, the average size of a bottle of soda was six to eight ounces. If you saw one of these old-fashioned bottles today, you would think it was made for a doll. A "small" soda now ranges from 12 ounces (in a can) to 16 or more ounces (in a bottle) to 20 or more ounces (in a movie theater).

And just about any convenience

store will sell you a 64-ounce cup of soda.

Unfortunately, while portion sizes for soft drinks have gone up, our ability to metabolize them has not. What's more, some studies have suggested that liquid calories are harder to regulate than solid food. In other words, we can take in a lot more calories from beverages without feeling full than we could from say, a steak.

The question is this, what can you do? Here are some changes that can go a long way to help you keep out of the trap.

- Drink water, and more water. You should drink a minimum of six eight-ounce glasses of water per day. Water has no calories and is the best means to quench your thirst. Also, water can take the edge off your hunger and help you fill up. For more variety, add a squeeze of fresh lime or lemon juice, or buy flavored or carbonated brands.

- A small daily consumption of coffee and/or tea is fine, as long as you don't add lots of "extras" to your caffeinated or decaffeinated beverage. Instead, add sugar substitute and fat-free creamer. Avoid the "designer drinks" you find at some coffee shops. These drinks are loaded with high amounts of sugar and fat. If you must have your latte, put cinnamon or other spices in it, which contribute no calories and taste delicious.

- With juice, look for those labels that say 100 percent and limit consumption to no more than 12 ounces per day. Many companies have also come out with "light" versions of your favorite juices so that "you can have your juice and drink it, too." Try not to substitute juice for fresh fruits and vegetables, which contain fiber and other nutrients that you will not get from the liquid version.

The bottom line is this: eating food is more satisfying than drinking your calories. Those extra calories from drinks are often the difference between maintaining a healthy weight and becoming overweight. In addition to a healthy diet and regular physical activity, limiting how many calories you get from drinks can be helpful.

(Editor's note: Reprinted from the Walter Reed Army Medical Center Stripe.)

## Ask the dietitian: creatine

Story by

**CAPT. JENNIFER L. RODRIGUEZ**

Raymond W. Bliss Army Health Center

The thought of a quick fix pill to make people look and feel better is most appealing. However, there are some concerns with specific supplements.

Supplements are a multi-trillion dollar business. Manufacturers produce many products claiming to promote weight loss, increase muscle mass, improve energy levels and even reduce cellulite. One such supplement is creatine.

The claims behind creatine include increasing muscle mass, performing activity longer and enhancing high-intensity exercise.

Creatine is a naturally occurring substance in the body produced by the liver, and some creatine is produced from foods eaten such as fish and meats. It is stored in the muscle and does help provide energy to the muscles.

The claim is that more creatine must provide more energy to the muscle and thus enhance performance and growth.

Some research concludes that creatine supplementation may work for short, high-intensity exercise such as power weightlifting or swimming, but may decrease endurance exercise performance. Athletes who have low levels of creatine in the body may benefit from supplementation, but any excess is excreted in the urine.

No studies support the claim of muscle growth and most athletes who try to "load up" on creatine have weight gain which may be associated with water weight versus muscle gains.

People with health problems such as diabetes, renal disease or heart disease, put themselves at greater risk when taking creatine. Potential side effects of creatine use include muscle cramps, dehydration, heat illness, diarrhea, headaches and nausea. Liver and kidney damage are potential health risks associated with high doses.

If deciding to take creatine, drink plenty of water and avoid caffeine. Do not exceed two to five grams per day during the maintenance stage.

Bottom line with any supplement is research. Physicians and dietitians are great resources on supplements and potential dangers. Before trying any supplement, have a professional take a look at the bottles.

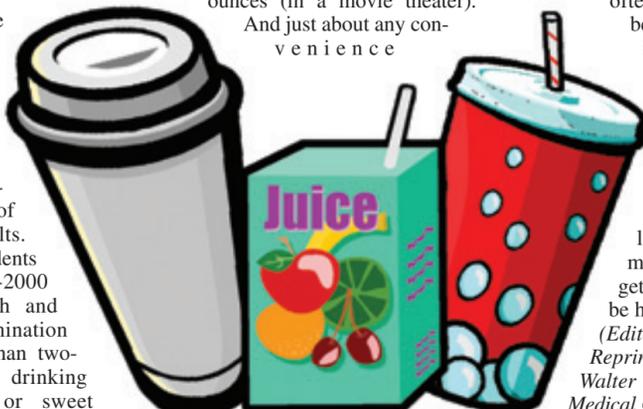
(Editor's note: Reprinted from the Fort Huachuca Scout. Capt. Jennifer L. Rodriguez works in the Nutrition Care Division.)

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail [rondamckinney@usag.apg.army.mil](mailto:rondamckinney@usag.apg.army.mil).

## Employees eligible for donations in the Voluntary Leave Transfer Program

- |  |                                      |
|--|--------------------------------------|
| Michele Amrhein  | Rick Jernigan                        |
| Sarah Blevins  | Carolyn Johnson                      |
| Debra Bonsall (daughter has brain tumor)                   | Lydia Langley                        |
| Jeanie Bowman  | Robyn Lee                            |
| Gerald Brown   | Wayne Kaiser                         |
| Robert Brown   | Beverly King (caring for husband)    |
| Lisa Carroll   | Louis McCarter                       |
| Leroy Carter   | William B. McLean (kidney failure)   |
| Barbara Cascio   | Sandra Miller                        |
| Rogelio Chevannes  | Patricia Milwicz                     |
| Barbara Crossley   | Mary Pettiwang                       |
| Lola Daniels   | William Sebra                        |
| Shelia Davison (benign paroxysmal positional vertigo)      | Barbara Seker                        |
| Dawn Dean-Delbridge  | Cynthia Shelton                      |
| Lawrence Eaton   | Linda Shoaf                          |
| Ashley Fisher  | Ebonie Stinnette                     |
| Gregory Fox  | Alison Tichenor                      |
| Renee Gaffney  | Gary Tudor (heart valve replacement) |
| Sandra Green   | Christine Wheaton                    |
| Susan Gorhan   | Jerry Williams (heart attack)        |
| Shirley Gross  | Louis Winters                        |
| Melanie A. Hoffman (parasinusitis, fibromyalgia condition) | Billie Wooten                        |



# Army presents 2005 Soldiers Choice award for greatest inventions

Story by  
**KIMBERLY WILSON**  
RDECOM  
Public Communications Office

Some of the top Army officials gathered June 22 in Crystal City to honor the top 10 Army Greatest Inventions of 2005, nine of which belonged to the U.S. Army Research, Development and Engineering Command.

"These are the Soldier's Choice Awards," said the Undersecretary of the Army Pete Geren prior to the presentation of awards. "There are no better judges than our Soldiers [when it comes to determining what is of value to them in the field]."

The initial stage in the selection process was the solicitation of invention nominations by RDECOM's Systems of Systems Integration Office in June 2005.

Once the nominations came in, the next step was to select which ones Soldiers thought was of greater use.

Soldiers in the field provided their opinion to help identify what they thought was the best of the best.

For the third consecutive year, evaluations came in from troops worldwide.

Their nominations were consolidated and the results forwarded to Vice Chief of Staff Army Gen. Richard Cody, who served as a final selection authority.

RDECOM strives to develop new, cutting-edge technologies to increase the Warfighters' mobility and survivability, and then get them into the hands of Soldiers as quick as possible.

"On a scale of one to ten, this technology is a ten when it comes to assisting the

Warfighter," said Command Sgt. Maj. Daniel K. Elder, U.S. Army Materiel Command. "The equipment is already being used in current operations, protecting Soldiers' lives. RDECOM does a great job in missions and we like to tell the story every chance we get."

Sgt. Maj. of the Army Kenneth O. Preston stressed that one of the biggest advantages RDECOM has is its focus is on specific challenges for the Warfighter.

"The Army's number one priority is to keep Soldiers alive," Preston said. "We need to help Soldier's survivability to win the Global War on Terror."

The organization's mission is to finish with results that produce the greatest impact in the shortest amount of time.

From equipment conception to its deploy-

ment, RDECOM scientists and engineers apply good ideas to developing new technology fast, said Gary Martin, director, U.S. Army Communications Electronics Research, Development and Engineering Center.

"The Army is at the forefront in technology for a lot of areas that cannot turn to commercial sectors. With 12,000 engineers, RDECOM is one of a kind," Martin said. "Forever changing, the future for RDECOM is extremely bright in so many areas."

"When you return to your job it will not be easy, enemies will continue to present new challenges," said Gen. Benjamin Griffith, commanding general, U.S. Army Materiel Command, as he presented a call to action for winning team members. "Continue to make our magnificent Army even better than it is today."

## U.S. Army Research Laboratory

### Persistent Threat Detection System

The PTDS is an aerostat-based persistent surveillance and sensor integration architecture designed to support automated interoperability between tactical/theater surveillance assets and dissemination of threat data to operational forces for the interdiction of hostile fires and unconventional threats.



Photos courtesy of U.S. Army



### Fido® Explosives Detector

The Fido® explosives detector is a lightweight integrated explosives detection system. Fido® can be used by Warfighters in many modes, including handheld either through direct detection or as a tethered sensor, mounted on a robotic platform such as unmanned ground or aerial vehicles, or on underwater autonomous vehicles.

## U.S. Army Armament Research, Development and Engineering Center

### Fixed Site/Vehicle Mounted Gunfire Detection

The GDS is a gunshot detection and localization device that collects the acoustic waves of a gunshot in a complete 360-degree area of coverage. The GDS passively "senses" the bullet shock wave and/or the muzzle blast from the bullet exiting the gun tube to provide relative azimuth, elevation and range for 5.56 – 12.7 mm weapon firings out to 1000-meters.



### M100 Grenade Rifle Entry Munition

The M100 GREM is a lightweight, muzzle launched, standoff-breaching munition, which can be fired from the M16/M4 series weapons with 5.56 mm service ammunition. The GREM provides the operator with enhanced operational flexibility because the weapon remains loaded with standard tactical ammunition.



### M192 Lightweight Ground Mount

The M192 Lightweight Ground Mount is a compact, collapsible ground mount with an integrated traverse and elevating mechanism, weighing less than the current tripod. It is used for mounting the M249 Light Machine Gun and M240B Medium Machine Gun. When compared to the standard M122A1 tripod, it is significantly faster to emplace and engage targets, capable of quickly moving from one target to the next, more compact and much easier to carry as part of the Soldier load.

### Over-the-Horizon Satellite Communications and Improved Dual AN/PRC-117F Command and Control Console

The integration of Over-the-horizon SATCOM and Improved Dual AN/PRC-117F C2 technology on deploying/deployed helicopters is a communication system that provides a battle staff with the critically needed communications capability while on the move. The Aviation and Missile Research, Development and Engineering Center quickly developed and, in 2005, deployed a solution to a quick-reaction communications requirement in support of existing contingency operations.



### M782 Multi Option Fuze for Artillery

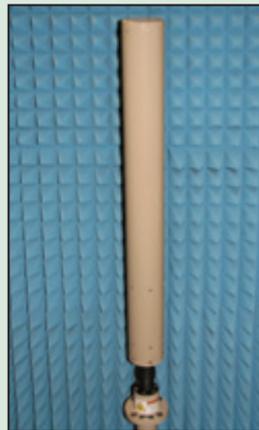
The M782 MOFA is designed to provide the Army with a multi-option fuze, capable of performing all fuze functions needed for the current bulk filled bursting projectiles and provides proximity, precision time, delay and point detonating impact functions in a single fuze, and the inductive fuze set feature optimizes MOFA for use with automated ammunition handling equipment.



## U.S. Army Communications-Electronics Research, Development and Engineering Center

### Dual Band Antenna

The antenna covers an unprecedented wideband frequency span from a single antenna structure. This is the first antenna that can be designated as the Army "Common Antenna" capable of performing multiple communications and electronic warfare functions critical in the Global War on Terror.



### Countermeasure Protection System

The CMPS features advanced electronic warfare subsystems to counter the two predominant classes of radio-controlled improvised explosive device threats critical to the Global War on Terror. The system's design supports future enhancements with minimal hardware redesign.

## U.S. Army Institute of Surgical Research, U.S. Army Medical Research and Materiel Command

### Combat Application Tourniquet™

The device consists of a band-within-a-band design. The outer band is positioned around the limb and secured with a friction buckle and Velcro®. The inner band is tightened with the molded plastic bar that has been pre-threaded. The device is lightweight (2.1 oz) and compact (266cm3).

