

POST SHORTS

Recycling schedule



The residential and recycling pickup schedule for Sept. 27, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

New 'Grab and Go' lunch at Top of the Bay

The Top of the Bay has a new "Grab and Go" line. The menu includes pre-made daily garden and chef salads, turkey and Swiss wrap, ham and cheese wrap and a roast beef wrap. There will also be bags of chips, pretzels and cookies for sale.

Amateur Boxing Night

Morale, Welfare and Recreation will host Amateur Boxing Night between fighters from the 16th and 143rd Ordnance battalions at the APG Athletic Center, Nov. 4. Doors open 5 p.m. and the event begins at 6 p.m.

Tickets cost \$5 for active-duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E4210, 410-436-7134.

Domestic Violence exhibit comes to APG

The Army Community Service Family Advocacy Program invites everyone to the unveiling of an exhibit, "Living With the Enemy," presenting the chronicles of domestic violence on the nation's men, women and children Oct. 3 at the Mezzanine Room, Top of the Bay. Guest speaker and award-winning photojournalist Donna Ferrato will speak on her exhibit 1 to 2 p.m. and will be available to the public until 5 p.m. Additional viewing of the exhibit will be 9 a.m. to 5 p.m., Oct. 4 and 5, and 9 to 11 a.m., Oct. 6.

RSVP by Sept. 29. For more information or to RSVP, call 410-278-7478 or 410-278-2435.

Convoy trainer available

A Virtual Combat Convoy Trainer has become available for use by military units from Aberdeen Proving Ground and other

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USAEC employees find brotherhood in grease

Commitment to safety boasts 15 years of no lost-time accidents



Photo by CDTF GRAPHICS DEPARTMENT
A student fully encapsulated in a protective suit at the Chemical Demilitarization Training Facility at Aberdeen Proving Ground rolls a simulated waste barrel in the Demilitarization Equipment Room. The facility recently celebrated a perfect safety record of no lost-time accidents in the past 15 years.

Story by
GREG MAHALL
CMA

The Chemical Demilitarization Training Facility located at Aberdeen Proving Ground celebrated its 15th consecutive year without a lost-time accident in August.

A lost-time accident includes any job-related injury or illness resulting in an employee missing at least one full day of work.

"Strict safety standards; mandatory safety training for students and personnel; and individual, hands-on instruction in an agent-free environment all have helped keep the CDTF free of lost-time accidents for more than 15 years," said U.S. Army Chemical Materials Agency Director Michael Parker.

The facility's training program began in 1989 as an addendum to Congress' 1985 Department of Defense directive to safely dispose of the nation's chemical weapons stockpiles located at eight sites around the country and one outside of Hawaii.

In order to operate and maintain these facilities, officials decided to construct a facility for providing programmatic training support to

demilitarization personnel.

A division of DoD, CMA contracted the construction and operation of this facility to General Physics, a company based in Elkridge, Md., specializing in performance improvement services and products.

Parker said he recognizes the value of the facility and the safe demilitarization practices exhibited and learned by its personnel.

"The CDTF's perfect safety record for the past 15 years is an excellent example of the Army's commitment to safely destroying the nation's chemical weapons stockpile," Parker said. "The lessons given and learned at the facility ensure that workers at our disposal sites take the appropriate safety measures as they destroy the chemical weapons."

Since its beginning, the facility has instituted programs consistent with work force skill requirements for demilitarization facilities.

The training program at the facility includes 280 laboratory, maintenance, operations and emergency response training courses equaling more than 9,000 hours of curriculum hours. General safety, health

and environmental training are also offered.

The facility's instructors have trained more than 51,000 students. This number includes contractors, government oversight officials and international inspectors.

The duration of classes at the facility ranges from as few as 10 days to as long as three months. Course delivery includes a mixture of classroom instruction followed by hands-on exercises, all taught in non-toxic environments. Training provided is based on the performance of selected job criteria and is designed to help students easily transfer skills to the demilitarization sites. Courses are continually evaluated to ensure accuracy and effectiveness and revised as the work force evolves. In addition to the training programs, the CDTF houses a test and evaluation team that provides technical support.

Fifteen years without a lost-time accident is a tribute to the safety culture established at the CDTF.

"Everybody knows the rules and what they're supposed to do," said Beverly Bunch, CDTF Safety, Health and Environmental leader.

See SAFETY, page 12

APG 'IT' leaders 'THINK' about the future

Story and photo by
YVONNE JOHNSON
APG News

Mindful of the changes that are likely to take place before, during and after the implementation of the Department of the Army's Single DOIM [Directorate of Information Management] initiative, information technologists and power users from across Aberdeen Proving Ground gathered to confront possibilities during a Thinking Expedition held at the Distance Learning Program classrooms Aug. 30 and 31.

Hosted by Col. John T. Wright, APG Garrison and deputy installation commander,

the expedition featured group discussions and the use of creative problem solving, CPS, to propose approaches and solutions regarding the anticipated challenges of accommodating the delivery of common information technology services provided by the DOIM under the Single DOIM.

The Thinking Expedition format has been successfully applied by other Army and DoD organizations as well as the private sector to address high risk-reward projects which have the added factor of a short-term frame for implementation.

APG must convert to the Single

DOIM by September 2007.

Rolf Smith, lead guide and creator of the Virtual Thinking Expedition Company, as well as the author of the "7 Levels of Change - A Field Guide for Thinking Expeditions," led the workshop which hinged on a 'mountain climbing' scheme that encouraged innovative thinking.

Participants wore climbing vests and "THINK" caps to keep them focused on the objective.

"The 'Thinking Expedition' method greatly enhances the brainstorming and idea consolidation within groups," Smith said. "It fosters team-building,

relationships and great thinking."

He said that key to solving problems is that members first understand themselves then turn that understanding into an appreciation of others resulting in a total contribution of ideas by all group members.

"When you learn more about yourself you reduce the unknown," he said, explaining that all participants underwent three character analyses prior to the expedition and were identified according to their Myers-Briggs Type Indicator, Kirton Adaptation-Innovation inventory and Keirseay

See THINK, page 2

203rd Black Knights return to APG

Story and photo by
YVONNE JOHNSON
APG News

Fifty members of the 203rd Military Intelligence Battalion's Black Knight Task Force returned to Aberdeen Proving Ground Sept. 9 after a year-long tour in Iraq in support of Operation Iraqi Freedom.

Brig. Gen. Gregory Schumacher, commander of the Military Intelligence Readiness Command and Col. Torry Schmaltz, deputy commander of the National Ground Intelligence Center, led the formal welcome of the troops which was held in the battalion's theater.

The task force, made up of activated Army Reserve and active component Soldiers from around the country, was led by Lt. Col. Alan Ott and 1st Sgt. Leonard Cordova.

Schumacher said that he "could never be more proud" of the returning troops.

"I saw joy on your faces and a sense of pride of a job well done," he said. "I also saw the seriousness of being deployed and witnessing the aftermath of death and destruction."

He commended the battalion commander on a "very successful mission" commenting that, "You've done a great job of leading these great Soldiers to deployment and returning them safely."

He thanked the families for their support, adding, "You too are American heroes. They could not do what they do without the love and support of families and friends," Schumacher said.

He presented Coins of Excellence to all members of the Task Force and informed



Brig. Gen. Gregory Schumacher, commander of the Military Intelligence Readiness Command, left, congratulates a member of the 203rd Military Intelligence Battalion's Black Knight Task Force during a Welcome Home ceremony Sept. 9 after their return from a year-long mission in Iraq.

them that due to their efforts, the unit has been nominated for a Meritorious Unit Commendation.

Schmaltz added that due to their successful mission, "Many Soldiers' lives have been saved."

"The U.S. military recognizes the importance of weapons intelligence teams," he said. "Thank you, task force, for what you have done. I salute you, and welcome home."

Ott thanked the Soldiers and their families calling the mission "a testament to your ability to excel."

"I learned that this war is an NCO [a noncommissioned officer] battle," he added. "This was a solid operation because of our NCOs. It was an honor to watch [the team] mature and grow."

During a reception after the ceremony, as Task Force members enjoyed cake and refreshments, they commented on their deployment.

"It was quite an experi-

ence," said Staff Sgt. Ryan Jones, an intelligence analyst from Philadelphia, Pa. He said that it was his first deployment, and that the uncertainty receded as team members trained together and came to know each other.

"I didn't know anyone at first but now I know everyone," he said.

Walter Guertin, a sergeant first class and team leader from Attetboro, Mass., said that the team "performed numerous missions to reduce the IED threat."

"We often came under fire when we went 'outside the wire,' he said, but "the teams learned to work together and they performed just fine."

Task Force adjutant, Capt. Patricia Kerrigan of Albany, N.Y., said that she was fortunate to be deployed with "such a great team."

"Being mobilized is not a matter of if, but when," she said. "I was fortunate to serve with these Soldiers and I would serve with them again."

2006 CFC begins at APG

Story by
MICHAEL E. GRAZIANO
APG CFC Chairman

Aberdeen Proving Ground will conduct the 2006 Combined Federal Campaign Oct. 2 through Dec. 15 and hopes to receive \$375,000 in donations.

The overall goal for Central Maryland was increased by five percent over 2005 to \$6.2 million.

The motto for this year's campaign is "Be the Miracle." Aberdeen Proving

Ground's goal equals \$35.93 or about \$3 per month for each government employee. The average of the pledges by donors is \$255.43 for each donor.

Federal employees can make donations by check, cash or payroll deduction. Retirees can donate to CFC by cash or check only.

Although CFC key workers cannot solicit contractor employees, contractors may contribute to the CFC by

See CFC, page 12

OPMS briefing scheduled today

Impacts on individual officers is focus

Story by
YVONNE JOHNSON
APG News

The U.S. Army Human Resources Command will present a briefing on the evolutionary changes to the Officer Personnel Management System 2 p.m., Sept. 21, at the Post Theater.

The 20th Support Command (Chemical, Biological, Radiological, Nuclear and high-yield Explosives) will host the event. All officers and warrant officers are highly encouraged to attend this briefing.

The Army is taking steps to broaden officer development with the new OPMS Developmental Model and Functional Design. The steps involve changes to shift career paths to be less prescriptive or timeline driven, incentives for retention, revised definition of command and other issues.

HRC personnel will present a 90-minute presentation with a 35-minute question and answer period. The focus will be on the steps the Army is taking to broaden officer development, grouping skills functionally to meet Army requirements and growing multi-skilled leaders for the 21st Century while maintaining the strengths of OPMS. Specifically, officers will get an introduction to the new OPMS Developmental Model, the new OPMS Functional Design and the impacts on individual officers.

For more information, contact Maj. William Mott, G-1, 20th SUPCOM (CBRNE) at 410-436-0382, DSN: 584-0382, or e-mail him at bill.mott@us.army.mil.

Background and an overview of the design are on AKO at <https://www.us.army.mil/suite/page/253639>.

Workers begin demolishing Ton Container Cleanout building

CMA
Five years after the tragic events of 9-11, workers at the Aberdeen Chemical Agent Disposal Facility achieved a major milestone in the facility's closure phase when they began demolishing the plant's Ton Container Cleanout building where agent containers were once cleaned and decontaminated.

Following the Sept. 11, 2001, terrorist attacks, Army officials concluded that allowing the Aberdeen mustard agent stockpile to remain a potential terrorist target per the original destruction schedule posed too great a risk to the community.

The Army and Bechtel Aberdeen team conceived a plan to accelerate the stockpile's destruction by simplifying the original disposal process and reordering its sequence to destroy the mustard agent first.

In March 2005, the Army finished destroying the drained mustard agent, one year ahead of its original schedule.

On Sept. 11, ABCDF workers began demolishing the TCC building after a four-hour test in which the building's air-handling and air-filtering system was turned off and showed that the building's agent vapor levels were safe for workers.

"We are proud that our closure

efforts are proceeding safely ahead of schedule," said ABCDF Site Project Manager (acting) Brian O'Donnell. "The contractor, Bechtel, has done an outstanding job bringing us one step closer to becoming the first continental United States chemical demilitarization site to close its doors. Further, we are beating our original closure schedule and saving taxpayers money.

"That money can be used at other chemical weapons disposal facilities currently operating, helping those communities continue to reduce the risk posed by continued storage of their respective chemical weapons stockpiles," O'Donnell said.

Bechtel expects to finish demolishing the TCC in the next few months. Bechtel will then clean, test and demolish the Process Neutralization Building where containers of mustard agent were drained and the agent neutralized. Decontamination efforts at the PNB are almost 70 percent complete. The Army expects to complete all closure field work at ABCDF by the summer of 2007.

The Army's overall chemical demilitarization program recently reached a milestone, also. On Aug. 30, the Army announced the destruction of 50 percent of the munitions in its declared chemical stockpile.

The Army has been disposing of chemical munitions since 1990 when it began munitions destruction at Johnston Atoll Chemical Agent Disposal System, located 825 miles southwest of Honolulu, Hawaii. The JACADS disposal mission was completed in 2000, and the site remains a wildlife refuge. Other disposal missions began in Utah in 1996; Alabama in 2003; Oregon in 2004; and Indiana and Arkansas in 2005.

The Army is lowering the public risk associated with these aging munitions by safely eliminating the United States' entire stockpile of chemical weapons.

Making the transition

Story and photo by
ANDRICKA HAMMONDS
OC&S

The U.S. Army Ordnance Center and Schools held a Fort Lee Expo Sept. 5 and 6, at the Recreation Center to provide more information to its employee community about the Fort Lee area.

"This is the beginning of a series of sessions to provide a forum to learn about the Fort Lee community," said Maj. Gen. Vincent E. Boles, chief of Ordnance and commanding general of OC&S.

Affected by the Base Realignment and Closure, OC&S is currently scheduled to relocate to Fort Lee, Va., in July 2009. The school will join the Army Logistics Management College, Quartermaster Center and School, U.S. Army Transportation Center, and Air Force and Army Culinary Training to form the Sustainment Center of Excellence.

"We are trying to create a campus environment that looks like a university," said Esther Lee, deputy to the Fort Lee garrison commander.

Lee and other representatives from the Fort Lee communities shared what the surrounding area offers. A representative from the local public schools was available to answer questions, as were banks, realtors, community representatives and area colleges and universities.

"We want you to know that you are wel-

come to the community, and we are here to answer any questions," said Martha Burton, in attendance from the Crater Planning District Commission. Burton said she wants the employees relocating to the area to get a good feel for the excellent quality of life the Fort Lee area has to offer.

Boles said the school continues to execute the mission of training over 5,000 students a day to serve a nation at war. The current workforce is a vital part of accomplishing that mission.

"If you don't come, we have to hire out, and we may not get people as good as you are," Boles said.

Within three years, the Aberdeen Proving Ground ordnance community has to be at Fort Lee. Of the nine OC&S training locations, five, are moving. APG will be the first to make that move.

"It gave me a direction to get started in our planning process," said Kim Ables, protocol officer with OC&S.

This session was the first of a series of information sessions to help the transition process.

"We do plan on coming back," Lee said. "We've been working with the community on a sponsor program, not only for military, but also for civilians as well. We are here to entice you to live and work at Fort Lee."



U.S. Army Ordnance Mechanical Maintenance School employees, from left, Christina Williams, Michael Leatherman and Paul Walters, consider the move to Fort Lee during a U.S. Army Ordnance Center and Schools' Fort Lee Expo Sept. 5 and 6



APG Garrison commander Col. John T. Wright, second from right, discusses System Support Cost Reduction challenges with from left, Dave Jennings, U.S. Army Aberdeen Test Center; Maggie Combs, U.S. Army Research, Development and Engineering Command, Lisa McKinney, Civilian Personnel Advisory Center, and Wyatt Wallace, RDECOM chief of Information Services, during the THINK Expedition held at the Distance Learning Program classroom Aug. 30 and 31.

Think

From front page

Temperament type, as one of four temperate types – Guardians, Artisans, Idealists and Rationals.

"We try to have one of each in each group," Smith said, adding that the members switch groups throughout the process, often leaving the current project unfinished, which intentionally "keeps things constantly shifting.

"The basic goal is to get them to think differently," he said. "We're looking more for a strategy more than a resolution. They have to consider how to bring others who may be their opposite on board to their way of thinking."

Moving among the participants as they worked, Wright alternately wore several different types of headgear, such as a large green leprechaun hat and a red and a white Cat-in-the-Hat styled hat to promote the different-way-of-thinking mode.

"They see me as the garrison commander," he explained. "I do this so they can see me in a different way and thereby see other things in a different way."

He said that one of the most important elements for achieving break-through results is to undergo a Mind Shift. "To achieve different results you need to do different," Wright

said. "In order to do different you need to think differently, and in order to do that you need to understand how we think. The Single DOIM Working Group is composed of specialists and users with diverse backgrounds and approaches," he added. We are using CPS in the form of a Thinking Expedition is to imagine ourselves climbing Mount Single DOIM and to think about where we want to be at the end of the day. "We all have to get there together," Wright told the teams.

"This is not just for the working groups," he said, adding that participants must "be prepared to update senior leadership and users so they realize what we are accomplishing."

"I am absolutely pleased with the level of commitment thus far," he said of the expeditions' participants. "I am looking forward to looking at what is coming out of these groups as we begin to talk to our users."

Focusing on the characteristics of the Single DOIM, the Thinking Expedition participants tackled subjects such as 'System Support Cost Reduction,' 'Scope and Boundary of Integrated Services,' and 'Resourceing Strategies.'

DOIM chief Kim Parker led one of the groups Most agreed that the thinking strategy was not only worthwhile, but working.

Garrison DOIM chief Kim Parker led one of six rotating groups. They focused on the characteristics of the Single DOIM, such as 'System Support Cost Reduction,' 'Scope and Boundary of Integrated Services' and 'Resourceing Strategies.'

Most agreed that the thinking strategy was worthwhile.

Ramos Rainier, with the Northeast Civilian Personnel Operations Center, called the program a 'strategic thinking adventure.'

"We've learned that we have to start thinking outside the norm and establish some sort of basis for achieving the same goals," he said. "This is useful because it gives us a forum where we can achieve that goal."

"It also tells us that we all are unique," he added, "and that we all have unique requirements that need to be factored into a single forum."

While his group focused on funding requirements for the Defense, Research and Engineering Network, Jeff Highland, a computer engineer from the U.S. Army Developmental Test Command called the "new way of thinking" experience "enlightening and excellent."

"I plan to use these methods at home to resolve problems and disagreements," he said. "I think if this group sticks together we might be able to accomplish something for the Single DOIM."

"This training is very relevant and we've accomplished a lot," added Nancy O'Rourke, DOIM chief of the Information Technology Management Division and the Single DOIM project manager.

Her group was developing ideas to maximize communication with tenant organizations.

"We addressed communicating with tenants and there has been active participation from all levels within the working groups which has improved the decision-making process," O'Rourke said.

Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, visited the workshop on day two to express the importance of the 'expedition.'

"This is not about you and your agencies," Nadeau told the participants, "It's about looking at where are the alternatives and the roadblocks."

"The Single DOIM will be how we define it because we may identify roadblocks that might not have been considered," he said. "You have to think beyond your organizations. Today is not the problem. The problem is 10 years from now and beyond."

APG News

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Staff

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Top three items on commissary shopping list: Healthy food, healthy savings, healthy families

Story by
KAY BLAKLEY
DeCA

Healthy choices in foods are tucked into every aisle and alcove of the commissary these days, and because it sells products at cost, patrons can always count on at least 30 percent or more savings over retail grocery prices. Commissaries are doing their part to help strengthen military families by joining forces with the National Center on Addiction and Substance Abuse at Columbia University to celebrate the sixth annual Family Day – A Day to Eat Dinner with Your Children Sept. 25.

For the past 10 years, CASA has been conducting a back-to-school survey of the attitudes of teens, and of those, like parents, who influence them most. This research has consistently shown that the more often teens have dinner with their families, the less likely they are to smoke cigarettes, consume alcohol or use drugs. Empowering children to stay drug free is of utmost importance, but according to research from other reliable sources, that one strong advantage is just the tip of the iceberg. Consider these findings:

- A study published in the Archives of Family Medicine concluded that families who ate dinner at home consumed more fruits and vegetables, less fried food and soda, and less saturated and trans fat.

- A 2005 Department of Defense child health care survey found that children ages 6 to 12 who reported eating fast foods three or more times per week are 9 to 13 percent more likely to be obese. For children ages 13 to 17, the likelihood climbs to 16 to 21 percent.

- Results of a study published in the journal Pediatrics found that children who ate fast food, compared to those who did not, consumed more total calories, more calories per gram of food eaten, more total fat, more carbohydrate, more added sugars, more sugar-sweetened beverages, and less fiber, less milk, and fewer fruits and non-starchy vegetables.

- And finally, a majority of participants in the National Weight Control Registry (an ongoing study of adults, 18 or older, who have lost at least 30 pounds and have kept it off for at least one year) rarely eat fast food, they eat an average of just 2.5 meals per week at restaurants, and they prepare and eat most of their meals at home. The average participant in the registry has lost about 60 pounds, has maintained the loss for five years and reports being seriously overweight by 11 years of age.

Family meals prepared and eaten at home is the way to protect a family's physical and emotional health. Instead of stressing out over one more thing to plan for and get done every day, when the day is already filled to the max, try some of these ideas:

In a perfect world, every military household would be issued a Martha Stewart clone programmed to have the table set and a nice hot meal ready and waiting each evening as the family arrived home.

- Use a slow cooker _ even in the hot summer _ and keep an eye out for recipes that can be dumped in, plugged in and come home to a cooked meal. (Fiesta Pot Roast: Place a few small red potatoes, cut in half, in the bottom of the slow cooker, top with a 2- to 3-pound chuck roast, pour a jar of chunky salsa over all and cook on low for 8 to 10 hours. Add a salad (from a bagged mix), a little bread (whole grain) and dinner is served.)

- Buy cubed ends of low-fat and low-sodium deli meats to use as a quick protein source in salads or soups.

- Save time with pre-cut commercially packaged fruits and vegetables _ if affordable at an extra cost. Or better yet, if the commissary offers small

containers of freshly cut produce, snap them up. Consumers don't pay for the labor it takes to slice and dice when the commissary staff does it. It's all part of the benefit and one more reason to shop the commissary.



- Convince the family that break-fast is okay for dinner. Eggs keep for a very long time in the refrigerator. Whip up an omelet, an egg sandwich with cheese and tomato, even French toast (easy on the syrup) in well under 30 minutes.

- Bake a potato for every family member in the microwave and top with cooked broccoli, low-fat shredded cheese, add a dollop of plain yogurt or sour cream, and the meal is complete.

- Keep fresh fruit on hand for snacks and desserts. Display it on the counter in plain sight helps so it gets chosen over less healthy snacks tucked away in the cabinet. Keep a few long-lasting choices like apples, oranges and pears in the refrigerator, too.

- Keep the kitchen well stocked with staples like flour, sugar, vegetable and olive oil, vinegar, dried herbs and spices, shelf-stable milk, and main ingredient items the family likes. If pasta is among their favorites, always have a package on hand. Dried pasta takes only 10 minutes to cook, and can be paired with any number of ingredients, not counting jarred spaghetti sauce.

Now that school is back in session and the family calendar is back where it belongs on the refrigerator door, be sure to block off the evening of Sept. 25 as a time to observe "Family Day – a Day to Eat Dinner with Your Children." Make it affordable by purchasing the dinner ingredients at the commissary.

APG Soldier receives Bronze Star for his actions in Iraq



Story by
MIKE CAST
DTC Public Affairs

When Sgt. 1st Class Silvestre Sancha-Sotelo's gun truck came under small-arms fire during a convoy mission in Iraq, he didn't act instinctively and return fire. That decision, which may well have saved the lives of innocent Iraqi civilians, was one of the things he did that day that earned him the Bronze Star Medal as well as the Combat Action Badge, but the awards were also recognition for his work in training an Iraqi transportation regiment so it could conduct combat operations professionally and without U.S. support.

Sancha-Sotelo, who received the official recognition while assigned to the Joint Logistics Planning Enhancements team at Aberdeen Proving Ground, said he was proud of the work he did in Iraq and in the ability of Iraqi soldiers to conduct operations on their own.

Deployed to Iraq in June 2005, Sancha-Sotelo was assigned as a senior enlisted transportation advisor to the Iraqi 4th Motorized Transportation Regiment, an assignment for which he was a member of a Coalition Military Assistance Training Team under the authority of the Multi-National Security Transition Command-Iraq.

His job was to help build the Iraqi regiment from the ground up and train its soldiers in the tactics, techniques and procedures employed by U.S. logistical units with similar operational responsibilities.

During his year in the combat theater, he lived, worked and trained "24-7" with the soldiers of the Iraqi transportation regiment at a remote Iraqi base near Kirkuk. The mission

Photo by MAJ SAMUEL GLOVER

Sgt. 1st Class Silvestre Sancha-Sotelo pauses during a convoy from Forward Operating Base Warrior in Iraq to K-1, an Iraqi military base, while awaiting radio clearance to proceed to the convoy's destination.

See STAR, page 5

Star

From page 4

of the Iraqi 4th MTR was to support the Iraqi Army's 4th Division in its combat operations.

Training the Iraqi soldiers was a challenge in the beginning, Sancha-Sotelo said, because he had to work with a translator to communicate with the trainees. But, he soon improved at communicating with them, in part because he respected them as people and earned their confidence and respect in return.

"When we got to Iraq, the Iraqi regiment we supported really did not have anything yet, and the buildings they built for them were not complete," Sancha-Sotelo said. "First we got 30 soldiers. Then we got about 75 and then another hundred. Our mission was to build an Iraqi regiment and make it operational so they could do all their logistical operations on their own. We started with nothing, but by the time we left they were doing missions with us."

On April 28, the regiment and its U.S. advisors left Forward Operating Base Caldwell in a convoy of 14 trucks to travel to the Iraqi base at Kirkuk to pick up body armor, food, water, ammunition and other supplies. They stayed overnight after picking up the supplies and left the following morning at 2 a.m. to make the return trip.

At about 4:30 a.m., the convoy came under small-arms fire, and a round punctured the tire of one of the Iraqi trucks in the convoy, disabling it temporarily. Trucks in the convoy had become separated by this time, with the disabled truck falling behind, so Sancha-Sotelo's vehicle returned to provide security for the disabled vehicle, with Sancha-Sotelo manning the gun. The Iraqi crew of the truck with the punctured tire quickly

changed it while he covered their position from behind.

"The convoy was doing about 45 to 50 miles an hour when it got separated, and one of the vehicles came under fire," he recalled. "They said, 'Hey, we got hit.' The convoy stopped, and by the time we got that message we were away from there, so we turned around and came back, and we got the Iraqis to put security on the front of the convoy, with a U.S. gun truck in front and the Iraqis pulling security. And in the rear they made a security box, and they put the tire on very quickly. It only took about 10 minutes."

He said more small-arms weapons were fired in the vicinity of his vehicle afterward, but he did not want to return the fire because he feared injuring innocent civilians who might be in the same building as the shooters or close enough to get hit if he fired back.

"We saw the fire coming out, but there was a village – houses in there," Sancha-Sotelo said. "And the weapon we had was not just a little rifle. That 240 Bravo has got a long-distance range, and it could do some damage. The rules of engagement were to make a proper identification before returning fire. We essentially had to see a person with a weapon in his hand to shoot. I thought that if I shot toward the village, I didn't know if I was going to hit the guy who was shooting or hit some innocent kids who might be sleeping in the housing area there. Our decision was, 'Okay, we're getting shot at

right now, but it's not too bad.' I'm glad I didn't shoot because I didn't want to have something in my head later on – like, 'You shot women and children in there.'"

Sancha-Sotelo said he was glad to have played a role in helping the 4th Motorized Transportation Regiment become trained and prepared for combat-support missions they could conduct without American assistance. He said he is proud to have conducted a mission that will enable more U.S. troops to come home.

He recently finished his assignment with the JLOG-PE team, where he provided information technology support, and in October he will attend the Noncommissioned Officers Battle Staff Course at the Sergeants Major Academy at Fort Bliss, Texas. The course is designed to train senior NCOs in operation duties at the division and brigade level. Following that, in December, he is going to Boise, Idaho, to train reservists to serve on a Military Transition Team in Iraq as he did, training more Iraqi soldiers so that they can take over combat missions from their U.S. counterparts.

"I'm going to train them in the kind of operations they are going to do over there – how to deal with Iraqis, how to train them and that kind of thing – and also train them about the dangers over there, about the IEDs [improvised explosive devices] and that sort of thing, so when they get there they know what to do," he said.

Visit APG News online at
www.apgnews.apg.army.mil

POST SHORTS

installations. Units within the U.S. Army Ordnance Center and Schools have priority use of the trainer for Advanced Individual and Officer Basic training.

Available schedules include 1 p.m. to 9 p.m. on Wednesdays. Hours can be negotiated for daytime training from 8 a.m. to 5 p.m.

To schedule training, contact the 61st Ordnance Brigade S3 Office, 410-278-4920/5770.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Sept. 28, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Westwood Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line at 410-272-8842 or 800-APG-9998.

APG Hispanic Essay and Display Contest

All APG military, civilians and family members can enter the APG Hispanic Essay and Display Contest. The submission deadline date is Oct. 10.

For more information and contest criteria, call 410-278-2529/5598/1137.

Cub Scouts hold recruiting drive

Cub Scout Pack 651 is looking for 1st through 5th grade boys and their parents to join its scouting family.

Multiple camping trips, pinewood derby races, hikes and much more are planned for this year.

Meetings will be held on Fridays at the Gunpowder Club on APG South.

For more information, call Paul Sigler, 410-612-0185 or Duvel White, 443-655-7461.

Enrollment open for ILE Phase II

Army Reserve officers (captains promotable and majors) can now enroll for Intermediate Level Education Phase II which runs October 2006 through May 2007. To be eligible, service member must have completed a two-week ADT Phase 1 instruction at Fort Dix, N.J.

ILE is the new version of the Command and General Staff Officer Course. While many of the general topics and subjects of ILE will look similar to those of the old CGSOC course, the methods of learning are quite different. The course relies heavily on the student officer's ability to learn and study independently. ILE students will earn Military Education Level 4 and Joint Program of Military Education Level 1. These credentials qualify an officer for promotion to lieutenant colonel.

Contact an ATRRS representative to enroll in Class 302. Active duty officers are also eligible to attend the non-resident ILE course without having to leave their current duty assignments.

For more information or for help with enrollment, call or e-mail Lt. Col. Mark Valeri, 443-243-8473 (cell) or 410-638-7578, mark.valeri@us.army.

mil or contact the 10th Battalion Headquarters command, 410-584-0970.

Thrift Store to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on how the funds will be used.

In the past, donations have been granted to area Boy Scouts, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Store, building 2458, APG, MD 21005-5001. For more information, call the store during operating hours, which are 11 a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Blue Star Families of Central Maryland welcomes new members

The military families support group, Blue Star Families of Central Maryland, meets the first Wednesday of each month at 6:30 p.m. at the American Legion Post 109 located at 1610 Sulphur Spring Road in Halethorpe, Md.

Anyone who has a loved one serving in the armed forces, or is serving, and would like to meet other military families can attend.

For more information, visit Web site <http://www.geocities.com/bluestarfamiliesofcentralmd> or e-mail BlueStarFamiliesOfCentralMD@yahoo.com for additional information.

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

Community Notes

SATURDAY & SUNDAY SEPTEMBER 23 AND 24 HARVEST FESTIVAL AT STEPPINGSTONE

The Steppingstone Museum, located at 461 Quaker Bottom in Susquehanna State Park, Havre de Grace, will hold its annual Fall Harvest Festival and Craft Show, 11 a.m. to 5 p.m. Events include crafts, entertainment, scarecrow making, pumpkin painting, apple bobbing and pressing, clowns, hayrides, straw maze, country music, cloggers and food. Cost of admission is \$5 for adults and children 12 years of age; free admission for museum members and children 11 years of age and under.

For more information, call 410-939-2299 or 1-888-419-1762 or visit the museum's Web site at www.steppingstonemuseum.org.

SATURDAY SEPTEMBER 23 ALL FOR AUTUMN

Learn about trees and their importance while hiking through the park in search of any changes on the first day of autumn. This program is from 3 to 4 p.m. for ages 6 to adult and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extention. 1688.

PIG ROAST

The Pilottown Rod and Gun Club, located on Belle Manor Road, Conowingo, will hold a Pig Roast, 1 to 5 p.m., to benefit the Rod and Gun Club. Tickets cost \$10 per adult, \$5 for children ages 6 through 12, and children six years old and younger eat free. Tickets are available at the door. Music, games, food, cake walk, wheels and more will be available.

For more information or to purchase tickets, call 410-378-2221, 410-658-5628 or 410-378-0096.

MOVIES

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

**Building 3245
Aberdeen Boulevard**

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

or visit

**www.aafes.com
and click on
"Movie Listing."**

SNAKES ON A PLANE

Friday, Sept. 22, 7 p.m.

STEP UP (FREE ADMIS- SION)

Saturday, Sept. 23, 7 p.m.

THE DESCENT

Saturday, Sept. 23, 9 p.m.

BASKET BINGO

Basket Bingo to benefit the Port Deposit Heritage Corporation 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 Joanne Bierly, 410-378-3320.

GREYHOUND PLANET DAY

Join the Second Wind Greyhounds rescue support group at the fifth annual "Greyhound Planet Day," 1 to 5 p.m., at the Concord Point Lighthouse, Havre de Grace.

The event will celebrate retiring racing greyhounds around the world. There will

be retired greyhounds, free greyhound goody bags, adoption information from area rescue groups, a group roo (greyhounds sing in four part harmony), and a 5th anniversary dog bone cake. Greyhound owners are encouraged to bring their pets or greyhound wannabes and make a day of it. Admission is free.

For more information, call Liz Dunbar, 410-679-1042, e-mail secondwindgh@comcast.net, or visit www.secondwindgh.org.

SUNDAY SEPTEMBER 24 WORLD WIDE WEBS

Did you ever watch a spider build a web? Go on a short walk, make a frame for those beneficial spiders to build their webs in and gain a little more knowledge about these eight legged friends. This program is from 2 to 3

p.m. for ages 6 to adult and is free. Registration is required. For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, extension 1688.

BATTLE WORSHIP SERVICE

Ames United Methodist Church, located on 112 Baltimore Pike, Bel Air, will hold a Dress for Battle Worship Service, 4 p.m. The Revs. Will Butler, Eric King and Mark Nolan will preach.

For more information, call

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



Morale, Welfare & Recreation

ACS hosts domestic violence exhibit, photojournalist

Domestic Abuse Awareness, Inc.

"October is recognized nationally as Domestic Violence Awareness Month and APG is joining installations Army wide in creating community awareness of a problem that devastates families and has a direct impact on mission readiness," said Celestine Beckett, ACS officer.

Twenty years ago, while working on a story about a couple in love, photojournalist Donna Ferrato saw a man hit his wife. Up until that point, Ferrato believed that the greatest threat of danger to women came only from strangers.

The experience shattered her belief that home was a place of refuge from the chaos of life and opened her eyes to the darker side of family life; the side that no one spoke of and that many people denied.

Her life as a photographer was dramatically altered starting her on a life-long mission to explore and understand the abuse of women and children by the ones they love.

In 1991, after 10 years of research that involved living

with people in their homes, spending time in battered women's shelters and maximum security prisons and riding with the police for weeks at a time, Aperture, the premier not-for-profit arts institution dedicated to advancing fine photography, published her photographs in a book titled, "Living with the Enemy."

Shortly afterward, a New York women's shelter approached Ferrato to explore the possibility of mounting a benefit exhibit of photographs from the book. The exhibition was an immense success in raising much needed funds for the shelter and in creating public awareness.

Before long, Ferrato was inundated with similar requests from shelters around the country.

To cope with the demand to be true to her commitment to expose the horror of domestic violence, she formed a non-profit organization, Domestic Abuse Awareness, Inc., with the mission to expose and help eradicate violence against women and children through awareness,

education and action.

The Aberdeen Proving Ground Army Community Service Family Advocacy Program will host the "Living with the Enemy" exhibition, and, along with Ferrato, invites the APG community to the unveiling of this dramatic and thought-provoking event 1 p.m., Oct. 3, at the Mezzanine Room, Top of the Bay.

"This exhibition, the first of its kind on a military installation, is a poignant and realistic depiction of the effects of violence in our nation's homes," said Aida Rivera, ACS family advocacy program manager. "It is truly a gripping, visual journey into domestic violence; a societal ill that affects everyone, even our military."

RSVPs are required by close of business, Sept. 29 by e-mailing aida.rivera@apg.army.mil, or by calling 410-278-7478. Additional viewing of the exhibition will take place 9 a.m. to 5 p.m., Oct. 4 and 5, and 9 to 11 a.m., Oct. 6.

Ferrato's photo documentation of domestic violence has earned her numerous awards to include the W. Eugene Smith Grant, the Robert F. Kennedy Award for Humanistic Photography, the Kodak Crystal Eagle for Courage in Journalism, and most recently, the prestigious Missouri Honor Medal for Distinguished Service in Journalism from the University of Missouri-Columbia School of Journalism.



Photo courtesy of DONNA FERRATO, DOMESTIC ABUSE AWARENESS INC. (NYC) FROM THE BOOK LIVING WITH THE ENEMY (Aperture)

istic Photography, the Kodak Crystal Eagle for Courage in Journalism, and most recently, the prestigious Missouri Honor Medal for Distinguished Service in Journalism from the University of Missouri-Columbia School of Journalism.

Today DAA is internationally recognized as the visual resource and communication center on domestic violence. DAA's photographs have been shown in television programs, magazines, newspapers and public service announcements throughout the United States,

Canada and Europe. The National Coalition Against Domestic Violence describes the photographs from the book, *Living with the Enemy* as "vital for educating the public to a national crisis that is very much the American way of life."

Activities

SCHOOL LIAISON

Free Museum Day at local attractions

Sept. 30 is Free Museum Day. Visit www.smithsonian-mag.com and click on "Museum Day" for more details and a list of participating museums in a particular zip code. A few in this area include the Maryland Science Center, B&O Railroad Museum and College Park Aviation Museum.

FREE ADMISSION cards can be printed at the Web site. (IMAX is not participating.) Enjoy some family time while sharing a rich cultural/educational experience.

MWR Registration, Tickets and Leisure Travel is located in building 3326. Call 410-278-4011/4907, e-mail at mwr_registration@apg.army.mil or visit Web site, www.apgmwr.com to purchase tickets.

SUNDAY SEPTEMBER 24

Military Appreciation Day

Six Flags America is hosting Military Appreciation Day tickets for \$20 each (gate price is \$49.99 each). Limited quantities are available.

Parking passes for Six Flags America, located in Largo cost \$11 each (gate price is \$15).

SATURDAY, SUNDAY JANUARY 6, 7

Chicago

Chicago returns to Baltimore playing at the Hippodrome 2 p.m., Saturday, Jan. 6, and 6:30 p.m., Sunday, Jan. 7.

Tickets will only be on sale until Sunday, Oct. 9.

Prices range from \$34.70 to \$66.20 (includes the \$5.50 service fee).

To order tickets: Visit www.eventusher.com; enter the special password: 105MWRAPG MD and follow the instructions on the ordering page.

SATURDAY NOVEMBER 4

Amateur Boxing Night

Morale, Welfare and Recreation will host Amateur Boxing Night between fighters from the 16th and 143rd Ordnance battalions at the APG Athletic Center, Nov. 4. Doors open 5 p.m. and the event begins at 6 p.m.

Tickets cost \$5 for active-duty military, \$10 for civilians and \$20 for front row seating. Admission is free for children six years of age and younger.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or at Hoyle Gym and Fitness Center, building E4210, 410-436-7134.



New DVD tackles teen deployment stress

Story by
ELAINE WILSON
Fort Sam Houston Public Information Office

A new DVD aimed at reducing deployment stress for military teenagers is scheduled to be released worldwide this month.

The 30-minute DVD, called "Teens Coping With Military Deployment - How's Your Family Doing?," addresses a variety of teen deployment-related concerns, including fear of injury or death, anxiety brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

A mix of personal life experience and concern for fellow Soldiers and their families inspired Maj. Keith Lemmon to create the DVD.

"I deployed to Afghanistan [in 2002], and while I had my concerns, I thought my family would cope with my absence fairly well," said Lemmon, an adolescent medicine specialist in training at Brooke Army Medical Center.

A pediatrician with a wife experienced in the education field, Lemmon figured his family was well equipped to recognize signs of deployment-related depression and stress and, therefore, better able to handle the effects.

"But it soon became apparent that no one is immune," he said. During his deployment absence, his wife struggled with situational depression and his 4-year-old son was irritable and acted out.

"I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?" Lemmon said.

Shortly after his return, Lemmon became interested in the effects of deployment on families. He discovered projects in the works for other age groups, including a DVD called "Mr. Po & Friends" for 6- to 12-year-olds and a preschool DVD by Sesame Street in the early stages of development.

"But there was nothing for adolescents," Lemmon said. "We decided to concentrate our efforts on that age group since there was nothing out there to address their mental-health issues in relation to deployments."

"Our goal was to reduce the anxiety and fear surrounding a military deployment, and to let teens know they are not alone in the struggles their families are facing," he said.

[Making] a DVD made sense, Lemmon said, as it would grab the attention of a TV- and computer-driven generation.

For funds, Lemmon enlisted the help of his fellowship program director, Col. Elisabeth M. Stafford, military child health and wellness expert, and applied for a \$20,000 grant from the American Academy of Pediatrics - successfully.

The grant proposal included a plan to address the effects of deployment on adolescents - develop a DVD and Web site, create a training curriculum and offer civilian health-care providers training so they could better screen for deployment stress.

Lemmon's first step in implementing his comprehensive teen plan was to create the DVD. He decided to make the DVD "peer to peer, with teenagers relating their own deployment-related stories and offering advice."

"We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults," Lemmon said.

Last summer, Lemmon visited Operation Purple, a summer camp for children of deployed service members, in New Hampshire to interview adolescents for the DVD. Lemmon said he was surprised that teens were so eager to discuss the various emotions surrounding their family deployment stories.

"I asked children about the effects of deployment - What are you most worried about? Did your families prepare you? Did the military offer helpful support? I ended up with about nine hours of video which we edited down to 30 minutes," he said.

The final product features various teenagers touched by deployment talking about their experiences and lessons learned, some tearfully and others with regret.

"Since he's been gone ... I cared a lot less because I didn't have anyone to push me to do better," said Tyler, one teen featured in the DVD. "I ended up starting out the school year being an A-plus student, and by the end of the school year I was getting Cs and Ds."

Other teens expressed worry for their deployed parent, particularly in light of media attention surrounding the war.

"It's horrible what you hear on the news; it's like, oh, in Iraq there's another bombing. You're just like, please don't let it be [where] my dad is," Victoria said.

Teens on the DVD advise others to listen to the deployed parent rather



than the media or to avoid the news altogether. They also encouraged others facing the same issues to speak to someone, whether a family member, friend or a trusted adult such as a teacher or their doctor.

"Don't keep your emotions bottled up, let it all out and talk to people, people who had their [parent] deployed, and ask them for advice and what to do and what not to do,"

James said. "Kids say the darndest things," Lemmon said. "They offered a lot of sound advice that I was not expecting. I think many adolescents will benefit from this DVD."

The DVD will be available at the American Academy of Pediatrics Deployment Support Web site at www.aap.org/sections/unifersv/deployment/index.htm.

Combating cholesterol

Story by
MILAGROS BORRERO-RUIZ
KUSAHC

While cholesterol is needed to stay healthy, a high level of cholesterol in the body can put some people at risk for heart disease.

Cholesterol is a soft, waxy substance found in the bloodstream and in all body cells. It is something that the body makes on its own.

Cholesterol can be increased by eating animal products like meat, chicken, eggs, butter, cheese and milk.

To reduce the risk of high cholesterol or heart disease, eat foods low in saturated fat and cholesterol, exercise often, don't smoke, limit alcohol and maintain a healthy weight.

There are often "hidden" sources of cholesterol in foods. The biggest culprit is trans fat, and along with saturated fat, is the main dietary cause of high blood cholesterol. If a food has the words "partially hydrogenated oil" in the ingredients, it contains trans fat. Limit the amount of trans fat consumed whenever possible, and make it a habit to read food labels in order to make healthy food choices.

People should have their cholesterol tested once every five years. Ask a doctor about getting tested and what the different terms related to cholesterol mean. When provided the results, if the numbers aren't where they should be, work with the doctor to come up with a plan to get them into a healthy range.

Getting five to nine a day

Preventive Care Services

It is recommended that men, women and children eat five to nine servings of fruits and vegetables every day. Eating the recommended amount can lower the risk of heart disease, high blood pressure, Type 2 diabetes and many cancers. Fruits and vegetables have many nutrients such as vitamins, minerals and fiber that are not found in other foods. Making fruits and vegetables a regular part of all meals is easier than one might think.

When preparing meals, try to add fruits or vegetables whenever possible. It is easy. Blueberries, bananas or strawberries can easily be cut up and added to cereal, oatmeal and pancakes for breakfast. Add vegetables to a sandwich, soup or salad for lunch, and include some kind of vegetable with every dinner. There may not always be fresh vegetables available, so keep canned and frozen varieties handy for a quick side dish or main ingredient.

Getting children to eat fruits and vegetables can sometimes be a challenge, but parents can make meals and snacks fun for them. Children are more likely to eat something they have helped prepare. Encourage children to choose a recipe, create a grocery list to take to the store and let them help make and serve their creation.



Children's cookbooks are available for some fun and interesting ideas.

On the next visit to the grocery store, pick out a fruit or vegetable that's never been tried before and find a great recipe to use it in.

Make it a priority to eat five to nine servings of fruits and vegetables every day. It can be a delicious way to do something healthy for the body. (Editor's note: Information provide by Preventive Care Services, www.healthnetfederalservices.com.)

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.

Employees eligible for donations in the Voluntary Leave Transfer Program

Sarah Blevins	(benign paroxysmal positional vertigo)	Beverly King (caring for husband)	Mary Pettway
Debra Bonsall (daughter has brain tumor)	Susan Gorhan	Lydia Langley	DeAnna Sampson
Janet Cannedy	Shirley Gross	Louis McCarter	Barbara Seker
Leroy Carter	Hester Hayes	William B. McLean (kidney failure)	Alison Tichenor
Rogelio Chevannes	Rick Jernigan	Sandra Miller	Christine Wheaton
Shelia Davison	Carolyn Johnson		Louis Winters
			Charles Young

Safety

From front page

"We hold mandatory safety training every month hosted by different departments that showcase special safety messages. There is also a lot of peer support. We look out for one another to make sure everyone is a player in the safety program."

Odis Elston, a senior automatic continuous air monitoring system technician, began his training at the CDTF in October 2003 as a requirement for a monitoring station position at the Anniston Chemical Agent Disposal Facility in Anniston, Ala. He spent 30 days at the CDTF where he took "Lab Essentials" and "Depot Area Air Monitoring Systems" training. Elston finished his initial training in ACAMS classes, where students learn how to repair air monitoring equipment used at the demilitarization sites. After

his primary training, Elston worked at monitoring stations in Anniston before returning to the CDTF in August to expand his monitoring capabilities. Small class sizes, such as the ACAMS lab, allow instructors more one-on-one time with each student.

"At the CDTF, it is safety first," Elston said. "Safety is stressed every day in the lab. Before you begin any task you must make sure you have the proper personal protective equipment and check the lab operating procedures, which show you what you will need to perform each task. You are trained to take the proper precautions before proceeding and always work safely."

The training provided by CDTF personnel continues to highlight the importance of workforce safety in disposing of the nation's chemical weapons stockpiles. Training at the CDTF contributed to the elimination of the stockpiles at two of the nine disposal facilities. CMA demilitarization personnel

eliminated the stockpile at the Johnston Island Atoll Chemical Agent Disposal System located on Johnston Island in 2000 using incineration. Personnel used a neutralization process to destroy the stockpile at the Aberdeen Chemical Agent Disposal Facility in early 2006.

According to Christine Davis, CDTF laboratory instructor, the labs at the facility have played an integral part in the success at the chemical demilitarization sites.

Craig Seger, CDTF project manager, has worked at the facility since its inception in 1989. Seger attributed the 15-year perfect safety record to the everyday vigilance of the CDTF personnel.

"A manager can stress the importance of safety, but it is really the job of the trained personnel and students to engrain safety in their day-to-day activities and make it part of the culture here at the facility," Seger said.

Pet of the Week



Happy but homeless

Photo by YVONNE JOHNSON
This beautiful female husky is playful and friendly. She loves attention and doesn't like to be left alone for too long so she would make a great pet for children. Along with her, other cats, dogs and kittens are available for adoption at the Post Veterinary Treatment Facility. For more information, call 410-278-3911/4604.

CFC

From front page

cash or check. Individuals outside the installation also may donate contributions.

Married couples are permitted to combine their donations if they would like to receive an upgrade incentive.

Training for CFC key workers will be held 1:30 to 3 p.m., Oct. 2, in the garrison conference room in building 305. Training for Edgewood units will be held in the Edgewood Conference Center's seminar room in building E-4811, 1:30 to 3 p.m., Oct. 3.

The 2006 Contributor's Guide for national/international organizations will be at Web

site <http://www.cfcemd.org> in the near future. Paper copies of the guide and pledge cards will be available from organization key workers and at the APG CFC office beginning Oct. 4.

For more information, visit the APG CFC office, building 4302 on Boothby Hill Road, or call 410-278-0199/98.

USAEC employees find brotherhood in grease



'Greasers' Tom Stewart, left, and Jeff Hatch, both employees from the U.S. Army Environmental Center, stand by their cars, converted to run on vegetable oil.

Photos by NEAL SNYDER, USAEC Illustration by NICK PENTZ

Story by
HEATHER M. OWENS
USAEC

A contract employee of the U.S. Army Environmental Center thought he was the only 'greaser' on post.

Turns out, he is not.

One recent afternoon Tom Stewart looked out the office window at his navy blue 2002 Volkswagen Jetta and saw a paper lodged in the door.

When he went to investigate, a business card from the USAEC Office of Counsel immediately caught his attention.

Upon further perusal, Stewart learned that he had found another 'greaser.' Or, more accurately, this brother in grease had found him.

The business card's owner was fellow USAEC employee, attorney Jeff Hatch.

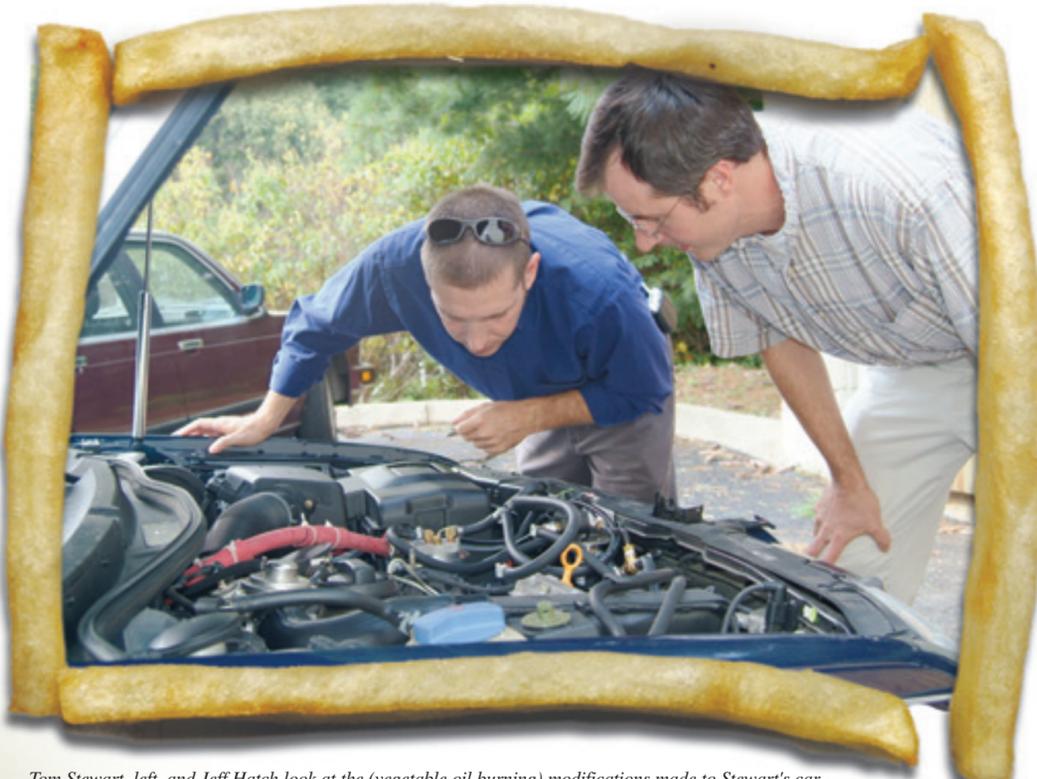
Hatch had seen the "Burn, Veggie, Burn" and "Got Grease?" stickers on Stewart's car, then noticed the familiar gauges on the dash. He realized that Stewart not only had his car modified to burn used vegetable grease, but that it was likely done by the same technician that had performed a similar installation on his black 2002 Volkswagen Jetta.

Stewart and Hatch soon learned that they both commute from southeastern Pennsylvania, purchased 2002 diesel Jetta's within months of each other, purchased "veggie oil" conversion kits from www.greasecar.com, and had the kits installed by the same technician within weeks of each other.

In fact, just about the only differences are the colors of their respective cars and the fact that Stewart drives an automatic while Hatch drives a stick.

Stewart and Hatch are members of a small, yet growing, number of people who own cars powered by vegetable oil, many of whom, such as Stewart, identify themselves as 'greasers.'

"I burn grease," said Stewart, who commutes 55 miles to work. "It's fun



Tom Stewart, left, and Jeff Hatch look at the (vegetable oil burning) modifications made to Stewart's car.

and interesting. It keeps me busy."

Both Hatch and Stewart express an interest in the environment, after all, they both work for AEC. Hatch handles legal issues surrounding the Clean Air and Clean Water acts, and Stewart is a trainer using various computer mediums.

As many a modern tale, the story of Stewart's and Hatch's vegetable oil-running enterprise was spurred on by the Internet. After initially reading about the concept in the newspaper, Stewart began researching options on the Net. Already a self-described recycler, Hatch stumbled across a reference to "converting a diesel engine to run on what would be a waste product" while surfing the Web two years ago.

"I have always been fascinated by turning a waste product into something useful," Hatch said. "Whether it's chipping tires up and using them as playground material or recycling the copper wires out of a house, I just find recycling to be fascinating.

"Here you have a product that [people think] is of so little utility that they pay to have it carted away, and you can take it and use it to get yourself from point A to point B," Hatch explained.

Stewart agreed.

"We already have enough problems with landfills. Why add to it? Re-use. Recycle," he said.

For Hatch, the next step after the research phase was building the courage to actually purchase a diesel-powered vehicle to convert. At a certain point, it just became inevitable.

Like many people, he remembers filling up at 77 cents a gallon.

"I'm not so sure that the cost effective element of the equation was there at 77 cents a gallon," Hatch said. "But at three bucks a gallon a lot of things become not just thinkable, but doable."

Hatch, who commutes 40 miles from his home each day, estimates that his regular fuel bill has dropped from approximately \$300 a month to from \$10 to \$15 for the diesel that he buys.

After doing the calculations, Stewart found that just buying a diesel-burning car was the easy part. He knew that just that simple act would save him money on gas. Adding that the vegetable grease-burning capability only added to his savings. Stewart gets about 42.9 miles per gallon of diesel fuel [in a 14-gallon tank] and about 38.5 miles per gallon of veggie fuel [in a 13-gallon tank that resides in the former spare-tire well in his trunk].

Both men purchased their vegetable-oil converter kits online at www.greasecar.com. There are other sites on the Internet, such as frybrid.com, plantdrive.com, and greaseoil.com, but Hatch ultimately selected to order from the site that had a "local" installer two and one half hours from his southern Lancaster County home. Stewart selected his kit based on price.

With \$850 for the kit and \$900 for the installation, Hatch and Stewart's cars were set up for less than \$2,000 each.

The next step was securing the

used oil home to filter it and to remove any impurities [including water and the random French fry].

When driving their cars, both Stewart and Hatch start off running on diesel. This warms up the vegetable oil and prepares it to flow. Then they activate a "rocker switch" on the dash to change the car over to the "veggie power." [They also use diesel the last few minutes of each trip to flush out the vegetable oil in the lines and prevent the oil from congealing.]

There really are not many major differences in running on diesel as compared to used vegetable oil.

Well, there is the smell. There is a tendency for the exhaust to smell faintly of what was last cooked in the oil: French fries, mozzarella sticks, tempura...

Despite the aroma, Hatch says that the car exhaust tends to smell cleaner and is healthier for the environment when running on the vegetable oil.

So how do people respond to these two gentlemen and their grease-burning cars?

"It's really either one of two responses," said Hatch of people's reaction to his vehicle. "They have either heard about it but they have not actually met anyone who's done it or they just think that I'm making it up and pulling their leg."

Reaction has been a little different with Stewart's crowd. He says that people he has encountered have given him a certain amount of good-natured flak for his choice of ride.

"I'll hear something like, 'Hey, I see ants or flies hanging around your tail pipe,'" Stewart said, "or, 'Do you have some fries sticking out of there, or what?'"



Tom Stewart, left, and Jeff Hatch use a French fry as a dip stick.

