

## POST SHORTS

### Recycling schedule



The residential and recycling pickup schedule for June 7, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Perry Point hosts Eagles Nest 2006

The seventh annual Native American Festival honoring America's veterans will be held at the Perry Point Veterans Administration Medical Center, 11 a.m. to 5 p.m., June 3 and 4.

Festivities on both days will include a grand entrance at noon, a flute presentation, dancing, drumming, Native American arts and crafts, souvenir traders, traditional and contemporary foods and other demonstrations throughout the day.

Bring a chair or blanket for lawn seating. The event is free and open to the public and veterans and active duty service members and their families are encouraged to attend.

For more information, call Al Milliner, 410-447-6392, or Debbie Rosenkrans, 410-642-1005.

### APG chapel holds mass/picnic

The APG Catholic community will sponsor a Pentecost parish picnic/mass at CAPA Field South Post (EA) noon, June 4.

The weekly 8:45 a.m. Main Post Sunday mass remains scheduled. The 10:45 a.m. South Post Mass is moved to the picnic site and will start at noon. To attend, call 410-278-4333.

### Background checks for guest hunters

Applications for those who wish to hunt as a guest on APG will be processed 9 a.m. to 1 p.m., June 24, building 550B, The Archery Range. Law enforcement personnel will be on hand to process all paperwork. Authorized sponsors should inform their guests to be prepared to be fingerprinted. The fee is \$15. For more information, call Michael Davis, The APG Bowman, Inc., 410-306-0572.

### Youths participate in Challenge Program Invitational

Almost 600 National Guard Youth Challenge

See SHORTS, page 5

## ISSUE HIGHLIGHTS

### Page 2

Veterans' Voices Deployment News

### Page 4

Imagemakers winners announced

### Page 8

MWR

### Page 12

KUSAHC Health Notes

### Page 13

Vehicle Rally moves to Ripken Stadium



Col. Frank Merritt, commander of the 61st Ordnance Brigade, leads a pack of more than 60 riders as they leave Ordnance Circle en route to an off-post 38-mile round trip safety tour through Aberdeen.

## Strategic pause in training for OC&S Safety Stand Down

Story and photo by **KHAALID WALLS**  
OC&S

Parts of the installation were a virtual ghost town May 18 as some 3,000 ordnance Soldiers participated in Safety Stand Down day, while a smaller group concurrently participated in motorcycle safety training.

Beginning with an early morning formation at 7:30 a.m., Soldiers participated in a full day's worth of safety training. Senior leaders including officers, warrant and noncommissioned officers participated in sessions led by experts in various facets of safety discussing driver's safety, combat readiness and composite risk management, a theme emphasized in a new Army safety campaign.

"The preventable loss of even one member of the Army team, Soldier, civilian, or supporting contractor, is unacceptable," wrote Army Chief of Staff Gen. Peter J. Schoomaker in a recent letter to his policy makers emphasizing "Own the Edge."

"Own the Edge" represents the strategy to take action and enable Soldiers to Own the Edge that they are standing on as warriors by using the Army's tools and concepts to mitigate the risk that surrounds them on and off duty.

"Safety must be addressed through Composite Risk Management...a concept allowing everyone to identify, evaluate and manage potential risk and then make informed decisions to reduce or eliminate those risks and stay in the fight," the letter continued.

While senior leaders participated in small-group safety training, advanced individual training Soldiers cycled through a multi-station safety course led by drill sergeants. Stations included lawn maintenance safety, personally owned vehicle safety, avoiding heat injuries, proper handling of hazardous materials, first aid, avoiding weather hazards, sports injuries, avoiding insect-borne illnesses and snake bites, fire prevention, personal protective equipment and proper personal hygiene.

About 60 Soldiers and civilians who

participated in the motorcycle portion of the safety day also took the training sessions.

Subject matter experts included officers from the Motorcycle Division of the Maryland Transportation Authority Police who discussed the role of motorcycle police in motorcycle safety, Dr. Elisa Braver of the National Trauma Research Institute, University of Maryland, who discussed motorcycle accidents and trauma, Dave Backert from the Motorcycle Safety Foundation who gave a briefing on proper motorcycle inspections and "Dr. Bob" Cohen of Harley-Davidson who led a briefing on the history and design of motorcycle safety.

Bob McNabb, OC&S Safety and Environmental Office, discussed the Army's Motorcycle Mentor Program and U.S. Army Training and Doctrine Command Motorcycle Contract, which was devised to decrease motorcycle fatalities in the Army.

The contract requires riders to wear Department of Transportation certified

helmets, sturdy footwear and other protective gear.

"It's a mentoring program for young Soldiers because we're losing far too many on motorcycles," said Col. Frank Merritt, commander of the 61st Ordnance Brigade.

According to current Army statistics, there is one fatality per every 500 registered Soldiers who ride motorcycles. Since October 2005, the Army has lost 28 Soldiers to motorcycle accidents, 68 percent of them were not wearing protective head gear.

"It's all intended to bring down the number of motorcycle fatalities," said Keith Katz, OC&S Safety and Environmental Office director.

The day ended with a 38-mile motorcycle safety cruise led by Merritt, who led on a BMW cruiser.

Maj. Gen. Vincent Boles, Chief of Ordnance and commander of OC&S, characterized the day as one of the most thoroughly planned and coordinated safety days in recent history.

## ATEC renames conference room after Soldier killed in Iraq

Story by **MIKE CAST**  
DTC

To honor an Army medic killed in Iraq, the command conference room of the U.S. Army Developmental Test Command at Aberdeen Proving Ground was renamed the Eric P. Woods Memorial Conference Room.

A plaque commemorating Pfc. Eric Woods and honoring his service to the Army and the United States was unveiled at the renaming ceremony May 23. Woods' spouse, Jamie, and young son, Eric, attended the ceremony, as did his parents, Charles and Janis Woods, and other family members.

Maj. Gen. James Myles, commander of the U. S. Army Test and Evaluation Command, the organization responsible for all of the Army's

testing and evaluation programs, including those conducted by DTC, instigated the name change and spoke at the ceremony, where he lauded Woods for his courage and selfless service to his fellow Soldiers and country.

Woods, a Soldier with the 3rd Armored Cavalry Regiment, headquartered at Fort Carson, Colo., was killed July 9, 2005, by an improvised explosive device while trying to evacuate a wounded Soldier during combat operations at Tall Afar, Iraq. The 26-year-old native of Urbandale, Iowa, who had lived in Omaha, Neb., before joining the Army, was assigned to the 3rd ACR's Sabre Squadron.

On the day of his death he had stopped to aid a wounded fellow Sabre Squadron Soldier, Spc. Hoby

See MEMORIAL, page 13

## Soldier saves young boy

Story by **JONI PLATT**  
22d Chemical Battalion (Tech Escort)

A chemical operations specialist from the 22d Chemical Battalion was recognized earlier this month for her quick reaction, which led to her saving the life of a young boy.

Sgt. Amanda Graves, a chemical operations specialist for Company A, 22d Chemical Battalion (Technical Escort), was driving to work on Dec. 15, 2005, in heavy sleet with low visibility. The temperature was 29 degrees the, roads were icy and schools had closed early due to a winter storm front moving in.

While driving, Graves noticed something lying in the road just before the intersection of Hanson Road and Route 24, normally a busy intersection. She immediately blocked traffic by placing her SUV between the object and the oncoming traffic.

She said she could not believe her eyes when she saw the object was a young boy lying unconscious in the middle of the road.

"I couldn't believe people were just driving by the boy that was lying in the middle of the road." Graves said. "I was very upset; it was freezing out there and it was snowing.

"From where he was laying in the

street it looked as if he had been hit by a car," she said. "As I got close enough I saw little boots and a bike and immediately ran to his side."

Graves rendered first aid, using her Army training, while another

See HERO, page 5



Photo by CONRAD JOHNSON, RDECOM IMAGING TEAM  
Sgt. Amanda Graves, right, Company A, 22d Chemical Battalion (Technical Escort), is awarded the Army Commendation Medal by Lt. Col. Patrick Terrell, commander of the 22d Chemical Battalion (TE), for her efforts in saving the life of a young boy.



Photo by RALPH BROTH, DOIM  
Aberdeen Proving Ground Garrison Commander Col. John T. Wright, center, and the installation volunteers of the year pose with a giant check displaying the amount of money volunteers saved the installation in the past year during the Volunteer Recognition Ceremony at Top of the Bay April 27. From left, Capt. Brian T. Courter, representing Military Volunteer of the Year Sgt. 1st Class Marvin Galmore; Frank and Juanita Snyder, who won in the Civilian Volunteer of the Year category; Ludmilla Cizewski, Retiree; Gloria DeBerry, Family Member and Rose Wamack, Youth.

## Volunteers save APG more than \$146,000

Story by **YVONNE JOHNSON**  
APG News

During the annual Volunteer Recognition Ceremony at Top of the Bay April 27, service members and civilians from around Aberdeen Proving Ground were praised for saving the installation \$146,485.

Sponsored by Army Community Service, the annual program includes the selection of the Volunteer of the Year in five categories: military, civilian, retiree, family member and youth.

Col. John T. Wright, APG Garrison and deputy installation commander, said that with more than 33 nominees the selection process was "very difficult."

"Their work is more and more important in this time of shrinking budgets," Wright said. "Your example is invaluable in that it encourages others. Continue to share the volunteer spirit."

The 2006 Volunteer of the Year winners are Military, Sgt. 1st Class Marvin Galmore, Headquarters and Headquarters, 16th Ordnance Battalion; Civilian, Frank and Juanita Snyder; Retiree, Ludmilla Cizewski; Family Member, Gloria DeBerry; and Youth, Rose Wamack.

### Sgt. 1st Class Marvin Galmore Military Volunteer of the Year

A chief instructor with the U.S. Army Ordnance Mechanical Maintenance School's Welding Division, Galmore volunteers at the Aberdeen Youth Center as a basketball coach for Royce-Williams Elementary School in Aberdeen and as a chaperone on youth field trips. He was unable to attend the program and didn't learn about his selection until he returned to work the following Monday.

"When I came in, everybody just started congratulating me," Galmore said.

He said that although he knew his supervisor, Sgt. 1st Class Darrell Proechel, had nominated him, he didn't expect to win.

"I don't do it for any type of reward," he said. "It's just a good way to spend more time with my daughter. I worked 16 to 18-hour days while I was a recruiter. This is my way of making it up to her."

He added that the Youth centers are always looking for volunteers.

"Just call or come by," he said. "They are very welcoming to volunteers."

See VOLUNTEERS, page 5

# Veterans' voices

## Latest information on Veterans Affairs data security incident

<http://www.va.gov>

The Department of Veterans Affairs has recently learned that an employee, a data analyst, took home electronic data from the VA, which he was not authorized to do. This behavior was in violation of VA policies. This data contained identifying information including names, social security numbers, and dates of birth for up to 26.5 million veterans and some spouses, as well as some disability ratings. Importantly, the affected data did not include any of VA's electronic health records nor any financial information. The employee's home was burglarized and this data was stolen. The employee has been placed on administrative leave pending the outcome of an investigation.

Appropriate law enforcement agencies, including the FBI and the VA Inspector General's office, have launched full-scale investigations into this matter.

Authorities believe it is unlikely the perpetrators targeted the items because of any knowledge of the data contents. It is possible that they remain unaware of the information which they possess or of how to make use of it. However, out of an abundance of caution, the VA is taking all possible steps to protect and inform its veterans.

The VA is working with members of Congress, the news media, veterans service organizations, and other government agencies to help ensure that veterans and their families are aware of the situation and of the steps they may take to protect themselves from misuse of their personal information. The VA will send out individual notification letters to veterans to every extent possible.

Additionally, working with other government agencies, the VA has set up a manned call center that veterans may call to get information about this situation and learn more about con-

sumer identity protections. That toll free number is 1-800-FED INFO (1-800-333-4636). The call center will operate from 8 a.m. to 9 p.m. (EDT), Monday thru Saturday as long as it is needed.

### Possible questions, concerns

**Q. I'm a veteran. How can I tell if my information was compromised?**

A. At this point there is no evidence that any missing data has been used illegally. However, VA is asking all veterans to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions. If unusual or suspicious activity is found, report it immediately to the financial institution involved and contact the Federal Trade Commission for further guidance.

**Q. What is the earliest date at which suspicious activity might have occurred due to this data breach?**

A. The information was stolen from an employee of the Department of Veterans Affairs during the month of May 2006. If the data has been misused or otherwise used to commit fraud or identity theft crimes, it is likely that veterans may notice suspicious activity during the month of May.

**Q. I haven't noticed any suspicious activity in my financial statements, but what can I do to protect myself and prevent being victimized by credit card fraud or identity theft?**

A. VA strongly recommends that veterans closely monitor their financial statements and visit the Department of Veterans Affairs special Web site on this, [www.firstgov.gov](http://www.firstgov.gov), or call 1-800-FED-INFO (1-800-333-4636).

**Q. Should I reach out to my financial institutions or will the VA do this for the veteran?**

A. VA does not believe that it is necessary to contact financial institutions or cancel credit

cards and bank accounts, unless suspicious activity is detected.

**Q. Where should suspicious or unusual activity be reported?**

A. The Federal Trade Commission recommends the following four steps if suspicious activity is detected:

- Step 1 - Contact the fraud department of one of the three major credit bureaus:

Equifax: 1-800-525-6285  
[www.equifax.com](http://www.equifax.com); P.O. Box 740241  
Atlanta, GA 30374-0241

Experian: 1-888-EXPERIAN (397-3742)  
[www.experian.com](http://www.experian.com)  
P.O. Box 9532  
Allen, Texas 75013

TransUnion: 1-800-680-7289  
[www.transunion.com](http://www.transunion.com)  
Fraud Victim Assistance Division  
P.O. Box 6790  
Fullerton, CA 92834-6790

- Step 2 - Close any accounts that have been tampered with or opened fraudulently.

- Step 3 - File a police report with the local police or the police in the community where the identity theft took place.

- Step 4 - File a complaint with the Federal Trade Commission by using the FTC's Identity Theft Hotline 1-877-438-4338, online at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft), or by mail at Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.

**Q. I know the VA maintains my health records electronically, was this information also compromised?**

A. No electronic medical records were com-

promised. The data lost is primarily limited to an individual's name, date of birth, social security number, in some cases their spouse's information, as well as some disability ratings. However, this information could still be of potential use to identity thieves and we recommend that all veterans be extra vigilant in monitoring for signs of potential identity theft or misuse of this information.

**Q. What is VA doing to insure that this does not happen again?**

A. VA is working with the President's Identity Theft Task Force, the Department of Justice and the Federal Trade Commission to investigate this data breach and to develop safeguards against similar incidents. VA has directed all of its employees complete the "VA Cyber Security Awareness Training Course" and complete the separate "General Employee Privacy Awareness Course" by June 30, 2006. In addition, VA will immediately be conducting an inventory and review of all current positions requiring access to sensitive VA data and require all employees requiring access to sensitive VA data to undergo an updated National Agency Check and Inquiries (NACI) and/or a Minimum Background Investigation (MBI) depending on the level of access required by the responsibilities associated with their position. Appropriate law enforcement agencies, including the Federal Bureau of Investigation and the Inspector General of the Department of Veterans Affairs, have launched full-scale investigations into this matter.

**Q. Where can a veteran get further, up-to-date information?**

A. VA has set up a special Web site and a toll-free telephone number for veterans that features up-to-date news and information at [www.firstgov.gov](http://www.firstgov.gov) or call 1-800-FED-INFO (1-800-333-4636).

## Veterans' preference eligibility criteria changes

CPAC

A recent change has expanded the definition of veterans' preference eligibility for employment and reduction-in-force purposes.

The National Defense Authorization Act for FY 2006, signed into law on Jan. 6, 2006, now includes those individuals who served on active duty for more than 180 consecutive days, other than for training, any part of which occurred during the period beginning Sept. 11, 2001, and ending on the date prescribed by Presidential proclamation or by law as the last date of Operation Iraqi Freedom.

Based on the new definition of a veteran, anyone who believes they meet this new veterans' preference eligibility for reduction-in-force purposes, and is not currently coded as entitled to veterans' preference as indicated on their last Notification of Personnel Action, should provide a copy of their DD-214, along with a copy of PECP-NER-G memorandum, May 15, 2006, subject: Change to Veteran's Preference Eligibility Criteria, to their APG CPAC servicing representative. (A list of the APG CPAC servicing specialists can be found at <http://www.apg.army.mil/cpac/> by clicking 'Directory' then 'Staff Directory (Internal).')

Upon receipt of this documentation, the individual's records will be reviewed and their personnel records updated accordingly.

Anyone who believes they meet the

requirements for this new veterans' preference eligibility and wishes to claim veterans' preference for employment purposes, must ensure their resume and supplemental data reflect their claim of veterans' preference and list their active duty military service dates accordingly.

Generally, when applying for jobs under the merit promotion program, such as promotion, reassignment, change to lower grade, transfer or reinstatement, veterans' preference does not apply.

If an individual's resume and supplemental data are currently on file in the centralized Resumix database, they will need to update the Military - Veteran Service information found on this supplemental data page and resubmit it to the centralized Resumix database.

If the resume and supplemental data are not currently on file, the individual will need to ensure the Army supplemental data appropriately reflects their claim when they submit their resume and supplemental data.

In order to be considered for Army job vacancies, the resume, supplemental data, and self-nominations must be received by the cut-off/closing date of the vacancy announcement.

For more information, contact a CPAC servicing representative. A list of the APG CPAC servicing specialists can be found at <http://www.apg.army.mil/cpac/> by clicking 'Directory' then 'Staff Directory (Internal).'

## Deployment News

### Deployment disrupts children's lives, too

Story by  
**Megan Smith**  
Army News Service

When deploying Soldiers leave behind loved ones, the disruption to family life can be especially hard on children.

That's why Dr. Thomas Hardaway, a child psychiatrist and chief of Behavioral Medicine at Brooke Army Medical Center, spoke with first- and second-graders at Fort Campbell, Ky., last fall when the 101st Airborne Division went to Iraq. He was coaching school administrators, counselors, nurses and parents to talk with children about deployment.

"Deployment has potential to be destructive to a child's development," Hardaway said. "The message I'm trying to give is that [deployment] is part of Army life, and if children receive the right kind of support and education, it can actually become something that is developmentally positive."

"This is not group therapy," he said. "We deal with prevention as opposed to turning them into patients; we call that teaching."

#### Hardaway's deployment tips for parents

*Talk as a family before deployment.*

"The family meeting is a good time to design ways to stay in touch after deployment," Hardaway said. "Include letters, e-mail, pictures and video. You might prepare addressed and stamped envelopes with children's artwork, photos of the family, and photocopies of your children's handprints, or record them reading or singing. This is also a good time to address painful issues of the impending deployment."

*Make plans for the family to continue to progress together, and include the deployed parent in ongoing projects.*

"Help children design ways to communicate with the deployed parent," he said. "Relate progress with pictures and report cards so the deployed parent can provide encouragement. Do not discuss with the deployed parent problems they cannot do anything about."

### Military health system transforming to address new challenges

Story by  
**SAMANTHA L. QUIGLEY**  
American Forces Press Service

The Defense Department's Military Health System must transform to continue its commitment to protecting the health of its service members and other beneficiaries, a top DoD official told Congress March 29.

The armed forces have more than 275,000 service members in Afghanistan, Iraq and other areas around the world, said David S. C. Chu, undersecretary of Defense for personnel and readiness, March 28 in prepared remarks before the House Armed Services Committee's Subcommittee on Military Personnel.

"The department is firmly committed to protecting the health of these and all service members before, during and after their deployment and [of] our other healthcare beneficiaries, who now number 9 million," he said.

Several changes in the military health system will make achieving this goal possible, he said. One of the biggest will address the rising costs of health care.

The military health system has essentially doubled in size in the past five years from about \$19 billion in 2001 to \$38 billion this year, he said. Officials estimate expenditures could reach \$64 billion by 2015, he added.

"This rapid growth in cost clearly puts the sustainability of our health benefit at risk," Chu said. "The facts show that the expansion of TRICARE, high health inflation, the reduction in beneficiary cost shares, and sharp increase of usage by our retirees under 65 is responsible for this growth."

Beneficiaries paid 27 percent of total health costs in 1995. Today they pay only 12 percent. The DoD proposes to bring this into better balance by increasing cost sharing for

retirees under 65. After a two-year transition, beginning in fiscal 2009, these premium and co-pay increases would match the average percentage increase of the Federal Employees Health Benefit Program, he said.

Additionally, the department is proposing changes to pharmacy co-payments for all beneficiaries except active-duty members. These changes would encourage use of mail order and military treatment facility pharmacy refills and generic products.

"We also ask that Congress clarify to those who oppose the department our legal authority to obtain federal pricing discounts for prescriptions obtained at retail pharmacies," he said.

The department expects to save about \$735 million in fiscal 2007, if both premium and deductible changes as well as pharmacy program

See HEALTH, page 5

# 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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# Office Eagle plans Customer Appreciation Days June 6,7



Office Eagle employee Brian Murray places supplies on the shelf in the store's warehouse in building 320.

Story and photo by  
**YVONNE JOHNSON**  
APG News

The Office Eagle Store will present Customer Appreciation Days June 6 at the Aberdeen Area store, building 320 and June 7 at the Edgewood Area store, building E-3077.

The store's employees as well as hundreds of SKILCRAFT products available for purchase, are provided by Blind Industries and Services of Maryland. In addition, more than 30,000 other products can be found in the Office Eagle catalog.

Purchases from Office Eagle stores support the Javits-Wagner-O'Day (JWOD) Act of 1971, which requires government agencies to purchase selected products and services from nonprofit agencies and creates jobs and training opportunities for people who are blind or who have other disabilities.

As a result, JWOD employees are able to lead more productive and independent lives.

Brian Murray is one example. Murray is a 37-year old employee of the Aberdeen Area Office Eagle store. He oversees the warehouse operations under the direction of store manager, Barry Council.

Murray possesses a positive outlook on life that didn't come easy to him.

In 1985, during his senior year in high school, Murray took a shot to the head from a 12-gauge shotgun fired from 20-feet away while squirrel hunting with a friend. The accidental shooting resulted in a 6-month recovery in Baltimore's Shock Trauma, during which he had to learn to walk and talk all over again,

and which left him with limited short-term memory.

His parents, Richard and Dorothy Murray, both retirees from the U.S. Army Research Laboratory, got him involved



with JWOD two years ago and Murray said it changed his life.

"They've done everything for me," he said. "They gave

me a job and a chance to work. That means everything to me."

He said that his recovery process is ongoing and he continues with physical exercises three days a week in the APG

Fitness Center to strengthen the muscles in his arms and left leg which is supported by an ankle brace.

Murray said the determination not to be "wheelchair bound" gave him the strength to come back from the devastating injury. He said he sees his entire life as "a second chance" and describes himself as a "happy person."

"My co-workers and my boss are my friends and the customers are nice," he said.

"We all get along great. I don't like this job, I love it."

# ImageMakers winners selected

CYS

The Edgewood Area Youth Center selected four winners to advance to the next level of competition in the ImageMakers National Photography Contest.

The winners are Maiya Dotson, age 9 and under, for 'Crazy Legs;' Rogerel Walker, age 10-12 for 'Chillin;,' Jeremy Hale, 13-15, for 'Pond-ering;' and Orane Green, 16 – 18, for 'Zulmarie.'

The ImageMakers contest is sponsored by the Circuit City Foundation through the auspices of the Boys and Girls Clubs of America of which the Aberdeen Proving Ground Youth centers are affiliated. The contest is part of a comprehensive initiative to encourage artistic skills, cultural enrichment and creativity in the medium of photography.



*"Pond-ering"* by Jeremy Hale, age 13-15



*"Crazy Legs"* by Maiya Dotson, age 9 and under



*"Chillin'"* by Rogerel Walker, age 10-12



*"Zulmarie"* by Orane Green, age 16-18

## Officer Candidate School Board announced

U.S. Army Garrison, Aberdeen

The U.S. Army Garrison, Fort Meade, will convene a board for Soldiers applying for attendance at the U.S. Officer Candidate School July 13 and 14.

Along with the U.S. Military Academy and the Reserve Officer Training Corps, the Officer Candidate School remains an important source of commissioned officers for the Army.

The Army has increased the number of Soldiers who may attend Officer Candidate School.

Candidates apply through local boards-Fort Meade for APG Soldiers-and those selected begin a rigorous, 14-week course of instruction at Fort Benning, Ga.

Aberdeen Proving Ground Soldiers who wish to become commissioned officers should prepare their applications early.

The key prerequisites for eligibility are:

- Be a citizen of the United States.
- Have GT score of 110 or higher.
- Pass the Army Physical Fitness Test, minimum of 180.
- Meet the height and weight standards of

AR 600-9.

- Pass the Scholastic Aptitude Test, minimum of 850 or American College Test, minimum 19.
- Have at least 90 semester hours of college study.
- Achieve a score of 80 or higher on the English. Comprehension Level Test; if primary language is not English
- Must be between 18 and 30 years of age (can waive age up to 42).
- Have a complete physical exam six months prior to date of application.

Completed packets must be submitted to "HHC-USAG BLDG 305" no later than June 8. Each application consists of one packet containing all original documents and three photocopies of the original packet.

Additional information may be found in Army Regulation 351-5 (Officer Candidate School) or the OCS Web page, <http://www.armyocs.com/home/>.

For OCS application information, call Headquarters and Headquarters Company, U.S. Army Garrison Aberdeen, 410-278-9820/3000 or e-mail [deidre.taylor@usag.apg.army.mil](mailto:deidre.taylor@usag.apg.army.mil).

## 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.

## Volunteers

From front page

### Frank and Juanita Snyder Civilian Volunteer of the Year

The Snyders are volunteer instructors for the Hunter's Safety Class, which comes under the Directorate of Safety, Health and Environment and is sponsored by the Maryland Department of Natural Resources.

Juanita said that they got started after years of hunting on the proving ground when they learned that the nearest test facility was in Western Maryland. She said that they never expected any accolades for their work.

"We were absolutely thrilled," she said of hearing their names called. "We like doing this, and we've gotten a lot of enjoyment out of it over the years."

She said that one of their main goals is to ensure Soldiers are informed about the four-hour classes conducted Tuesday and Thursday evenings, as well as on Saturday in a field environment.

"There are so many others who do so much for APG," she added. "We were just fortunate to be singled out."

"Hunting is not about going out and killing animals," she added. "It's about having an eagle land next to you or fly overhead or watching a duck and her chicks walk past you. You don't always come out with something in your hand but you always come out with something."

Juanita is an engineering technician with the Edgewood Chemical Biological Center and her husband Frank is with the U.S. Army Research, Development and Engineering Command's Research Directorate.

### Ludmilla Cizewski Retiree Volunteer of the Year

Cizewski was nominated by Robert McAuley, chief of Pharmacy Services at Kirk U.S. Army Health Clinic. A former employee of the Garrison's Finance and Accounting Division, she has been volunteering her services in the clinic for 10 years, primarily in bookkeeping and accounting.

McAuley said that Cizewski has volunteered in

excess of 7,500 hours over 18 years. At KUSAHC, she tracks expenditures for patient medications, handling about \$4 million annually, prepares monthly financial reports for the commander, and tracks the workload for pharmacy services.

"She is wonderful, hard working, dedicated and dependable," McCauley said. "Her community spirit, positive approach, motivation and work ethic should be recognized."

"Because of their knowledge and experience, volunteers allow us the ability to serve the community without having to decrease services," he added.

### Gloria DeBerry Family Member Volunteer of the Year

DeBerry was nominated for the numerous hours she spends working on community service projects.

She works frequently with Army Community Service's Marilyn Howard and the Waiting Spouses program, with the 61st Ordnance Brigade Warrant Officer Association and Family Readiness programs and with the Military and Civilian Spouses' Club where as presi-

dent-elect, she is leading post beautification efforts, which includes planting flowers around the installation.

"I was so surprised," DeBerry said of her selection. "There are so many who do more than I do. I honestly don't think I do enough."

She said she was honored by her selection and pleased to see "volunteers in so many different categories."

A retired Army sergeant first class as well, DeBerry said her goal is to remain active with her many obligations.

"I just enjoy helping people," she said. "Ever since I've been here it's been really rewarding to be affiliated with MCSC. Those ladies are O.K."

DeBerry is the wife of the Chief Warrant Officer 5 Harold DeBerry, OC&S Regimental Warrant Officer.

### Rose Wamack Youth Volunteer of the Year

Wamack has been a volunteer at the Aberdeen Youth Center for just over a year. The staff nominated her along with the only other youth nominee, Stephen Neyens.

"I just like working with children," Wamack said.

Norma Warwick, youth programs manager, said that the reliable, soft spoken 17-year old keeps a low profile but does a big job.

"Rose has been answering phones behind the front desk for about one year and she recently began helping with the younger children on the floor," Warwick said. "Her

taking care of the smaller tasks frees up our clerks to handle payments and other more complicated tasks."

"We appreciate what our volunteers bring to us," she added, "because we know we might not have it otherwise." (Editors note: Eva Mims, RDECOM, contributed to this article).

## Volunteer of the Year nominees

### Military

Maj. Claudia Henemyre-Harris  
 Maj. Jeffrey Winston  
 Drill Sgt. Michael W. Albertson  
 Sgt. 1st Class Jesus Gutierrez  
 Sgt. 1st Class Mark Hill  
 Sgt. 1st Class Kenneth Rukenbrod  
 Staff Sgt. Paul K. Blanco  
 Staff Sgt. Antonio R. Lewis  
 Staff Sgt. Sterling L. Pinto  
 Staff Sgt. James Rader  
 Staff Sgt. Michelle Williams  
 Sgt. Scott Bechtel

### Civilian

Trudie E. Norman  
 Suzanne Procell  
 Grandmaster Irving M. Soto  
 Randy Weber  
 Barbara M. White  
**Retiree**  
 Darrell Diamond  
 Sandy Nook  
**Family Member**  
 Sgt. 1st Class Karl Hayhurst  
 Cherrilyn Boyington  
 Angela Dennis  
 Halina King  
 Irmia Morris  
 Kathleen Santanna  
 Cynthia Parker  
 Andrew P. Williams  
**Youth**  
 Stephen Neyens

## Health

From front page

adjustments are implemented, he said. Between fiscal 2007 and 2011, expected savings will total \$11.2 billion.

DoD also has addressed internal efficiencies.

"We have implemented a number of actions in the last several years designed to slow health care cost," he said.

A partnership with the Department of Veterans Affairs and obtaining federal pricing for mail order and pharmacy services have contributed to this, Chu said. Consolidation of TRICARE contracts, regions and contractors also has led to significant administrative savings.

New healthcare contracts use best-practice principles to enhance quality of care,

emphasize patient safety, improve beneficiary satisfaction, and control private-sector costs, he said.

However, Congress imposed restrictions on funding adversely affect military treatment facilities as well as private-sector care, he said.

"We need the flexibility to move funds between direct-care and private-sector care," Chu said. This would allow DoD to set military treatment facilities' budgets based on workload output, not staff numbers, supply costs and other materials, he added.

DoD's medical health system also is revamping its infrastructure. Medical centers in the national capital area and San Antonio will be consolidated, he said. By contrast, some areas, such as Fort Belvoir, Va., will see significant enhancements.

"Another substantial

wouldn't have felt comfortable to leave until I knew he was safe and in good hands," Graves said.

"Sgt. Graves has been a true role model of what it means to be a Soldier and look out for others," said Lt. Col. Patrick R. Terrell, commander of the 22d Chemical Battalion (Technical Escort). "Because of her quick reaction, Keith's life was saved. Her actions prevented other vehicles from running over the boy, and her evaluation and treatment of his injuries saved his life and prevented further injuries."

During an awards ceremony held at the 22d Chemical Battalion (TE) at APG-South on May 10, Graves was presented an Impact Army Commendation Medal for her exceptionally meritorious service.

Graves, a native of Flat Rock, Mich., has been stationed in Maryland for almost a year.

For more information about the 22nd Chemical Battalion (TE) visit Web site [www.cbrne.army.mil/22d.html](http://www.cbrne.army.mil/22d.html).

change to the [military health system] infrastructure is the development of joint facilities as a result of increased collaboration with the VA," Chu said. "The most visible example today is at Naval Hospital Great Lakes."

There, an aging, oversized hospital is being replaced with a new outpatient facility at North Chicago VA Medical

Center, he said.

Looking to the future, Chu said, DoD will adapt to new challenges by building on today's achievements.

"The transformation process is designed to provide the armed forces with world-class operational-medicine capabilities while delivering the outstanding TRICARE benefit to our beneficiaries," he said.

## Hero

From front page

bystander called 911. She stabilized the boy's neck while he was unconscious.

Keith, a 15-year-old Edgewood resident, had been riding his bicycle home. He slipped on ice, hit his head and was unconscious on the ground.

"I checked for responsiveness," she said. "I was not sure if he had been hit by a car and had suffered internal injuries so I decided not to move him. Once he regained consciousness I was able to communicate with him and reassure him help was on the way."

Graves stayed by the boy's side and continued to assist the paramedics, making sure the boy remained stabilized while they placed him on the "backboard" and put him in the ambulance.

"I helped assess the little boy once he became conscious and got all the information that would help the medics. I

## Post Shorts

Program Cadets from 12 States, including those from APG, will compete in the 10th Anniversary of the Challenge Invitational, 9 a.m., June 4 through 9, at the University of Maryland, College Park. Cadets from around the country will compete in a week of physical and mental challenges including basketball, volleyball, softball, GED Jeopardy, chess, drill team and complete a triathlon, to become the top program in the nation.

For more information, visit [www.ngycp.org](http://www.ngycp.org).

### Call for nominees for FWP awards

The APG Federal Women's Program is accepting nominations for Outstanding Woman of the Year, Supervisor/Manager of the Year and Activity Most Supportive of FWP goals until July 7. These awards recognize those individuals (civilian and military) and organizations throughout APG including tenants that are exemplary in their support of FWP goals.

The winners will be recognized in a 10 a.m. ceremony Aug. 23 at the Edgewood Conference Center, building E-4811.

For information on eligibility requirements or the nomination process, call Sheryl Coleman, FWP chairperson, 410-278-5964, Diane Siler, FWP committee member, 410-436-2681 or Kathleen Praesent, Equal Employment specialist, 410-278-1137.

### Hydrant flushing

Fire hydrant flushing in the Aberdeen Area of APG is scheduled through June 16. The city of Aberdeen will perform annual hydrant flushing starting with the family housing area starting at 4 p.m., Monday through Friday of each week.

Through June 2, flushing will include blocks 600, 3000 and 4000 blocks.

June 5 through 16, flushing will include blocks 3000 and 4000.

### Family Child Care providers needed

Family Child Care training will be conducted June 5 through 9 at Army Community Service, building 2752. Applicants who are interested in providing home-based child-care in either the Edgewood or Aberdeen area are encouraged to apply.

Being a professionally trained provider in a home environment offers many benefits: potential for over \$500 per week; self employment; free training in a marketable profession; opportunity to market a self-owned business on the Army's FCC Web site; transferable credit to Army installations world wide; free use of lending library; free monthly newsletter; free workshops (nutrition, health, child development, safety, CPR, taxes), participation in the National CDA credential program, the USDA food program, and the National Family Child Care Home Accreditation program. Providers are also eligible to receive college credit for Army child development training.

Childcare is provided during the week of training.

For more information and to pick up an application, visit the FCC office located on Rodman Road, building 2752 or call 410-278-8720/7140.

### Alert to APG community

Aberdeen Test Center will support a series of training exercises which may result in noise through June 9.

Residents and boaters in the surrounding communities may hear weapons firing and observe aircraft flying at low altitudes. Illumination devices may create flashes of light visible off-post. Activity may take place in the installation's

restricted waters and/or in the air, over both land and water, and may include weapons firing and use of air and watercraft.

For complaints or more information, call 410-278-1147, 410-278-1153 or 1-800-688-8705.

### OPM service credit

The Office of Personnel Management's new service credit system implemented in April provides a new service to employees who have made a request to make a service credit deposit/redeposit for civilian service.

An updated service credit statement can now be obtained by calling OPM's toll-free number, 888-767-6738. With one click of the mouse, a customer service representative can instantly provide the amount owed, including accrued interest and generate a statement to be mailed to the customer. The status of a service credit account can also be obtained by calling the toll free number. Do not reapply to obtain a status report. Duplicate applications slow the process down. Calls will be forwarded to the Refund and Deposit Section if the customer service representative determines it is necessary.

### Bicycle Safety Poster Contest

The Directorate of Law Enforcement and Security is holding a Bicycle Safety Poster Contest. All ages are invited to participate. Any type of drawing can be made with pencils, crayons, markers and chalk on 8 and one-half by 11 inch white paper. Names, ages and phone numbers should be placed on the back of the posters. Posters must be turned in by June 10 to any Child and Youth Services building or mailed to building 2752, APG, MD 21005.

### Army Birthday Ball registration

Celebrate the Army's 231st Army Birthday Ball, 5:30 p.m., June 10, at the Hilton Washington Hotel in Washington, D.C.

All U.S. Army Soldiers, family members, Department of the Army civilians, contractors, retirees, veterans and their guests are invited to attend the event. Tickets cost \$70 each and include dinner and entertainment.

A limited number of discounted tickets of \$40 each will be available for E-6s, GS-7 civilians and below.

For more information, or to register for the 2006 Army Birthday Ball, visit Army Knowledge online at [www.us.army.mil](http://www.us.army.mil) and follow the link to the ball. Seats are limited.

### Veterans Appreciation Day

The Washington Nationals will host a Veterans Appreciation Day, June 14, at the Nationals vs. the Colorado Rockies baseball game. All veterans, active duty and their families are invited to attend the game at half price. For information and to purchase tickets, visit [www.nationals.com/militarydiscount](http://www.nationals.com/militarydiscount).

### Western Bike Rodeo

The Directorate of Law Enforcement and Security will host a Western Bike Rodeo, 10 a.m. to 3 p.m., June 17 in the field beside Rodman Road between buildings 2727 and 2752. Children can bring their bikes for a free bike safety check and try out the bike safety course. Events include a Drug Free Kite Fly, bounce house, food, arts and crafts demonstrations, give-a-ways, face painting, static displays by the police and fire departments and more.

For more information, call 410-273-6412.

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

# Community Notes

## FRIDAY JUNE 2 BASKET BINGO

Basket Bingo to benefit the Cecil County Relay for Life will be held at Elkton High School, 110 James Street. Doors open 9:15 p.m., Bingo starts at 10 p.m. Door prizes, raffles and light refreshments will be available. Tickets cost \$10 for all paper cards, 12 games only. Extra packs cost \$5 each. No smoking is allowed. For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Brenda Conjour, 410-273-7332, or Pat Job, 410-273-5628.

## SWING INTO SUMMER WITH FIRST FRIDAY

Havre de Grace Main Street, Inc. continues its First Friday Celebrations 4 to 8 p.m. Events include musical entertainment, children's activities, an open air market and merchant, restaurant specials in downtown Havre de Grace and a kick-off for the LPGA McDonalds Classic Golf Tournament. For more information, call the Havre de Grace Main Street office at 410-939-1811 or visit [www.mainstreethdg.org](http://www.mainstreethdg.org).

## SATURDAY JUNE 3 WEE WONDERS - WHAT'S HAPPENING IN THE WOODS

Take a hike to discover who lives out on the center's trails and use all senses to discover summertime. This program is children up to age 4 and is free. It is from 11 a.m. to noon. Reservations are required. For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

## HUG A TREE

Ever get lost in the woods? Get home or stay put? What if it starts to get dark? Learn what important skills are necessary to hike in the woods with children. This program is for all ages and is free. It is from 2 to 3:30 p.m. Reservations are required. For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

## WHAT ON EARTH IS GEOCACHING?

Geocaching is GEO for geography, and CACHING for the process of hiding a cache or treasure. Like hiking and the idea of treasure hunting? Try this entertaining new sport that is an outdoor adventure game for all "GPS" users, including families. Explore the art of Geocaching. Bring a GPS unit if possible. This program is for ages 6 to adult, under 12 with an adult and is free. It is from 2 to 5 p.m. Reservations are required. For information, directions to the Anita C. Leight Estuary Center or to make a reservation, call 410-612-1688 or 410-879-2000, extension 1688.

## 17TH CHOIR ANNIVERSARY

The St. James AME Church, Youth and Young Adult Choir, 615 Green Street, Havre de Grace, will celebrate its 17th Choir Anniversary with a musical program at 5 p.m. For more information, call 410-939-2267.

## BASKET BINGO

The Warrior Brotherhood Veterans Motorcycle Club will sponsor Basket Bingo to benefit veterans' activities, at American Legion Post 17, 415 Edgewood Road, Edgewood. Doors open 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 for all paper cards. Food, beverages,

baked goods, door prizes and raffles will be available. Baskets will be filled with an assortment of goodies. Extra

packs cost \$5 each. For more information or to purchase tickets, call Anne Gibson, 410-378-3338.

## 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 WILD

Friday, June 2, 7 p.m.

Animated

A crew of animals from the New York Zoo including a lion, a giraffe, an anaconda, a koala and a squirrel discover what a jungle the city can be when one of their own is mistakenly shipped off to the wild and they embark on a dangerous mission to rescue him. (Rated G)

### THE SENTINEL (FREE ADMISSION)

Saturday, June 3, 7 p.m.

Starring: Michael Douglas, Kiefer Sutherland, Eva

Longoria, Martin Donovan

Special Agent Pete Garrison (Douglas) is convinced that a Neo-Nazi Aryan Disciple has managed to infiltrate the White House. When a White House Agent is murdered, Garrison is framed and blackmailed over an affair with the First Lady Sarah Ballentine. He is relieved of his duties, but Garrison won't stop in trying to prove his innocence, and save the life of the President. While attempting to uncover the person behind it all, he comes into confrontation with his protege, Agent Breckinridge (Sutherland).



# Morale, Welfare & Recreation

## APG youth bowling league earns rewards

Story by  
**JANET DETWILER**  
Special contributor

The APG Bowling Center was the place to be May 13 where the Youth League ended its season with an awards ceremony and banquet.

Col. John T. Wright, Garrison and deputy installation commander, presented patches, medals, towels and trophies to the youth bowlers.

Head coach Dianne Swauger, after many years as an assistant, took over the league this season.

"I love volunteering my time to work with the youth," Swauger said. "We had 48 youths this year, and I'm looking forward to more next season. It's wonderful to see them so happy when they have reached a goal they set. With the 12 and under kids they get so excited when they get a strike or have a 100 game or a high series. And the older kids try so hard to shoot for a 200 game.

A few of the older bowlers that are graduating this year will be moving on to the adult league next year, according to Swauger.

"We don't want to see them leave, but wish them all good luck," she said.

### Scholarships through bowling

State bowling tournaments present top bowlers with scholarships. This is another incentive that that older bowlers strive for as they continue to improve their skills.

"I am excited to announce that three of our seniors received \$500 scholarships from the Cecil/Harford Youth Bowling Committee," Swauger said.

### About the bowling staff

"We couldn't have this league if it wasn't for the APG Bowling Center being open," Swauger said. "The center has a great crew who come in early to make sure things are up and running.

"Dave Brewner, Bowling Center manager, is great with the youths. He's definitely a child at heart. We could count on Mr. Brewner to keep the equipment running and food in our bellies. The kids love him," she said.

"The Bowling Center is a wonderful facility and we would love to have every lane filled with youth bowlers every Saturday," Swauger said.

The APG Youth Bowling League is for ages 6 to 20 and meets 9:30 a.m., Saturday mornings September through May. The next season begins Sept. 9.

## 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).**

### Lynyrd Skynyrd, 3 Doors Down coming to APG

The Army Concert Tour will appear at Shine Sports Field on APG June 24. Gates open at 6 p.m., show starts at 7 p.m. Advance tickets cost \$30, day of show tickets cost \$35. To purchase tickets call Ticketmaster, 1-800-551-SEAT; visit the MWR Ticket Office in building 3326 or Hoyle Gym and Fitness Center, building E-4210 (9 a.m. to 5 p.m.); via telephone, call 410-278-4907/4621/4011, TTY 410-278-4110; or e-mail [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil). No refunds, concert is rain or shine.

### Aberdeen Recreation Center Snack Bar

An alternative lunch choice is the Recreation Center Snack Bar in building 3326 where there are many choices for a quick lunch 11 a.m. to 1:30 p.m., Monday through Thursday dining inside or outside on the patio. Cheesesteak subs, turkey burgers, pizza and much, much more are offered. It is open for dinner Tuesday through Sunday. Visit the MWR Web site for exact times or call 410-278-2621.

**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.

### Employment readiness class

Each month, ACS hosts a class to help people jump start their career. The next two classes are 9:30 to 11:30 a.m., May 31 and June 14 in building 2754 on Rodman Road.

### Drivers education

Several sessions of drivers education are being taught in both areas of APG. 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.

### Piano lessons

Lessons will be held until June 9, 2 to 7:30 p.m. Each session is 30 minutes long and will be held at the Aberdeen Area Youth Center. Space is limited, register now. Students will be responsible for purchasing the required books for the course as recommended by the instructor.

### Chess

Chess classes will be held 5:30 to 6:30 p.m., Thursdays at the Aberdeen Area 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 Area 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).**

### Adult tennis lessons

Learn to play tennis or brush up on existing skills. Beginner and intermediate tennis lessons will be held on 6 and 7 p.m., Fridays at the Tennis Courts on Susquehanna beginning June 2. All equipment will be provided.

### Container gardening

Discover the secrets of container gardening Monday, 5:30 p.m., June 5 at the Aberdeen Recreation Center, building 3326. Learn how to use a proven method of success in the garden. This seminar is presented by Harford County Master Gardener's Club. The cost is \$10.

### Canoeing

This course is designed to teach the basic fundamentals of canoeing. Students will learn the various types of equipment and boating safety. The information provided will help them select the equipment and canoe best suited for their individual needs. The class will be held at 5 p.m., June 30 at Aberdeen Area Boat Dock.

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

### All-Army Ironman Team

Army Sports is now accepting applications to compete in the Hawaii Ironman Championship. The competition is Oct. 17 thru 23. To apply, go to <https://armysports.cfsc.army.mil> using an AKO account. Review the selection criteria on the Web site for more information that should be included on the application. Deadline is June 1.

### APG sponsoring team in Army 10-Miler—runners needed

The APG Community Recreation Division Sports Branch is sponsoring a team in the upcoming Army 10-Miler, Oct. 8 in Washington, D.C. Team participation is limited to active duty Army personnel assigned to APG. A qualifying five-mile run will be held at Hoyle Gym and Fitness Center, E-4210, 8 a.m., June 11.

CRD will pay the entry fee, provide race day transportation and a team shirt to all qualifiers for the D.C. event. Qualifiers must provide a signed statement from their commander authorizing them to participate in the Oct. 8 event. Interested runners must pre-register no later than June 5. This is not a Commander's Cup event.

For more information, visit [www.armytenmiler.com](http://www.armytenmiler.com) or call Cuomo, 410-278-3812 or Capt. Kirk Pietsch, 410-436-9677.

### All-Army Women's Softball

Apply to the All-Army Women's Softball team until June 15. AKO account holders can visit <https://armysports.cfsc.army.mil> to process the application, which will automatically route through their commander and sports director to the Army Sports Office.

**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.

### Youth soccer league

Boys and girls, ages 4 to 16 are invited to participate in the Youth Soccer League. Registration begins June 1. The cost is \$30 for ages 4 thru 5 and \$40 for ages 6 thru 16. Space is limited. The team selection will be on July 5 and practices start the first week of August.

**MWR Registration, Tickets and Leisure Travel is 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 the Web site, [www.apgmwr.com](http://www.apgmwr.com).**

### Australia specials

Spend five amazing nights in Sydney, Australia's largest and world famous harbor city, home of the 2000 Olympic Games. Or, spend the five nights in Melbourne. It is the sporting capital of Australia and home of Aussie Rules Football and the Formula 1 Australian Grand Prix. Packages include roundtrip airfare from Los Angeles or San Francisco. Trips must be taken between May 1 and June 8 or Aug. 1 thru 30.

### Shop Till You Drop

Enjoy a day in New York City. On June 3. There is no set agenda. See a show, shop, site see or just visit. The bus will leave Vitali's Restaurant parking lot at approximately 8:15 a.m. and return around 10 p.m. The cost is \$39 and space is limited. Reserve a space today.

### NASCAR at Dover Speedway

There are a limited number of tickets available for members of the military community for the Sunday, June 4 race. Seats are first-come, first-served and cost \$86.

Tickets are also available for the Busch series race on Saturday, June 3 at Dover International Speedway, for \$37.

### Baltimore Orioles Tickets

Monday, June 5, watch the Orioles against the Toronto Blue Jays. The game is at 7:05 p.m. at Camden Yards. They are upper-level tickets and the quantities are limited. The tickets are \$48 each and a limited number are available.

### McDonald's LPGA Golf Championships

Come out for an exciting golf event June 8 thru 11 at Bulle Rock in Havre de Grace. Come watch the biggest names in women's golf compete in the LPGA.

Saturday, June 10 is Military Appreciation Day, active duty and retiree ID cardholders get in free. Tickets range from \$12 to \$65 for the event. Call for more specific information.

**Arts and Crafts are located in building 2407 in the Aberdeen Area and in building E-4440 in the Edgewood Area. For information, on pottery, stained glass, framing and woodshop classes call Debbie Brooks-Harris, 410-278-4207 or Holly Shisler, 410-436-2153.**

# HEY KIDS!

## THIS SUMMER

### HOLLYWOOD HITS YOUR BOWLING CENTER!

**GET YOUR GAME CARD AT THE BOWLING CENTER!**

**101 FREE GAMES OF BOWLING! BUY 1 - GET 1 FREE!\***

### ENTER FOR A CHANCE TO WIN!

- **Hoot movie package...the book, the soundtrack, the DVD!**

### BE THE MOST POPULAR KID IN TOWN!

- **Take 100 friends to a private screening party... How To Eat Fried Worms**

**Bowl your way to other great prizes**

**Promotion runs Memorial Day to Labor Day**

*(Visit your Bowling Center for details.)*

## ARMY CONCERT TOUR

### 2006 DOUBLE TROUBLE SUMMER TOUR

**With special guest Daniela Cotton**

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**SATURDAY, JUNE 24**

**Aberdeen Proving Ground, MD - Shine Sports Field**

**GATES OPEN: 6 PM SHOW: 7 PM**

**OPEN TO THE PUBLIC**

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**TICKET OUTLETS:**

[ticketmaster](http://ticketmaster.com)

**1-800-551-SEAT**

MWR Ticket Office Bldg 3326  
Hoyle Gym & Fitness Center Bldg E4210

Hours 9 am - 5 pm

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# Slip! Slop! Slap...and Wrap!

Harford County Health department

Skin cancer is the most common form of cancer and is estimated to afflict over 1.5 million Americans this year, according to the American Cancer Society.

Non-melanoma cancers, when detected early, have a cure rate of 95 percent. Melanoma, the most dangerous skin cancer, is currently on the rise in the United States and is expected to claim the lives of about 8,000 people this year.

More than 90 percent of skin cancer is caused by sun exposure. Limiting the skin's exposure to the sun's ultraviolet rays is the single most important precaution to preventing skin cancer. Ultraviolet rays from artificial sources of light such as tanning beds are as dangerous as those from the sun and should be avoided.

There are some simple and proven ways to eliminate exposure to the ultraviolet rays including limiting the time spent in the sun between 10 a.m. and 4 p.m. when the rays are the strongest, according to Elaine Krajewski, the program supervisor for the Office of Cancer Prevention Services at the Harford County Health Department.

"Consistently following the Slip! Slop! Slap...and Wrap! method introduced by the American Cancer Society to protect one's skin is another," Krajewski said. "Slip on a lightweight long sleeved shirt, Slop on sunblock with a sun protection factor (SPF) of at least 30, Slap on a hat with a wide brim to cover your face, neck, and ears, and Wrap on sunglasses to protect your



eyes."

In addition to protecting the body from skin cancer, it is equally important to assess the skin monthly for any possible early skin cancers.

The most important warning signs for melanoma are a change in size, shape, or color of a mole or other skin growth. Any of these changes should be reported to a physician immediately.

The American Cancer Society has devised the ABCD's of detecting cancer in moles or birthmarks:

**Asymmetry:** one half of a mole or birthmark is not like the other

**Border:** the edges are uneven, irregular or poorly defined

**Color:** the color is not the same all over, shades of black or brown or even red, white, or blue

**Diameter:** the area is larger than 6 mm, the size of a pencil eraser, or is growing larger.

"We grew up thinking a little tan on our faces and legs made us look healthy. In reality, we were only increasing our chances of developing a life-threatening

and disfiguring disease. One bad sunburn in childhood doubles the risk factor for melanoma later in life," Krajewski said.

For more information on skin cancer and melanoma, visit the Centers for Disease Control's Web site <http://www.cdc.gov/cancer/nscpep/awareness.htm> or the American Cancer Society Web site <http://www.cancer.org>.

## TRICARE rolls out Web-based alcohol education program

Story by **CHRISTELLE MICHAEL**  
TMA Communications

Alcohol abuse is threatening the professional and personal lives of service members. This is the prime reason the Department of Defense and TRICARE are sponsoring a Web-based alcohol abuse prevention and education pilot program to help service members learn about responsible drinking. The pilot program is called PATROL-the Program for Alcohol Training, Research and Online Learning.

"PATROL will help shape participants attitudes about alcohol and influence them to drink responsibly," said Dr. David N. Tornberg, deputy assistant secretary of defense for Clinical and Program Policy. "Enrollees will have access to free services and programs currently not available through TRICARE."

The following military installations will host the PATROL program and provide Web access to active duty service members:

- Fort Bliss, Texas and Fort Sill, Okla.
- U.S. Naval Base, Norfolk, Va., and U.S. Naval Air Station, Ventura Co., Calif.
- Camp Pendleton, Calif., and Cherry Point Marine Corps Air

Station, N.C.

- Hurlburt Field and Tyndall Air Force Base, Fla.

The Research Triangle Institute, along with its sub-contractor ISA Associates, developed the scientific educational program to assess attitudes and knowledge about alcohol use and abuse and encourage responsible drinking.

"Prevention reduces the frequency of alcohol related diseases and saves money to use for other interventions," Tornberg said. "Addressing these problems is important for improving short and long term health, enriching life and increasing our military readiness."

TRICARE Management Activity needs active duty volunteers to participate in the PATROL pilot program. Volunteers may join PATROL even if they only drink occasionally or do not drink at all. Interested active duty members at participating installations should look for announcements on how to enroll in the PATROL program. Enrollment will continue through mid June. Active duty members who meet the eligibility requirements and would like additional information may visit the PATROL Web site at <http://www.projectpatrol.org>

For more information visit the TRICARE Web site [www.tricare.osd.mil/healthchoices/](http://www.tricare.osd.mil/healthchoices/).

## Exercising improves aging process

Story by **PATRICIA TAYLOR**  
Bayne-Jones Army Community Hospital

For anyone who is a little bit, or maybe a lot, past middle age there's good news. People who are getting up in years have the brightest outlook for improvement of all age groups when they begin an exercise program.

In fact, many of the infirmities of age are caused not by the aging process but by inactive lifestyles. This means many of the effects of aging can be reversed, like, decreased endurance, increased blood pressure, increased body fat, stiff muscles and joints, loss of muscle strength, fragile bones and fatigue.

### Start slowly

If just beginning an exercise program, ask a doctor or fitness professional for guidelines on how much exercise is safe. The safest exercise to start out with is walking. Keep these pointers in mind:

1. While vigorous exercise is usually desirable, even exercising at 35 percent of an individual's maximum capacity gives benefits.
2. When doing strength training, stay

with low-resistance, high-repetition training. For instance, in weight training, lift smaller weights more times.

3. Be extra careful to avoid overtraining. The resulting injuries could put an end to the exercise program.

4. Exercise at the lower end of target heart range. (If participant is breathing so hard they can't talk, they're exercising too hard.) Note: If walker experiences difficulty breathing or chest pains while exercising, stop immediately and consult a health-care provider.

Benefits of exercising while aging:

- lower risk of heart attack
- better ability to ward off blood clots
- lower risk of diabetes
- more energy
- better balance
- better strength
- less bone loss due to osteoporosis
- greater flexibility
- prevention of obesity
- better cholesterol count
- lower cancer risk

(Editor's note: Reprinted from the Fort Polk Guardian.)



# Safety

## Preventing lawn mower injuries to children

American Academy of Pediatrics

The power lawn mower is one of the most dangerous tools around the home.

Each year, approximately 68,000 persons with injuries caused by power mowers are treated in emergency departments and more than 9,000 are younger than 18 years. Older children and adolescents are most often hurt while cutting lawns as chores or as a way to earn money.

Lawn mower injuries include deep cuts, loss of fingers and toes, broken and dislocated bones, burns, and eye and other injuries, some very serious. Both users of mowers and those who are nearby can be hurt.

To prevent lawn mower injuries to children, the American Academy of

Pediatrics recommends the following:

Try to use a mower with a control that stops the mower from moving forward if the handle is let go.

Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.

Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.

Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Use a collection bag for grass clippings or a plate that covers the opening where cut grass is released. Have anyone who uses a mower wear hearing and eye

protection.

Make sure that children are indoors or at a safe distance away from the area to be mowed.

Start and refuel mowers outdoors, not in a garage or shed. Mowers should be refueled with the motor turned off and cool.

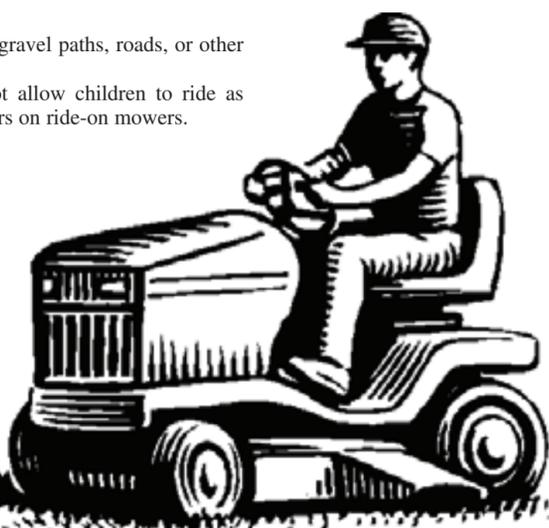
Make sure that blade settings (to set the wheel height or dislodge debris) are done by an adult, with the mower off and the spark plug removed or disconnected.

Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind when doing so.

Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or

crossing gravel paths, roads, or other areas.

Do not allow children to ride as passengers on ride-on mowers.



## Ask the dietitian: breakfast

Story by **CAPT. JENNIFER L RODRIGUEZ**  
Raymond W. Bliss Army Health Center

Breakfast is the most-often skipped meal of the day, despite its healthy benefits. The saying has been around for years, "Breakfast is the most important meal of the day."

Years of research indicates that adults, children and teens can benefit from eating breakfast. Some benefits include improved brain function, more energy and a more efficient metabolism.

The brain needs fuel to function efficiently. Breakfast helps replenish that eight to 12 hours of fasting since the last meal.

Less irritability, more energy and a better attitude lead to greater productivity throughout the day whether at work or in school.

The biggest mistake most people make when trying to lose weight is to skip breakfast altogether.

Research indicates that people who eat breakfast are better able to control their weight than those who don't eat breakfast at all. Successful weight-loss participants with the National Weight Loss Registry report the most success with shedding pounds from eating breakfast every day. And an added bonus, there is more energy to get the day started.

For those who say, "I don't have time to eat breakfast," remember that breakfast does not have to be traditional. Include a protein, a fruit and a whole grain to boost energy and prevent hunger come mid-morning.

Some great breakfast ideas include: whole-grain cereal with fruit, low-fat yogurt topped with berries, a slice of whole-wheat toast with peanut butter, breakfast smoothie made with low-fat milk and fruit, leftover slice of veggie pizza and a small glass of 100 percent juice or an apple with a piece of string cheese.

Eating breakfast has many health benefits, but avoid high-fat, high-calorie, nutrient-depleted foods. That donut with a cappuccino or the new omelet breakfast sandwich from a favorite burger place is not the healthy way to start the day.

(Editor's note: Reprinted from the Fort Huachuca Scout.)

## 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

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# VEHICLE RALLY DRAWS HUNDREDS TO RIPKEN STADIUM

Story and photos by  
**YVONNE JOHNSON**  
APG News

Organizers estimated that about 2,000 visitors attended the 32nd Annual East Coast Military Vehicle Rally held at Ripken Stadium May 11 through 13.

The annual not-for-profit event is sponsored by the Washington Area Collectors/Blue & Gray Military Vehicle Trust (WAV/B&G MVT) chapter of the Military Vehicle Preservation Association and is traditionally held during Ordnance Week festivities with proceeds benefiting the Ordnance Museum Foundation. The proceeds also benefit other military museums, war memorials and non-profit organizations.

Anja Taylor, secretary and editor of the chapter's newsletter said that the 300 vendors in attendance were up from 250 last year, making it the largest rally of its type in the 20-year history of the club.

"It's been great so far," Taylor said. "We've had real good weather and over 1,000 visitors in less than two days."

"We contact vendors in late December and most of them sign up on the spot," Taylor said.



Collector G. Mele displayed this replica of a Soviet Army sidecar motorcycle. According to Mele, this model was issued to airborne and special assault forces for use in extreme terrain and weather conditions and is the only one of its kind in the United States.

There was a lot to choose from in the assortment of military vehicles, equipment, supplies, collectibles and memorabilia on hand and each collector had their own story.

Doug Spencer, a U.S. Air Force veteran from Albany, N.Y., displayed a German Army Panther Tank along with other collectibles, including die-cast replicas of military vehicles.

"I've been doing this about 15 years," Spencer said, as he showed off a replica of a customized World War II-era Dodge command car.

A collector for 30 years, Mark McConnell of Braddock Heights, Md., said he has a full-time dealership and antique store.

"I started out collecting everything but now I specialize in weapons and ordnance," he said, "from swords and sabers to rifles and other ordnance."

The owner of a 1942 Willy's Jeep, Pat Nicholson of Pittsburgh, said that his was one of only a handful to be sent back from Italy.

"It was called the 'Pink Cadillac' by the guy who restored it, painted it pink and drove it around Pittsburgh," Nicholson said. "It's worth between \$15,000 and \$16,000 but it's not for sale."



This 1942 Willy's Jeep, restored by collector Pat Nicholson, was one of the few jeeps that made it back from Italy in 1946.



Military collector Mark McConnell attaches a bayonet to an authentic 1868 Schneider rifle that was used by British troops. Next to him is the jacket to a British artillery officer uniform.



Doug Spencer, left, shows a customer his collection of die cast replicas during the military vehicle rally at Ripken Stadium May 12.

Illustration by NICK PENTZ

## Memorial

From front page

Bradfield, first stabilizing him before loading him into a medical evacuation vehicle. As Woods drove the vehicle from the scene and toward the operation's landing zone, it was hit by a blast that killed both men.

Myles said he first heard about Woods July 26, 2005, while attending a ceremony at Arlington National Cemetery to honor Bradfield, a 22-year-old Soldier from Virginia Beach, Va. Myles was introduced to Woods parents at the ceremony for Bradfield and decided to honor the slain medic by renaming the DTC conference room after the Soldier and hosting a ceremony in his honor.

During his speech at the ceremony, Myles described Woods as a young man who always put the welfare of others ahead of his own.

"If you follow his life and what he cherished, there is a common thread. . .think of others. . .remain active in your church activities. . .play team sports. . .join the Army and be part of something bigger than yourself. . .and eventually go back to school and pursue a medical career, continuing to take care of others," Myles said.

He noted that Woods received the Bronze Star with "V" device for valor and the Combat Field Medical Badge on June 25, 2005, just two months after his arrival in Iraq, during an operation that, like the events of July 9, would forever link Woods with Bradfield. The award was for heroic actions in rendering battlefield aid to a wounded



Photo by HEATHER TASSMER, Illustration by NICK PENTZ  
Jamie Woods, the widow of Pfc. Eric P. Woods, holds her son, Eric Scott, during the national anthem at the U.S. Army Developmental Test Command's conference room dedication in his honor. Woods was killed in action while trying to save another Soldier in Tal Afar, Iraq, July 9, 2005.

Soldier during a four-hour dismounted operation.

The Sabre Squadron's Grim Troop had come under small-arms fire from multiple directions on that occasion. One of the troops, Sgt. Jeremy Wolfsteller, had been hit by an AK-47 round and lay wounded in the street. Woods and Bradfield rushed through the line of fire to reach the wounded Soldier and help move him from the street to a safer position. While Bradfield bandaged the wound, Woods inserted an IV to provide the Soldier with plasma, and the two

Soldiers carried their wounded comrade through hostile fire to a Bradley Fighting Vehicle for evacuation.

After the formal ceremony, Woods' family members were escorted into the conference room to look at plaques and other memorials to Woods, permanently affixed there to remind conference room users that Soldiers are the focus of what they are there to accom-

plish.

It was a fitting place to honor Woods, Myles said, because it was the scene of several classified teleconferences where measures to counter the IED threat were discussed. DTC and ATEC's other subordinate command activities have made protecting Soldiers from IEDs a crucial priority from the beginning, Myles said.