



POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for April 4 is plastic, glass and metal. Put items in blue bags and place them on the curb.



Re-Nu-It Center relocates

The Re-Nu-It Center is now located in building 3660 Gadsden Road (the same building as DIO Central Supply/Receiving), 410-278-8814/8815, front office and 410-278-8816, the mechanic. Operating hours are Tuesday through Thursday, 9:30 a.m. to 6 p.m.; Friday, 9:30 a.m. to 7 p.m.; and Saturday, 8:30 a.m. to 3 p.m. The center is closed on Sunday and Monday.

ACS Egg Hunt this Saturday

Army Community Service will hold an Egg Hunt Extravaganza, 11 a.m. to 2 p.m., March 31 at Capa Field. Everyone is welcome to attend this free ticketed event.

For more information or to pick up free tickets, visit ACS North, 8 a.m. to 3 p.m., building 2754, 410-278-7572 or ACS South, 8 a.m. to 5 p.m., building E-4630, 410-436-3362.

Pools open soon

Pool season passes and swimming lessons go on sale April 9.

For more information in APG North, call Outdoor Recreation Equipment Resource Center, 410-278-4124. In APG south, call the Hoyle Gym, 410-436-3375.

SAME Chesapeake presents Enhanced Use Lease Program briefing today

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., March 29, at Top of the Bay. Greg Kuester, from APG will present a briefing titled, "Update on the Enhanced Use Lease Program."

Space is limited and reservations are required. RSVP to Tony Price at e-mail tonp@lindbergh-assoc.com.

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ATC focuses on Warfighters

Story by **DONNA MILES**
Army News Service

As the Defense Department hurries to get the latest weapons systems and protective equipment to deployed troops, the U.S. Army Aberdeen Test Center is operating at what its commander calls a "fast and furious rate" to ensure effectiveness and safety remain top priorities.

The center, on the shores of the Chesapeake Bay, is the most diverse of seven Department of Defense test facilities and is a critical partner in the Army's Rapid Fielding Initiative, said Col. John Rooney, center commander.

During the past two years, the center's scientists, technicians and engineers have tested about 30 rapid fielding initiatives a week, with more than 1,400 tests conducted last year alone. There's been an 87 percent increase in range activity since fiscal year 2001.

"That's all being driven by technologies to support the Warfighter in the Global War on Terror," Rooney said.

Technologies undergoing testing range from enhancements to improve the way vehicles operate in combat to protective gear that helps troops survive enemy attacks.

"Our focus is on identifying the best technology available now, getting that capability to the Warfighter today, and then improving on it," Rooney said.

This concept, referred to as "spiral development," turns the military's traditional fielding method on its head. Rather than developing, testing, then fine-tuning systems before sending them to the field, the priority now is to get new technologies to the troops as quickly as possible,



Photo courtesy of ATC
An up-armored high mobility multi-purpose wheeled vehicle undergoes a mine test at the Vehicle Vulnerability/Lethality Test Range at the U.S. Army Aberdeen Test Center. The center tests equipment ranging from tanks to protective vests and helmets to ensure they're effective and safe for Warfighters.

while continuing to improve on them, Rooney explained.

"We're inserting them into the war without the breadth and depth of testing we would go through in peacetime," he said. "There's a whole different dynamic of supporting an Army at war that's different from that in peacetime. You have to make sure you do an adequate job of testing, but not at the expense of

withholding capabilities."

Even with the big push to get new systems to deployed forces, Rooney said, the military holds the line when it comes to safety.

"We always do safety testing up front," he said. "But once we've done that, the big question becomes, 'What's enough testing to understand how the system is going to work in combat?'"

Evidence of this balancing act is prevalent throughout the combat theater. The ATC staff tested for electromagnetic interference in Blue Force Tracker, a satellite-based Force XXI Battle Command, Brigade and Below communications system, as well as for additional radios placed on M1A1 Abrams

See ATC, page 5

Civilian leader training focus of briefing at APG

Story by **HEATHER TASSMER**
APG News

The Civilian Personnel Advisory Center hosted a briefing on how Aberdeen Proving Ground civilian employees can become better leaders through the Civilian Education System at the Post Theater March 21.

The CES "is a new progressive and sequential leader development program that provides enhanced leader development and education

opportunities for Army civilians throughout their careers," according to the Army Management Staff Web site, <http://www.amsclbelvoir.army.mil/ces>.

Col. John T. Wright, APG Garrison and deputy installation commander, gave opening remarks before introducing Alice Muellerweiss, the guest speaker and chief of the Civilian Leadership Division from the Office of the Deputy Chief of Staff for Training.

Wright discussed the

demands of the civilian workforce adding that civilians are expected to come in with all the skills needed to meet their job objectives.

"Except for those in the science and technology fields, we've never really concentrated particularly on educating the civilian workforce to be leaders, managers and innovative thinkers," he said. "The innovative piece is key as we go forward to develop the products, services, and technologies

that our Warfighters need" to support the Warfighter and the rest of the Army family.

Muellerweiss said the CES is important because the civilian workforce has changed.

"Ten years ago our civilians weren't necessarily leading organizations yet they were the continuity of the organization" she said. "Today, based on the Global War on Terror, we've had some changes in our civilian workforce where civilians are taking on leadership roles."

About 7,500 military positions have changed to civilian, she said.

She added that the military in those positions have received "several levels of leadership development training in comparison to civilians who have had only a one-week class."

The Department of the Army is requiring employees to be "pentathletes," or multi-skilled leaders.

Employees can become

See EDUCATION, page 4

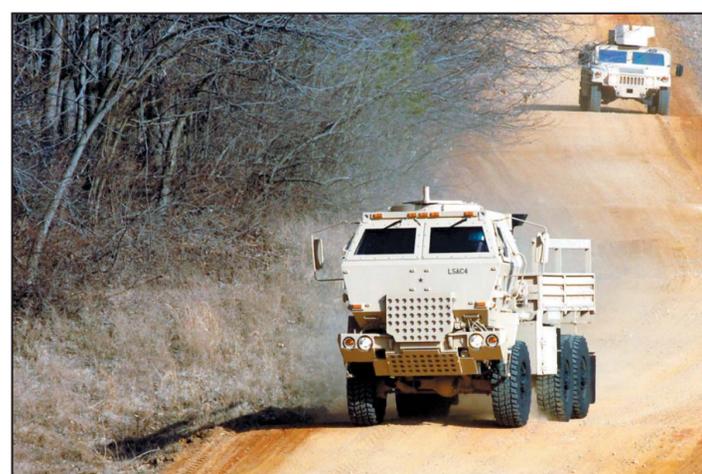


Photo by MATT BUTTON, THE AEGIS

An up-armored cargo truck and high mobility multipurpose wheeled vehicle make their way up a test track at the U.S. Army Aberdeen Test Center's Churchville Test Area.

ATC celebrates land preservation agreement

Story by **YVONNE JOHNSON**
APG News

The U.S. Army Aberdeen Test Center marked the establishment of a land preservation agreement that will protect the environment for generations to come during an Army Compatible Use Buffer Ceremony at its Churchville Test Area March 21.

The ACUB program partners Army installations with local governments and environmental organizations to purchase and preserve areas connected to or surrounding federal property with the goal of protecting those areas from development, conserving valuable habitats and limiting incompatible land use to maintain Army testing and training missions without disturbing its neighbors.

The U.S. Army Environmental Center, ATC and the Aberdeen Proving

Ground Garrison partnered with the Harford County Government and Harford Land Trust to purchase parcels of land belonging to the Hopkins family, owners of the Priestford Farm in Darlington, which adjoins the Churchville Test Area. The collaboration has resulted in the accumulation of a valuable buffer and has enhanced the testing mission, according to ATC commander, Col. John Rooney, who hosted the ceremony.

"This is one of three main automotive complexes we have for testing," Rooney said, adding that the Churchville site has 11 miles of test tracks for high mobility multipurpose wheeled vehicles, Stryker vehicles, cargo trucks, wreckers and other vehicles in use in the War on Terror.

"Every piece of armor that goes to Iraq, goes through us," Rooney said.

See ACUB, page 14

AFAP Conference addresses Army issues

Story by **HEATHER TASSMER**
APG News

Aberdeen Proving Ground community members teamed up for a three-day forum on how to solve Army issues affecting Soldiers, civilians, retirees and their families during the Army Family Action Plan Conference March 20 through 22 at Top of the Bay.

Marilyn Howard, Army Community Service AFAP coordinator, and a group of transcribers, facilitators and subject-matter experts coordinated the conference.

Celestine Beckett, ACS director, welcomed attendees to the opening ceremony March 20. Maj. Gen. Roger A. Nadeau, commander of APG and the U.S. Army Research, Development and Engineering Command, shared remarks and introduced the guest speaker, Kristan Henn, Morale, Welfare, and Recreation program liaison at Headquarters, U.S. Army Materiel Command, Fort Belvoir, Va.

"With the BRAC [Base Realignment and Closure] decision, APG becomes the future center of the universe for Army research and development, test and evaluation, and communications and electronics," Nadeau said.

He also discussed how funding contributes to leaders' decision making of issues.

"So far, we've been able to do a lot of good things with less than one-hundred percent of our funding," Nadeau said. "The downside is that we've had ten years of not having one hundred percent funding, so choices had to be made."

He asked participants to keep these challenges in mind and to "think of the bigger picture of what we are, where we're going and what will happen over the next couple of years as we swing from a military to a civilian population."

While introducing Henn, Nadeau said her 22 years of work experience with AFAP "makes her very well versed" in the subject.

"The experience she has walking in the door gives us a good staking, and to listen to her talk about the things at the DA headquarters level helps to put it in perspective from that point," Nadeau said.

Henn discussed how the AFAP originated, saying that in the early 80s, a group of Army Officers' Wives Club members in the Washington area held national conferences for several years to discuss Army issues.

In 1983, Army Chief of Staff Gen. John A. Wickham declared the "Year of the Family," calling it a partnership between the Army and the Army family.

He defined the Army family as Soldiers, civilians, retirees and their families, Henn said.

During the same year, the first AFAP conference was held.

"What you do today will impact not only you, but will impact future generations of people in the Army just like the work those spouses did back in the early nineteen eighties impacts the Army life you have today," Henn said. "You are the voice of the Army. Let your voice be heard."

Conference participants voiced their opinions on APG's issues and concerns through workgroups con-

See AFAP, page 2

APG hosts 'Tools Four Success' workshop

Story and photo by
HEATHER TASSMER
APG News

Aberdeen Proving Ground hosted the pilot program for the Maryland Crime Prevention Association and Maryland Community Crime Prevention Institute's youth workshop, "Tools Four Success" March 10 at the APG North post chapel.

The workshop, geared toward ages 11 through 18, focused on peer pressure, problem solving, gang prevention and self esteem.

Several adults from the community also attended the workshop to learn how to help youths and teens lead positive lives.

In his opening remarks, Ron Schwartz, president of MCPA, told the attendees that they have many skills or "tools" to make them successful in life.

"After this workshop you will be able to use these tools wisely in the community," Schwartz said.

He credited Ann Thacker, youth crime prevention specialist for MCCPI, for initiating the workshop, adding that she is "truly dedicated to the youth of Maryland."

"If we can teach at least one child that there is hope and they can believe that programs can help, then we have done our job," Thacker said.

Thacker, a former APG police officer, said she discussed her workshop idea with community policing officer Mike "Big Mike" Farlow, and he volunteered APG to host the event with the help of Gerri Merkel, director of Religious Education for the main post chapel.

"With BRAC [Base Realignment and Closure] bringing in an influx of people, this workshop allows us to get a head start on programs and get feedback from kids on what they need to feel safer in the community," Farlow said.

Gang prevention session

Thacker was the presenter for the gang prevention session of the program. She asked the youths and teens to brainstorm lists of why people form gangs. Some of the attendees' answers were peer pressure and domestic abuse at home.

The youths and teens also listed ways to prevent gangs such as attending church, playing sports and becoming involved in clubs.

In addition, Thacker noted that most gangs are based on violence.

"Kids learn this behavior in many ways whether it's from video games, home, through music or through peers," Thacker said. "They need to understand that violence is not the answer."

Self esteem session

Darryl Marshall, a Montgomery County police officer, taught youths and teens to think positively during the self esteem ses-



Daniaella Williams, an 11-year-old Aberdeen Middle School student, brainstorms ways to prevent gangs during the Maryland Crime Prevention Association and Maryland Community Crime Prevention Institute's youth workshop, "Tools Four Success" March 10 at the Aberdeen Proving Ground North Chapel. In addition to gang prevention, the workshop addressed resolving conflicts, peer pressure and self esteem.

sion of the workshop.

He said as an officer, self esteem is vital to overcoming people's negative remarks.

"As an officer, clothes define who you are until people get to know you," Marshall said. "I had to learn they are just viewing the uniform, and I had to view myself in a positive light because I have a responsibility to society."

Marshall asked the attendees to think and share positive adjectives about themselves that started with the first letter of their first name. He challenged them to live up to those positive adjectives.

He also asked them to write five things they do well and five things they need to do to feel good about themselves.

Peer pressure session

Lynda Fernandez, Army Community Service Victim Advocacy Program coordinator, conducted the peer pressure session talking with attendees about ways to cope with the issue.

Tolerating differences and thinking about consequences before acting were two methods she offered on how to resist peer pressure.

She also talked about influencing others in a positive way.

"If you're good at a subject, like science in school, hang out with someone who isn't so good at the subject and encourage that person to do better," she said.

Fernandez also showed a video, "A Meeting at the Crossroads," that included interviews of teens from a juvenile facility on how peer pressure affected their decision making. The video also included interviews with Students Against Destructive Decisions who discussed why they stayed away from drugs and alcohol.

Conflict resolution session

William Kelly, Ph.D, Harford County Office of Drug Control Policy, talked to attendees about how thoughts affect behavior.

Kelly said he works with those in jail to get them to change their thoughts.

He said one woman he worked with believed it was okay to abuse her boyfriend. He hit her back and she stabbed him.

"In order to change, she can no longer believe it is okay to hit men," Kelly said.

In addition, he offered a model of how different thought processes can lead to

different outcomes with a man telling three others that they were worthless and pathetic. The first man thought the message was correct and committed suicide. The second thought, "I don't care what you think about me" and moved on. The last man pulled out a gun and shot the man that told him he was worthless.

"Don't let anyone be in control of yourself except for you," Kelly said.

Attendees of all ages said the workshop was beneficial for them.

"It was a big awareness event to keep the community strong and show support for middle and high school students," said Angie Chronister, program lead for the APG South Youth Center.

"I met several high-energy individuals who cared so much about the welfare of our children that they gave up a Saturday with their own families," said Eileen Campbell, APG Child and Youth Services school liaison. "These people will be valuable resources for our middle school parent resource teams."

"The speakers did a good job telling you how to work on your self esteem and the consequences of peer pressure," said Debbie Rodriguez, a 12-year-old Aberdeen Middle School student.

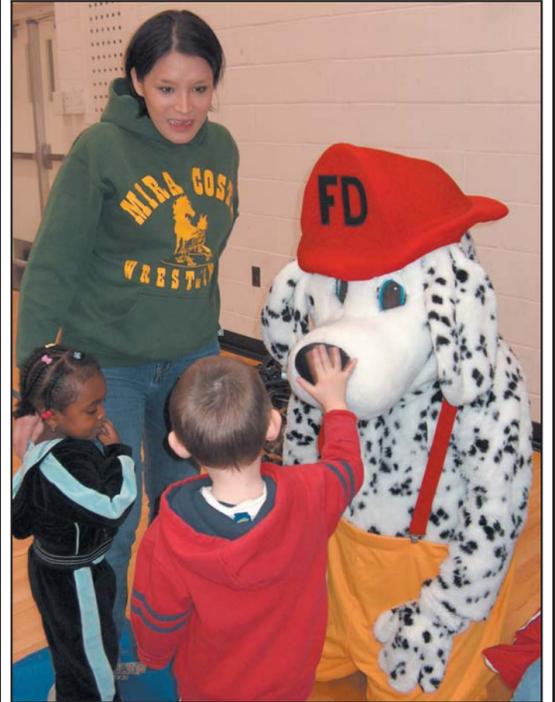
"It was a very good experience for me," said Jessica Maldonado, a 14-year-old Aberdeen Middle School student. "I learned to make my own choices and to be a leader instead of a follower."

MCPA and MCPPI will conduct two more "Tools Four Success" workshops in Howard County and Frederick County during the next several months, Thacker said.

Thacker said she would like to thank her committee which included Marshall, Farlow, Margaret Chippendale and Cathy Herbert from Girl Scouts of Central Maryland, Bonita Linkins from Howard County Police Department, Kevin White from Frederick County Police Department and Kevin Godfrey from Fort Meade Police Department.

Counselors from the Project Anti-Violence Education, Girl Scouts of Central Maryland and National Association for the Advancement of Colored People Youth Council program, and Maryland Free State Challenge Academy cadets also helped during the workshop.

FCC children learn about fire safety



Photos by BEVERLY HARTGROVE, FCC Liliانا Alcazar-Rands, Family Childcare Provider, Mariah Bradley and Robert Rands talk with Sparky the Fire Dog during the Aberdeen Proving Ground Fire and Emergency Services' visit to the APG North Youth Center Feb. 27.



Yseniya Witten, Family Child Care provider Tiphonie Simpson, Mariah Bradley, FCC provider Liliانا Alcazar-Rands and her son, Robert, watch as Chris Starling, fire inspector, shows them an oxygen mask. Starling and two other fire inspectors, Doug Farrington and T.C. Glassman, taught children about fire safety, equipment and the stop, drop and roll maneuver.

Family Child Care Provider training begins end of April

FCC

Family Child Care training will be conducted April 30 through May 3 at the Community Youth Services building on Aberdeen Proving Ground North.

Applicants who are interested in providing home-based childcare in either APG North or South are encouraged to apply.

"Being a professionally trained provider in your own warm, home environment offers many benefits," said Aphrodite Corsi, director of FCC. "There is the potential income of more than \$500 per week; self employment; free training in a marketable profession; the opportunity to market your business on the Army's FCC Web site and transferable credit to Army installations worldwide. Providers get free use of the lending library; a free monthly newsletter; and there are free workshops on topics such as nutrition, health, child development, safety, CPR, taxes. Other benefits include 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."

To find out how to become part of a worldwide network of mobile military professionals, pick up an application at the FCC office building 2752 Rodman Road or call 410-278-9832 or 7140 for more information.

AFAP

From front page

taining members that represented all of the installation's sectors. They also brainstormed practical solutions to the issues.

These groups include facilitators, who mediate and move the discussions along; subject-matter experts who advise participants; recorders and transcribers.

The workgroups for AFAP 2007 were Community Services, Family and Force Support, Housing and Relocation, Medical and Youth.

For the first two days, the groups gathered to discuss issues and narrowed their lists down to three. They determined the issues that should be resolved at APG or forwarded to the AFAP mid-level conference, which will be April 23 to 27 at

Fort Belvoir, Va.

The groups presented their top three issues to Col. John T. Wright, APG Garrison and deputy installation commander, during the conference's conclusion on March 22.

"I want to assure you that the leadership of the installation will do its utmost to work on these issues throughout this calendar year until we resolve them through the various avenues we have available to us," Wright said.

Wright encouraged the participants to attend the monthly Well-Being Action Council meetings to keep updated on the resolution of issues and to report any additional issues they may encounter.

Beckett praised Howard, who organized the AFAP for the first time and said, "she did a great job all on her own."

Howard thanked all of those who participated in and supported the conference including the U.S. Marine Corps Detachment, the APG

Federal Credit Union and the Johns Hopkins Uniformed Service Family Health Plan.

Howard said she was pleased with the overall conference.

"The conference went quite well thanks to the delegates who worked extremely hard," she said. "We also had great support from members of the Military and Civilian Spouses' Club, ACS staff and volunteers."

More than 45 issues were discussed at the AFAP, she said.

Howard said she is not a stranger to the AFAP because she has served as a subject-matter expert during various AFAP conferences during the last 20 years.

Several participants said attending the conference was a beneficial experience.

"It was very challenging," said Master Sgt. Guy Crawford, a chief instructor for the U.S. Army Ordnance Mechanical Maintenance

School who served as a Community Services facilitator. "The mood would get very elevated at times and I would have to deescalate. I would suggest that everyone get involved in next year's [Army Family Action Plan] conference. It is very informational."

"It was very interesting and it was good to get other people's perspectives on issues," said 1st Lt. Sid Mason, executive officer for the 16th Ordnance Battalion, Headquarters and Headquarters, Company C.

Mason was a participant of the Family and Force Support workgroup and said this was the first year he attended the AFAP.

It was also the first year for Spc. Chris Chavez, medical laboratory technician for the 9th Area Medical Laboratory and participant of the Medical workgroup.

"It was a real positive experience. We came

See AFAP, page 13

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, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

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21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

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Pay for employees in developmental positions

<http://www.cpms.osd.mil/nsps>

This information provides specific information and examples of National Security Personnel System, NSPS, conversions for employees assigned to Entry/Intern/Developmental positions under the General Schedule system. For more information on other NSPS subjects, visit the NSPS Web site, <http://www.cpms.osd.mil/nsps>.

What NSPS means for employees in developmental positions

- Employees are compensated and rewarded based on individual and organizational performance and contribution.
- Employee performance payout is influenced by the performance rating, number of shares assigned and base salary.
- Employee pay increases may be in the form of an increase to base salary, a bonus, or a combination of both in addition to the annual performance payout.

What is Accelerated Compensation for Developmental Positions (ACDP)?

- ACDP is a pay-setting provision which may be used to recognize the development and attainment of job-related competencies of employees participating in component training or developmental programs. ACDP only applies to employees in Pay Band 1.
- ACDP may be used to provide an increase to employee base salary, a bonus, or a combination of these. This provision provides management flexibility to increase the pay of employees in developmental positions at rates which match or exceed career ladder promotion rates under the GS system.

ACDP requires a rating of record of Level 3 (Valued Performer) or above (or, if the employee does not have a rating of record, he or she must have performed under an approved performance plan for at least 90 days in a pay status).

- ACDP payment is in addition to annual performance payout. It generally shall not exceed a 20 percent increase and is granted at management's discretion.

Frequently asked questions

Question: Will employees in developmental positions lose salary when converted to NSPS?

Answer: No. Employees in developmen-

The screenshot shows the NSPS website interface. At the top, there's a navigation bar with links for 'Press Room', 'Feature Stories', 'FAQs', 'Contact Us', and a search box. The main content area features a large article titled 'New iSuccess Training Course Helps Employees Write Job Objectives and Self Assessments'. The article text describes a web-based training course developed by the Program Executive Office, NSPS, to assist employees in writing effective job objectives and self assessments. It mentions that the course is a result of feedback from Spiral 1.1 employees and serves as a starting point for discussions between employees and their supervisors. The article lists key points: writing effective job objectives using the S.M.A.R.T. framework, selecting appropriate Contributing Factors, understanding the impact of Performance Indicators, and practicing writing a Self Assessment. A 'What's New?' sidebar on the left highlights 'DoD announces Spiral 1.3 organizations' and 'And the Answer is Updated!'. A 'Resources' sidebar on the right lists various documents and guides. The article is dated 'Last Updated March 16, 2007'.

tal positions will convert to NSPS based on their permanent position of record.

Question: What if an employee converts to an NSPS ACDP-eligible developmental position but does not have an assigned rating of record?

Answer: An employee in a developmental position who is eligible for the ACDP but does not have a rating of record may still receive this increase if he or she has performed under an approved performance plan for 90 days (excluding periods of non-pay status) and an authorized official determines that the employee is performing at the equivalent of Level 3 (Valued Performer).

Question: Which employees in developmental positions are eligible for pay increases under ACDP?

Answer: Employees in developmental positions assigned to Pay Band 1 of Professional/Analytical, Professional, or

Investigative Pay Schedules are eligible for pay increases under ACDP. To qualify for ACDP, an employee must have a rating of record of Level 3 or above (or must have performed under an approved performance plan for at least 90 days in a pay status) and must participate in component training programs or other developmental capacities.

Question: What happens when an employee's current GS grade and target journey/full performance grade fall into different pay bands?

Answer: The employee will convert into a career group, pay schedule, and pay band based on his or her permanent position of record and will be eligible for noncompetitive promotion to the full performance pay band.

For more on NSPS and developmental positions, see next week's *APG News* or visit Web site <http://www.cpms.osd.mil/nsps>.



Veterans' Voices

Aid and attendance, an under-used benefit

U.S. Department of Veterans Affairs

The Department of Veterans Affairs is reaching out to inform wartime veterans and surviving spouses of deceased wartime veterans about an under-used, special monthly pension benefit called Aid and Attendance.

"Veterans have earned this benefit by their service to our nation," said Secretary of Veterans Affairs Jim Nicholson. "We want to ensure that every veteran or surviving spouse who qualifies has the chance to apply."

Although this is not a new program, not everyone is aware of his or her potential eligibility. The Aid and Attendance pension benefit may be available to wartime veterans and surviving spouses who have in-home care or who live in nursing-homes or assisted-living facilities.

Many elderly veterans and surviving spouses whose incomes are above the congressionally mandated legal limit for a VA pension may still be eligible for the special monthly Aid and Attendance benefit if they have large medical expenses, including nursing home expenses, for which they do not receive reimbursement.

To qualify, claimants must be incapable of self support and in need of regular personal assistance.

The basic criteria for the Aid and Attendance benefit include the inability to feed oneself, to dress and undress without assistance, or to take care of one's own bodily needs. People who are bedridden or need help to adjust special prosthetic or orthopedic devices may also be eligible, as well as those who have a physical or men-

tal injury or illness that requires regular assistance to protect them from hazards or dangers in their daily environment.

For a wartime veteran or surviving spouse to qualify for this special monthly pension, the veteran must have served at least 90 days of active military service, one day of which was during a period of war, and be discharged under conditions other than dishonorable.

Wartime veterans who entered active duty on or after Sept. 8, 1980, (Oct. 16, 1981, for officers) must have completed at least 24 continuous months of military service or the period for which they were ordered to active duty.

If all requirements are met, VA determines eligibility for the Aid and Attendance benefit by adjusting for un-reimbursed medical expenses from the veteran's or surviving spouse's total household income. If the remaining income amount falls below the annual income threshold for the Aid and Attendance

benefit, VA pays the difference between the claimant's household income and the Aid and Attendance threshold.

The Aid and Attendance income threshold for a veteran without dependents is now \$18,234 annually. The threshold increases to \$21,615 if a veteran has one dependent, and by \$1,866 for each additional dependent. The annual Aid and Attendance threshold for a surviving spouse alone is \$11,715. This threshold increases to \$13,976 if there is one dependent child, and by \$1,866 for each additional child.

Additional information and assistance in applying for the Aid and Attendance benefit may be obtained by calling 1-800-827-1000. Applications may be submitted on-line at www.vabenefits.vba.va.gov/vonapp/main.asp. Information is also available on the Internet at www.va.gov or from any local veterans service organization.

Education

From front page

"pentathletes" by undergoing self awareness, learning from their experiences and taking classes, Muellerweiss said.

Army civilians can only enroll in the CES classes after they obtain permission from their supervisors, Muellerweiss said.

Each class includes distributed learning hours or online hours that are to be completed during duty time. Some classes require both distributed learning and resident hours. The resident classes are located in Fort Leavenworth, Kan., and Fort Belvoir, Va., but can only be taken after the online classes are completed, Muellerweiss said.

Civilians shared their opin-

ions and praise for CES.

"I think it's a great opportunity for our supervisors, managers and employees to register for these courses and to be able to self develop and become future leaders," said Maureen Clifton, a supervisor and human resource specialist from CPAC.

"I think that the Civilian Education System is something we all need to consider to benefit those we lead and supervise," said Linda Holloway, chief of the Business Operations Division for Morale, Welfare and Recreation. "It is also something we can use to work toward achieving our individual career goals and self development."

For more information or to register for CES, visit <http://www.amsc.belvoir.army.mil/ces>, or contact Cindy Sepulveda, CPAC, 410-278-7156.

ATC

From front page

command vehicles.

They tested new software for the tank's nuclear, biological and chemical protective system, and a variety of bridging systems so deployed forces could cross gullies and low spots throughout the Iraqi desert.

But few examples demonstrate the emphasis on expedient fielding more clearly than how the military gets new vehicle protection to deployed troops.

As DoD's primary ground-vehicle tester, the ATC started exploring ways to protect troops against roadside bombs in August 2003, as soon as these weapons began appearing in Iraq.

Rooney described the motivation that drove testers to move quickly to evaluate the first add-on armor prototypes. "We knew that every day we didn't get the test finished was another day we weren't getting these kits to the field, and that could have a direct impact on someone's life," he said.

The earliest add-on armor kits sent to the combat theater had limitations, he acknowledged, but still offered far more protection than no additional armor. Even as these kits were being sent to the field, the ATC staff continued to look into new systems to improve on them.

Since the start of the War on Terror, the center staff

has subjected more than 500 potential solutions to the rigorous testing that takes place here every day, Rooney said. These prototypes have been fired at to test their ballistic protection and run through simulators, computer models and outdoor tracks to see how they stand up to real-world road conditions like they'll encounter in Iraq and Afghanistan.

A drive around the test ranges - nine miles of interconnecting roads and 25 permanently constructed courses - shows some of the armor enhancements undergoing testing now. They range from a new add-on armor kit for high mobility multi-purpose wheeled vehicles that includes 450 pounds of armor to the front door alone and extra baseboard armor to a one-piece door assembly for the 5-ton M977 heavy expanded mobility tactical truck to an improved slat armor kit for the Stryker light armored vehicle.

The staff developed the initial prototype for the Stryker's slat armor-a cage-like apparatus bolted to the Stryker to protect it from rocket-propelled grenades - and Rooney calls it one of the staff's proudest achievements. Although the first users didn't necessarily like the slat armor's looks, they quickly grew to love its protective qualities, he said.

While continuing to seek out newer, more effective ballistic protections, the staff here recognizes the impact of these improvements on overall vehi-

cle performance, Rooney said. Putting additional armor on vehicles affects everything from the way they handle, to their tip-over point, to the life cycle of their shocks and suspension systems to their overall reliability.

"Every time something gets added or placed on a vehicle, you have to look at the whole range of effects," Rooney said. "When you evaluate protective armors, you have to work hand-in-glove with the automotive side, because even if a vehicle stops everything in terms of ballistics, if it can't drive, it's of no value."

So evaluators put vehicles through the paces in both outdoor courses and indoor simulations to replicate the worst of real-world conditions. Vehicles get exposed to bumps, ditches, slopes, mud and sand courses, fording basins and other difficult conditions similar to what deployed troops experience regularly.

"We're trying to create the circumstances that might cause failures so we can learn from it and address those issues here [at APG]," Rooney said. "The whole intent is to fully understand the vehicle's capability."

Once a vehicle passes through the rigors imposed here, Rooney said he's confident they'll be ready for the demands Warfighters will subject them to.

That's the mindset at the ATC that Rooney said has continued to turn ideas into solutions for combat troops.

"Our end product is a better equipped, better protected

Warfighter," he said.

As the ATC supports today's Warfighters, it's carrying on a tradition that began in 1917, when it helped prepare the military for World War I.

Today, the center continues testing a broad spectrum of military weapons systems and equipment: vehicles, weapon systems, ammunition, portable bridges, generators, night-vision devices, individual equipment ranging from boots and uniforms to helmets, and even surface and underwater naval systems.

As it conducts this testing, Rooney said the staff never loses sight of the men and women on the front lines whose lives are at stake.

"We are a very busy, very diverse and very relevant test center, doing things people know matters," he said. "We are helping the Warfighter tremendously. And because people here recognize the direct impact of what they're contributing, job satisfaction is pretty easy to come by here."

Chapel News

Protestant Women of the Chapel hold general meeting

Regular Bible studies resume March 29.

PWOC will hold Tuesday Night Bible Study, 7 p.m. at the Post Chapel, classroom 4.

Bible studies are always open for newcomers; join the PWOC any time.

For more information call, Chaplain (Maj.) Fred MacLean, 410-278-4333.

Catholic Women of the Chapel

The CWOC meets 6:30 to 8:30 p.m. every other Monday at the Main Post Chapel. Check the bulletin boards at

the Main or South Chapel for a complete schedule.

Protestant and Gospel Children's Church

Protestant and Gospel Children's Church is held 10:15 a.m., on Sunday morning during the Protestant Service and noon during the Gospel Service at the Main Post Chapel.

Children's Play Group

Army Community Service sponsors a Children's Play Group, 9 to 11 a.m., each Wednesday at the Main Post Chapel playroom.

Parents and their small children are invited to join others for some "fun time."

Catholic religious education classes

Classes are held every Sunday except holidays after the 8:45 a.m. Main Post Chapel mass. Sacramental classes of 1st Eucharist, Reconciliation with and Confirmation with children and parents are also available.

Jewish worship services

Jewish Worship Services are held noon, every Thursday at the Post Chapel.

For more information, call the chapel, 410-278-2516 or 4333.

Post Shorts

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 29, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

MWR offers Wizards vs. Bobcats tickets

Tickets are available to see the Washington Wizards play the Charlotte Bobcats 7 p.m., April 4, at the Verizon Center, Washington, D.C. Tickets cost \$40 per person for all lower level seating. Tickets for active duty cost \$35 per person. ID card must be presented at the time of purchase. Tickets have been prepaid and are only available for a limited time.

For more information or to purchase tickets, call or visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907 or e-

mail mwr_registration@apg.army.mil.

MCSC offers scholarships

The Military and Civilian Spouses' Club will administer scholarships for the 2007-2008 academic year to eligible winners in the following four categories: high school seniors, current undergraduate students, current graduate students and non full-time certification or continuing education and technical program students.

All applicants must either be an MCSC member or the dependent of a current active MCSC member. Applications for all scholarships are available from the MCSC Web site, www.apgmcsc.org, and must be post-marked by April 10.

For more information, visit

www.apgmcsc.org or call 410-306-6668.

Seminars for couples: married, engaged or dating

The Army Community Service Family Advocacy Program will present "If You Love Me," a series of information seminars for all couples, whether married, engaged or dating. The seminars will provide key elements to building and maintaining healthy relationships through:

- **Successful Communication Skills**
- **Setting Healthy Boundaries**
- **Learning to compromise from I to Us**

Seminars will be held 9 to 11:30 a.m. at ACS, building 2754, on April 14 and May 26.

To register contact Lynda Fernandez, 410-278-2435, or e-mail lynda.fernandez@apg.army.mil.

OSJA Law Day luncheon April 26

The Office of the Staff Judge Advocate will host a Law Day Luncheon 11:30 a.m. to 1:30 p.m., April 26, at Top of the Bay. This year's theme is "Liberty Under Law: Empowering Youth, Assuring Democracy." The luncheon will feature four guest speakers: Theodore Hart, Juvenile Court; Randy Rudy, Aberdeen Police Department; Peter Buckless, Department of Juvenile Service; and Don Mathis, Harford County Boys and Girls Club.

The cost is \$14 and checks should be made payable to the APG OSJA Activity Fund. Contact Nora Farrell, 410-278-1107, or nora.farrell@us.army.mil by April 15 to register.

ASAP free alcohol screening

The Army Substance Abuse Program will offer free alcohol screenings and awareness information, 11:30 a.m. to 1:30 p.m. at the Aberdeen Post Exchange and 3:30 to 5:30 p.m. at the Edgewood Shoppette. Participants will receive a gift.

For more information, call ASAP, 410-278-3784/3137.

Combat Lifesaver Course registration opens

Registration for the Army Combat Life Saver course is now done through the Aberdeen Proving Ground Fire and Emergency Services Division. The next CLS course will be held April 16 thru 20.

The course goes beyond basic first aid to teach various techniques to treat and stabilize injuries commonly suffered by troops in Iraq and Afghanistan as well as tactical evacuation procedures in a combat environment.

To register or for more information, units can contact Ray Campbell, assistant fire chief, 410-306-0566/0572, or Michael Slayman, emergency medical technician, 410-306-0572.

Free 2007 Military Handbooks available

Free military handbooks and guides for active and retired U.S. military personnel are available at www.military-handbooks.com. Handbooks for 2007 include the United States Military Handbook, U.S. Military Retired Handbook, Getting Uncle Sam to Pay for Your College Degree, Veterans Healthcare Benefits, Benefits for Veterans & Dependents, Children's Scholarship Handbook and After the Military.

Freedom installs new ATM at Ruggles

Freedom Federal Credit Union has installed a new ATM at the Ruggles Golf Course club house located on Aberdeen Proving Ground North just inside the gate accessed from Routes 40 and 715. This cash dispenser is available to all during club house hours.

Freedom members may use the machine free of charge, while non-members will be assessed a fee.

Reunion for McNair Kaserne Signal Battalions

The first Reunion of the 32nd, 201st and 17th Signal battalions of McNair Kaserne of Hoechst, Germany, will be held June 15 to 17, at the Holiday Inn at the Plaza located on One East 45th Street, Kansas City, Mo. All veterans, family and friends are invited to attend.

For more information or to register, call Rhonda Gunn ('77 to '80), 847-458-8346, or e-mail rhondag0464@yahoo.com or rgunn@cmn-law.com; or call Doug Otoupal ('76 to '79), 432-426-2644 or e-mail doug@otoupal.org.

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

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."

NORBIT

Friday, March 30, 7 p.m.
 Starring: Eddie Murphy, Thandie Newton

Norbit has never had it easy. As a baby, he was abandoned on the steps of a Chinese restaurant/orphanage and raised by Mr. Wong. Things get worse when he's forced into marriage by the mean, junk food-chugging queen, Rasputia. Just when Norbit's hanging by his last thread, his childhood sweetheart, Kate, moves back to town. (Rated PG-13)

BRIDGE TO TERABITHIA (FREE ADMISSION)

Saturday, March 31, 7 p.m.
 Starring: AnnaSophia Robb, Josh Hutcherson
 Jesse Aarons (Hutcherson) trained all summer to become the fastest runner in school, so he's very upset when newcomer Leslie Burke (Robb) outruns him and everyone else. Despite this and other differences, including that she's rich, he's poor, and she's a city girl, he's a country boy, the two become fast friends.

Together, they create Terabithia, a land of monsters, trolls, ogres, and giants and rule as king and queen. This friendship helps Jess cope with the tragedy that makes him realize what Leslie taught him. (Rated PG)

DADDY'S LITTLE GIRLS

Saturday, March 31, 9 p.m.
 Starring: Gabrielle Union, Idris Elba, Louis Gossett Jr.

A single father, Monty (Elba), is a garage mechanic who lives in a poor neighborhood and struggles to make ends meet as he raises his three young daughters on his own. But when the courts award custody of his daughters to his corrupt, drug-dealing ex-wife, Monty desperately tries to win them back, enlisting the help of Julia (Union), a beautiful - and hard-nosed - attorney he meets during his short stint as a chauffeur. While Monty and the Ivy-League-educated Julia couldn't be less alike, an unexpected romance blossoms - and it soon begins to feel like true love. (Rated PG-13)

Community Notes

SATURDAY

MARCH 31 BASKET BINGO

Basket Bingo to benefit the VFW Post 8185, Route 222, Port Deposit will be held at VFW Post 8185. Doors open at 6 p.m.; Bingo begins at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage, baked goods, door prizes and raffles will be available.

For more information, call Anne Gibson, 410-378-3338, Kathy, 410-642-9297, or VFW Post 8185, 410-642-9297.

SUNDAY

APRIL 1 AUXILIARY 5337 OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of Harford County Memorial VFW Post 5337, 3705 Pulaski Highway in Abingdon will host Sunday Breakfast, 8 to 11 a.m. The cost is \$6 and includes choice of eggs, omelets, sausage, bacon, pancakes, French toast sticks, home fries, grits, cold cereal, fresh fruit, coffee, juice or milk. Proceeds will benefit VFW programs.

For more information, call 410-676-4456.

SNIFFER HIKE

Come for a canine adventure hike at Leight Park. All four-legged friends must be on a leash, licensed, vaccinated, and friendly to other dogs. Owner's should bring a copy of the dog's license. Sniffer Hike will be held 10 to 11:30 a.m. The program is free for all ages. Registration is required.

For more information, directions or to register, call the center, 410-612-1688 or 410-879-2000, ext. 1688.

NATURE TALES

Explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story. This program begins at 1 p.m. Nature Tales is free for all ages, No registration is required.

For more information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

EASTER EGG HUNT

American Legion Auxiliary Edgewood Service Unit 17 will sponsor its annual Easter egg hunt for children up to age 12 at 2 p.m., at American Legion Post 17, 415 Edgewood Road, Edgewood. The children are invited to participate and have their picture taken with Mr. Bunny, free of charge. There will be door prizes for each age group, cup cakes and juices. In case of inclement weather, the Easter egg hunt will be

held indoors.

For more information, call Jewel Gardner, president, 410-679-6177, or call the legion, 410-676-1147.

MONDAY

APRIL 2 GUNPOWDER TOASTMASTERS CLUB MEETS

Gunpowder Toastmasters Club will meet at the Gunpowder Club at Aberdeen Proving Ground South at 11:40 a.m. and last about an hour. Lunch will be available. The meeting is open to anyone on or off post who wants to improve their communication, leadership and listening skills and overcome the fear of speaking in public.

For more information, call Len Kolodny, 410-734-6573.

SATURDAY

APRIL 7 BASKET BINGO

Basket Bingo to benefit The Men's Auxiliary of VFW Post 8185 will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., bingo starts at 7 p.m.

Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or VFW Post 8185, 410-642-9297.

SUNDAY

APRIL 8 EASTER MUSICAL "SACRIFICE"

The Edgewood Baptist Church Choir will perform "Sacrifice," a free Easter Cantata, 7 p.m. at Edgewood Baptist Church, located on 422 Edgewood Road, Edgewood.

For more information, call 410-676-5838.

SATURDAY

APRIL 14 BULL AND OYSTER ROAST

The Chesapeake Heritage Conservancy will host its 13th annual Bull and Oyster Roast to benefit the Skipjack Martha Lewis, 7 to 11 p.m. under a tent in Hutchins Park (foot of Congress Avenue) in Havre de Grace. Doors open at 6 p.m.

Guests will enjoy an all-you-can eat raw bar. Beverages include draft beer, soda and wine. A premium brand cash bar also will be available.

Author Vincent Lash will be available for a book signing (proceeds benefit CHC). Music will be provided by Good DJ's and entertainment includes a Big 6 Wheel, live auction, silent auction and a pirate auction.

Tickets cost \$37 per person

in advance and are available at Amanda's Florist, Java by the Bay, Bank of Memories and the Havre de Grace Visitors Center in Havre de Grace or by calling the Conservancy's office at 410-939-4078.

For more information, visit Web site, <http://www.skipjackmarthalewis.org>.

SATURDAY

APRIL 21 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.

SATURDAY

MAY 5 INAUGURAL FUN RUN/ WALK IN ABERDEEN

The fifth semi-annual Unity in the Community day begins this year with the 1st Inaugural 10k Fun Run/Walk 7 to 11 a.m. May 5 starting at Festival Park, between Franklin and Parke Streets. Sponsored by True Joy Ministries, the goal is to promote health and fitness as well as harmony among fellow citizens.

Groups as well as individuals, ages 10 and older, may participate. Military units are encouraged to bring guidons and show their military pride.

Early registration is thru April 28, late registration is April 29. A registration fee of \$15 includes a free t-shirt. Awards will be presented to the top male and female finishers in each category.

For more information, or to register, pick up a run/walk packet, available noon to 4 p.m., May 4, at True Joy Ministries, 200 North Philadelphia Boulevard, Suite 1, Aberdeen MD 21001; visit truejoyministries@aol.com; or call 410-937-4051 or 410-273-9715.

THURSDAY, FRIDAY, SATURDAY

MAY 10, 11, 12 34TH ANNUAL EAST COAST RALLY

The Washington Area Collectors/Blue and Gray Military Vehicle Trust will host the 34th Annual East Coast Military Vehicle Rally, 8 a.m. to 5 p.m. at Ripken Stadium. Admission is free.

For more information, visit <http://www.wacbgmvt.org/ecrl>, e-mail EastCoastRally@wacbgmvt.org or call 1-800-730-6621.

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



MORALE, WELFARE & RECREATION

Activities/Events

Wizards vs. Charlotte Bobcats tickets

Tickets are available to see the Washington Wizards play the Charlotte Bobcats April 4, 7 p.m. at the Verizon Center, Washington, D.C.

Tickets cost \$40 per person for all lower level seating. Tickets for active duty cost \$35 per person. ID card must be presented at the time of purchase. Tickets have been prepaid and are only available for a limited time.

For more information or to purchase tickets, call or visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Tour Ellis Island, the Statue of Liberty

Join MWR for a tour of Ellis Island and the Statue of Liberty, April 7. Cost of the trip

is \$75 per person and includes roundtrip motorcoach transportation, ferry ride and admission into the Statue of Liberty. On the way back there will be a stop at Matoris Restaurant in Bordentown, N.J. for dinner. The bus will depart 8 a.m. and return 9 p.m. Last day for registration is March 23.

For more information or to register, call or stop by the MWR Leisure Travel Office, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Dover Downs Raceway Nextel Cup

Zoom on down to "The Monster Mile" Dover Downs Raceway Nextel Cup race on June 3. The bus departs 9:20 a.m. and returns approximately 8 p.m.

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and

cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149, rows 1-30.

For more information or for registration, call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Tickets for Jersey Boys in New York

See the Tony award winning musical "Jersey Boys," the story of Frankie Valli and the Four Seasons.

MWR offers tickets and transportation for the 3 p.m. show, Aug. 26, at the Wilson Theater, 52nd Street, New York City. Cost is \$170 per person and includes 1st mezzanine seating and roundtrip transportation. A limited number of seats are available. Open to all DoD ID card holders. Purchase tickets by July 26.

The bus will depart 7:30 a.m. and return 10 p.m.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

MWR has Washington 2007 Kings Dominion season passes

The Italian Job Turbo Coaster, White Water Canyon, Rugrats Toonpike and more await visitors to Kings Dominion. Season passes for adults cost \$68 and season passes for

juniors and seniors cost \$50. Purchase season passes by June 29. Open to all Department of Defense employees.

For more information or to purchase passes, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

NASCAR at Richmond International Raceway

The Circuit City 250 at Richmond International Raceway takes place May 4 and 5.

Tickets from MWR cost \$113 for the two-day NASCAR package, \$88 for the Party Zone Package and \$28 for general admission.

The two-day NASCAR Package includes a general admission seat for the May 4 Circuit City 250 Presented by Funai NASCAR Busch Series race; and a reserved seat in the Henrico Grandstand for the May 5 Crown Royal presents The Jim Stewart 400 NASCAR NEXTEL Cup Series race. There are a limited number of two-day packages available.

The Party Zone Fan Hospitality Package includes a ticket for the May 4 Circuit City 250 and admittance to the Party Zone Hospitality area. Fans will receive a buffet dinner, a special appearance by NASCAR Busch and NEXTEL Cup Series team owner Richard Childress for a question and

answer session, entertainment and a special souvenir gift.

General admission tickets to the May 4 Circuit City 250 are free for children ages 12 and under when accompanied by a ticketed adult.

For more information or

to order ticket packages, call the MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, e-mail mwr_registration@apg.army.mil or visit <http://www.rir.com/salute/aberdeen/>.

Sports

Youth baseball and tee ball

Register early for youth baseball and Teeball. Teams and space is limited. For baseball, the cost is \$35 for youths ages 5 to 15 (age as of April 30, 2007) and \$35 for T-ball, ages 5 to 6. Practice begins the week of April 2. Games are held during the week. Parents interested in coaching please call Youth Sports at 410-306-2297.

Ruggles holds spring time outing

It's not Caddyshack, it's a spring golf outing at Ruggles Golf Course, April 14 with an 8:30 a.m. start. Entry fee costs \$25 for annual patrons; \$50 for value card holders and authorized patrons; and \$60 for guests. Entry fee includes range balls, greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-278-4794, visit the Pro Shop at Ruggles or e-mail david.correll@us.army.mil.

Exton holds spring golf outing

Happy Gilmore and Bob Barker can't beat this golf event. A Spring Golf Outing will be held at Exton Golf Course April 21 with an 8:30 a.m. start. The entry fee costs \$20 for annual patrons; \$30 value card holders and authorized patrons; and \$40 for guests. Entry fee includes greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-436-2213 or visit the Pro Shop at Exton or Ruggles or e-mail rueben.ferguson@us.army.mil.

Services

ACS hosts domestic/sexual violence support group meetings

Army Community Service Family Advocacy Program, presents "Talking It Out," an emotional support group. This free support group meets 6 to 8 p.m., Tuesday at building 2754 Rodman Road.

Individuals gather for emotional support, to share information, experiences, resources and gain support.

The meetings and groups are open to adults affected by unhealthy relationships including domestic and/or sexual violence.

Groups will cover the dynamics involved in abusive/unhealthy relationships and ways to become empowered.

Anyone interested in attending should call Lynda Fernandez, 410-278-2435.

SKIES Unlimited

For more information and registration for all SKIES Unlimited programs, call Central Registration. An additional \$18 Central Registration Fee will apply if not already enrolled in the Child and Youth Services Program.

For more information or to make an appointment to register, call 410-278-7479/7571.

Child and Youth Services

There are immediate full-day openings for 3- and 4-year-olds at the APG North Child Development Center. All active duty military and activated reservists, DoD civilians and contractors assigned to APG are eligible for services. The center is open daily, 6:15 a.m. to 5:30 p.m.

For more information, call Central Registration 410-278-7571.

Amusement and Travel Expo

Everyone is invited to attend the MWR Leisure Travel Services Amusement and Travel Expo, 11 a.m. to 1:30 p.m., May 10, at Top of the Bay. Check out cruise packages, vacation destinations and amusement park specials. Local and national amusement and travel vendors will be available. Door prizes will be awarded.

For more information, call 410-278-4907/4011 or e-mail mwr_registration@apg.army.mil.

SCHOOL LIAISON

NMFA 2007 announces summer camp program

The National Military Family Association registration for the 2007 Operation Purple Summer Camp began March 15.

NMFA developed this free summer camp program in response to the need for increased support for military children, especially those whose parents are or will be deployed.

For more information or to sign up for E-Notices Operation Purple e-Mail List, visit https://secure2.convio.net/nmfa/site/SSurvey?SURVEY_ID=1920&ACTION_REQUIRED=URI_ACTION_USER_REQUESTS or http://www.nmfa.org/site/PageServer?pagename=op_default.

For more information on any APG school related information, contact Eileen Campbell, 410-278-2857 or eileen.campbell@apg.army.mil.

Exton opens for season

Exton Golf Course is open.

For more information, contact the Exton Pro Shop, 410-436-2213 or e-mail rueben.ferguson@us.army.mil.

The Ruggles Snack Bar re-opens for the season today serving lunch daily. Hours are Monday, Wednesday and Thursday, 10 a.m. to 3 p.m.; Tuesday and Friday, 10 a.m. to 5:30 p.m.; and Saturday and Sunday, 6:30 a.m. to 5 p.m.

Breakfast is only served on weekends.



APG to host first Texas Hold 'em Tournament

Dealers needed; training offered

MWR

Morale, Welfare and Recreation will host a two-day Texas Hold 'em Tournament at Top of the Bay in the Down Under April 14 and 15.

The event is open to all authorized MWR patrons age 21 and older.

About 25 to 30 volunteer dealers are needed. Volunteers will be trained by tournament personnel. Those interested should contact Linda Holloway, MWR chief of Business Operations Division, 410-306-4520 or email linda.holloway@apg.army.mil.

Advanced registration is required. A fee of \$30 for players includes entry and food. There is a \$5 fee for observers and food will be pay as you go. There will also be a cash bar.

Register by April 6 online at www.apgmwr.com or at MWR Registration, building 3326, or any of the other MWR outlets.

Holloway said that the Army Family and MWR Command is hosting this event at several installations. The tournaments are sponsored by Vault and Coors Light.

Texas Hold 'em Tournaments have caught the interest of young people around the world through televised tournaments and are gaining popularity among the military.

This event will mimic the famous World Series of Poker and will take place over one weekend. The event is an elimination tournament with multiple rounds. The number of participants will determine the number of rounds.

The first day, players will play until

finalists have been determined and on the second day, the finalists play for local prizes and a \$500 gift card.

The installation winner will qualify to compete for the Army's 2007 Texas Hold 'em title in an online tournament to be held in June.

Prizes for the Army's online tournament include a \$650 gift card for third place and a laptop computer for second place with a grand prize of an Ultimate Home Theater prize package for the winner.

"There are a limited number of seats, only ninety-four, so players should register as soon as possible," Holloway said.

"This is a first for APG. If the tournament does well, we will host additional tournaments throughout the year," she said.

APG 90th Anniversary Celebration Calendar of Events

(All dates are subject to change and weather conditions.)

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| <p>March
Women's History Month & Days of Remembrance - One Day (EEO)</p> <ul style="list-style-type: none"> 31, Egg Hunt Extravaganza, MWR, 410-278-7572 <p>April</p> <ul style="list-style-type: none"> 14, Ruggles Golf Course holds APG 90th Anniversary Opening Day Golf Scramble, 8:30 a.m., MWR, Ruggles Golf Course, 410-278-9452 21, Exton Golf Course holds APG 90th Anniversary Open Day Golf Scramble, 8:30 a.m., MWR, Exton Golf Course, 410-436-2213 26, Law Day luncheon, Office of the Staff Judge Advocate, 410-278-1107 <p>May
Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/ Ordinance Week activities and anniversary ball</p> <ul style="list-style-type: none"> 5, Spring Fest community event, 10 a.m. to 3 p.m., Fire and Emergency Services, 410-306-0533 13, U.S. Army Soldier Show, MWR, 410-278-4402 17, Military Appreciation Luncheon (sponsored by the Har- | <p>ford County Chamber of Commerce), by invitation only</p> <ul style="list-style-type: none"> 19, 10K Armed Forces Day Run, MWR, 410-278-3812 <p>June</p> <ul style="list-style-type: none"> 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR, Ruggles Golf Course, 410-278-9452 11, Ruggles Super Senior Tournament, age 60 and older, MWR, Ruggles Golf Course, 410-278-9452 <p>July</p> <ul style="list-style-type: none"> 26, Army Community Service Birthday Picnic, 11 a.m. to 2 p.m. <p>August /September /October</p> <ul style="list-style-type: none"> TBA Army Concert Tour <p>November 2007</p> <ul style="list-style-type: none"> 15, Military Family Movie, ACS, 410-278-4372, 6 to 9 p.m. <p>December 2007</p> <ul style="list-style-type: none"> 5, ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m. |
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(Editor's note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

Easter Brunch April 8

The annual Easter Brunch will be held 10 a.m. to 2 p.m., Sunday, April 8 at Top of the Bay. The price is \$19.95 for adults and \$9.95 for children ages 5 to 11. Children under 5 eat free.

Two buffets, breakfast and lunch, will be available at the same time and diners can select from one or both.

In addition, the Easter bunny will give out baskets to the children.

The Breakfast Buffet menu includes an omelet station, French toast, scrambled eggs, sausage and bacon, biscuits with sausage gravy, home fries, smoked salmon, bagels, muffins and Danish.

The Luncheon Buffet consists of a carving station with roast sirloin of beef and ham,

fried chicken, roast pork with apple dressing, baked cod, assorted vegetables, potatoes and rice.

A full dessert table, coffee, tea, juices, sodas and mimosas are included.

Groups of six or more should call in reservations in advance. All other seating will be on a first-come basis. Make reservations Monday thru Friday, 8 a.m. to 4:30 p.m., by calling 410-278-3062/2552/5195 by April 4.



APG Bowling Center Snack Bar specials

Building 2342

Week of March 26

Special #1: Chicken tender wrap with ranch dressing, lettuce, tomato and cheddar cheese, potato chips, one cookie and soda for \$4.85.

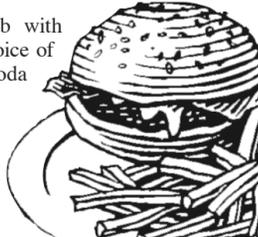
Special #2: Tuna wrap with lettuce, mayonnaise on the side, potato chips, one cookie and soda for \$4.95.

Week of April 2

Special #1: Nine wings (hot or mild), French fries, one cookie and soda for \$5.75.

Special #2: American sub with bologna, ham and cheese, choice of condiments, one cookie and soda for \$5.95.

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





Channel 21 features Pentagon Channel programming

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

Monday

Around the Services, 8 a.m.
Focus on the Force, 10 a.m.
Army Newswatch, 11 a.m.
Freedom Journal Iraq/AF Prime Time, 1 p.m.
AFN Europe, 6:30 p.m.
Around the Services, 8 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m.
Freedom Journal Iraq/AF Prime Time, 10 a.m.
Focus on the Force, 1 p.m.
Around the Services, 5:30 p.m.
Army Newswatch, 7 p.m.
Freedom Journal Iraq/AF Prime Time, 10 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m.
Focus on the Force, 2 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.
Army Newswatch, 9:30 p.m.

Thursday

AF Prime Time/Freedom Journal Iraq, 10 a.m.
Around the Services, Noon
Focus on the Force, 1 p.m.
Around the Services, 8 p.m.
Focus on the Force, 9:30 p.m.

Friday

Around the Services, Noon
Freedom Journal Iraq/AF Prime Time, 2:30 p.m.
Army Football, 4 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.

Saturday

Focus on the Force, 9 a.m.
Around the Services, 10 a.m. - 12:30 p.m.
Freedom Journal Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7:30 p.m.
Focus on the Force, 9 p.m.

Sunday

Focus on the Force, 11:30 a.m.
Army Healthwatch, 2 p.m.
Army Newswatch, 4:30 p.m.

Army Newswatch - Bi-weekly report on the men and women of the Army

Around the Services - From the Pentagon Channel News Center, daily half-hour program

featuring military news from top defense officials and the military services from around the world

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

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

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

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

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

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

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

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

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

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

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

James Addas	for husband)
Sarah Blevins	Lydia Langley
Sarah Boats	Joyce Mauldin
William Bond	Louis McCarter
Sandra Boyd	(kidney failure)
Debra Bonsall	Nicole McKew
(daughter has brain tumor)	Sandra Miller
Jeanie Bowman	Karen Moss
Kim Brooks	Trudie Norman
Leroy Carter	Ily Okoye
Stephen Carter	Mary Pettitway
Rogelio Chevannes	Carol Piper
Brett Christy	Lester Pilcher
Ruth Cunningham	Karen Privet
John Daigle	Greg Pryor
Shelia Davison	Judith Rembold
(benign paroxysmal positional vertigo)	Barbara Seker
Marc Devecchio	Shila Smith
Dawn Folck	Joyce Spies
Susan Gorhan	Joan Taeuber
David Harding	Alison Tichenor
Hester Hayes	Elizabeth Usmari
Cathleen Holmes	Christine Wheaton
Rick Jernigan	Kimberly Windisch
Carolyn Johnson	Louis Winters
Karen Kimble	Roberta Witherspoon
Beverly King (caring	Sharon Woods
	Charles Young



Your health is KUSAHC's goal



Taking a look at fad diets

Story by
CAPT CHERITA OGUNSANYA
William Beaumont Army Medical Center

When trying to decide the best way to go about losing weight, one is bombarded with many different products that “guarantee” immediate weight loss. These products include a myriad of pills, powders and shakes, and most recently, books. Many of these same products have been marketed as “all-natural” and totally “safe.”

But time has disproved this claim on more than one occasion. Those same products have caused major illnesses and in some cases even death. Some of the other products are so expensive that by the time a person purchases the recommended amount, there is little money left over to buy groceries.

The most recent addition to the weight-loss craze is diet books written by doctors and others claiming to be experts in the field of nutrition. These books promise weight loss (sometimes in astronomical amounts), in record time by using the exclusion of a food group or the inclusion of one of their products.

One such diet book claims that excluding breads, starches and other concentrated sugars from the diet will facilitate the weight-loss process. Although this may work for some people, it is still not the cure-all for those trying to lose weight.

All of the food groups (yes, even the fats) are necessary to maintain normal body functioning. Carbohydrate sources (breads, starches) are needed by the body to produce fuel (energy). Without this energy, the body will feel worn down, and one may drag throughout the whole day.

More importantly, if the body does not get the fuel from the carbohydrates, it will start producing energy from its reserve stores. Some may think that this is a good thing, it is not. Body fat does actually have a purpose. It is necessary for insulation and the cushioning of some of the organs.

One other such diet book is making the claim that certain foods can speed up metabolism. The theory behind this is that the body usually burns up about 100 calories during the digestive process alone. With this in mind, if one were to eat a food containing 200 calories, the body would utilize 100 calories in the process of digestion, leaving the body to store 100 calories (usually as fat) unless it is worked off through exercise. On the other hand, if one were to eat a serving size of raw veggies that contain roughly 25 calories, there would be a net loss of 75 calories.

Sounds too good to be true, doesn't it? In theory, this method would possibly work. However, in order for it to work, one would have to resort to basically water-based foods (lettuce, soups, vegetables, etc). Once again, there are flaws to yet another self-proclaimed “miracle diet.”

The key to long-term weight loss is diet and exercise, along with behavior modification. Behavior modification is necessary to help one determine why one wants to lose weight, as well as how important it may be to that person to lose weight. Behavior modification gives insight into



why a person overeats and when a person is more likely to overeat. It also lets one know that it is okay if one falls off the diet bandwagon, and that if it does happen, the world will not end.

Diet plays an enormous role (for obvious reasons). A diet that has less than 30 percent of the total calories from fat (with no more than 10 percent from saturated source) and 20 to 25 percent of calories from a protein source, as well as 45 to 50 percent of calories from carbohydrate sources is an adequate “diet” for any person. The total kilocalorie intake would vary, dependent upon current height and weight and level of physical activity.

Exercise facilitates the weight-loss process by burning up the calories that are taken in. Each person has a rate at which he or she burns calories for normal bodily functioning (i.e., eating, sleeping, digestion, etc). This, combined with consistent exercise, is the key to weight-loss maintenance.

For example, a person who takes in about 3,000 calories daily, but only burns off 1,500 total calories a day (exercise included), would have an additional 1,500 kilocalories left floating along in the body, and being turned into fat stores. Over time, these extra fat stores are manifested in the form of extra pounds (it only takes 3,500 calories to add/lose a pound on the body).

The bottom line is that there are no quick fixes, when it comes to losing and maintaining weight loss. No one pill, powder, shake, or book has the answer.

Anything done in moderation will not hurt the body; therefore the total exclusion of something from the diet has no added benefit. The magic pill is to eat foods in moderation, exercise as often as possible and watch the results. (Editor's note: Author is assigned to the Nutrition Care Division, William Beaumont Army Medical Center.)

Time, a valuable commodity

KUSAHC

Everyone's schedules are loaded with shopping, work, school activities, social functions, doctor appointments, everyone scrambling for time.

Along with all the other planning in people's lives, it is best to be prepared well ahead of a medical appointment date and time at Kirk U.S. Army Health Clinic. When calling for the appointment, confirm address and telephone numbers with the Call Center.

Should there be a problem; the clinic will be able to contact the patient.

It is crucial to be on time at KUSAHC. Patients are reminded to report 15 to 20 minutes prior to the scheduled appointment time. Timely arrival of the patient allows for a smoother processing of the patient's care and does not cause delay for others.

Late arrivals are defined as being any time past the scheduled appointment time. Any patient that is late can be

refused by the clinic; however there are three options.

An appointment can be re-scheduled; the patient can wait for a possible cancellation, or wait to be seen after all other patients have been seen, provided there is a vacancy in the physician's schedule.

Remember, providers and clinic personnel are not required to stay after normal clinic hours (lunch or end of day) to accommodate a late patient.

Most of all, it is important to take time for health.

Commentary: National Nutrition Month proclaims '100% Fad Free'

Story by
LT COL WILL WHEELER
Tripler Army Medical Center

A fad can be defined as a fashion that becomes popular in a culture relatively quickly, yet loses popularity dramatically over time.

In my youth I thought pet rocks, long hair and a brand of shirt whose trademark was a logo displaying two feet were things that would be around forever. It was not to be. Two went the way of many fads while my long hair was victim to a barber during basic training.

What does all of this have to do with practicing sound food choices for lifelong health? Well, March is National Nutrition Month® and this year's theme is “100% Fad Free.”

Although some fads may end up as just topics of conversation in later years, diet fads can hinder us or prevent us from achieving our overall fitness goals.

The American Dietetic Association Web site, <http://www.eatright.org>, lists some fad diets from the past that may sound funny today but at one time were the craze. One promoted chewing food 32 times before swallowing, another promoted cabbage soup, and of course there is the low-carbohydrate diet that has popped up numerous times (in various forms) since it was first introduced in 1825.

Rather than list the common attributes of a fad diet, I would like to focus on what seems to stand the test of time and may guide us all towards habits that will help us be as healthy as we can be.

The National Weight Control Registry was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. These individuals have practiced habits that have helped them keep the weight off. Their daily practices can help all of us.

What all of these individuals had in common was a diet that can be characterized as low in calories, low in fat and high in carbohydrates. They also ate several times throughout the day, monitored their body weight and exercised regularly.

A good resource for assessing your diet in comparison to sound diet practices is the Food Guide Pyramid at <http://www.mypyramid.gov>.

amid.gov. The recommendations based on gender, age and activity level give most of us prudent guidelines on the number of servings we should consume from each of the food groups daily. Each food group also comes with suggestions on choosing foods to keep the calories and fat low, and the carbohydrates at recommended levels.

The participants averaged 4.9 meals or snacks per day. Skipping meals or going long periods of time without eating is not beneficial, whether you want to lose weight or maintain your weight. It takes planning but the benefits of several small feedings throughout the day are better for cognitive and physical performance. Having fresh fruit and vegetables on hand is well worth the effort.

Self-monitoring of your fitness goals allows you to see where you are at and what may or may not be working. The majority of people in the NWCR monitored body weight. That's a good thing to do; but you may also want to keep track of the number of times you exercise per week, the number of fruit and vegetables you consume per day, or how many glasses of water you consume. Once you set a goal, you'll want to be able to assess how well you are doing.

As for exercise, 91 percent of the individuals surveyed engaged in regular activity. For many that meant exercising one hour per day. Recommendations will vary based on your goals, but consistency and choosing something that you enjoy are the keys to any exercise program.

I hope the above recommendations are helpful although you may never find them on the cover of a magazine where fads are commonly found. I believe they will continue to prove themselves over time. As for me, I haven't missed my pet rock, I am happy with the shirts I have now, and my hair will only grow long in some places on my head; but my commitment to healthy eating and regular exercise remains strong. Enjoy National Nutrition Month®, “100% Fad Free!” (Editor's note: Wheeler is a registered dietitian and the chief of the Nutrition Division at Tripler Army Medical Center.)

KUSAHC reminds patients of its child care policy

KUSAHC

Before the patient enters the doors of the Kirk U.S. Army Health Clinic, on the outside brick wall is the quote, “Your health is our goal.”

“The providers at KUSAHC want to give the best possible medical care to each patient, meaning personal individual attention without interruption,” said Deborah Dodsworth, patient advocate.

Additionally, concerns over child safety played a factor in the implementation of Kirk's Child Care Policy established July 5, 2006.

Children without appointments may not accompany a parent, guardian, or sibling into examination or treatment rooms.

“This policy ensures a doctor's visit with the patient's full attention on the purpose of their visit without having to worry about their children,” said Lt. Col. William Rice, commander, KUSAHC.

“Children under the age of 11 require adult supervision anywhere within the medical facility and on the grounds of the hospital,” Dodsworth said. “There must be appropriate supervision by someone 13 years or older during an appointment or emergency.”

If the appointment is not urgent, patients with non-patient children and no adequate supervision must re-schedule their appointment.

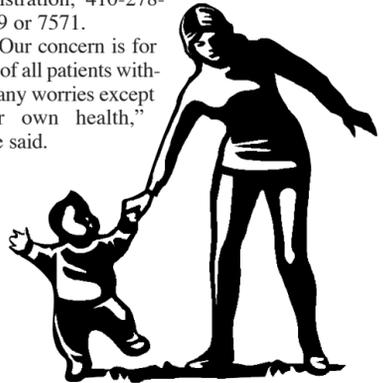
One option for parents with young children to consider is completing the Child/Youth Services registration process upon arrival at Aberdeen Proving Ground in anticipation of

future medical needs.

To register, pick up a registration packet at either the Aberdeen Child Development Center, building 2485 or the Central Registration Office, building 2752. The packet must be complete with sponsor information, an up-to-date shot record and emergency designees (other than the sponsor or spouse). The Registration and Center Orientation must be completed prior to making hourly reservations. The annual registration fee is \$18 per child with a maximum of \$40 per family. The hourly rate is \$3.50. Reservations can be made up to one week in advance.

Registration is by appointment. Call Central Registration, 410-278-7479 or 7571.

“Our concern is for that of all patients without any worries except their own health,” Rice said.



Army News

Spouses to Teachers expands to Pacific

Story by
SGT. CRISTA YAZZIE
Army News Service

Military spouses living overseas and interested in a professional and portable teaching career now have additional assistance with the Spouses to Teachers program.

Effective throughout the U.S. Pacific Command since Feb. 1, Spouses to Teachers offers resources and counseling to military spouses searching for employment in Alaska, Hawaii, Japan, Korea, the Philippines, Guam and Okinawa.

“This is a career that you can take with you around the world,” said Tylee Roller, STT program manager and education counselor.

Currently operational in the continental United States since October 2004 and following a successful launch in Europe last October, more than 9,100 spouses have contacted STT for information.

“Within the Department of Defense Schools,

teachers can take their certifications to their next duty stations [where there are DoD schools], avoiding the complicated process of starting over every two or three years,” said Mae Ooka, quality-of-life program analyst and catalyst to STT's Pacific establishment.

This DoD program provides counseling and guidance on state-specific certification requirements, certification options, scholarships available and state-employment resources. Up to \$600 is also available via a voucher process to reimburse costs of testing fees associated with teacher certification/licensure.

Spouses overseas can now arrive back to the continental United States already certified and ready to teach upon arriving at new locations, according to Roller.

“Military spouses can easily identify with children of deployed parent(s), and the working hours are really conducive to family life,” she said.

“As a military parent, I wanted to be home

when my child got home from school, and work at something I love, and you can take this with you wherever you are stationed,” said Jean Grice, military spouse, former teacher and current Department of Defense Dependents Schools Pacific and DoD Elementary and Secondary School Guam Liaison for the Pacific Command.

“When my family was moving to each new duty station, we did not have resources like this, but now Spouses to Teachers gives so much guidance and access, and that's one less stressor when moving your family,” Grice said. “This program really eases the transition.”

“Having a portable and professional career with immense job satisfaction couldn't be more of a perfect fit for the military spouse traveling the world in support of her military spouse and country,” continued Roller. “Having the spouse's career established prior to the sponsor's retirement or separation also makes the transition much easier on the family.”

Making sure a spouse's energy is channeled in the right direction for the spouse's desired outcome is very important to Roller.

Military spouses want a career that is professional, marketable and makes them feel alive, and teaching does that,” she stated.

More than 70 percent of the military spouses registered with the program have a bachelor's degree or higher.

Eligible participants include spouses of active duty personnel, Selected Reserve and National Guard, and Individual Ready Reserve recalled to active duty.

Spouses to Teachers is managed by the Defense Activity for Non-Traditional Education Support.

For more information, call Brian Miller, 808-586-5054, Spouses to Teachers, 800-231-6282 or DSN 922-6282, visit www.SpousestoTeachers.com or e-mail stt@voled.doded.mil. (Editor's note: Sgt. Crista Yazzie writes for the Pacific Command Public Affairs Office.)

'When Whip-poor-wills Call': Illuminating tales of life from the perspective of a game warden

Story by
YVONNE JOHNSON
APG News

You might say that everything W.F. 'Bill' Armstrong needed to know about life he learned in the outdoors. Armstrong is a special agent with the Wildlife, Marine and Environment division of Aberdeen Proving Ground's Directorate of Law Enforcement and Security.

Before coming to APG, Armstrong served 20 years as a West Virginia conservation officer. Now, with almost 40 years as a game warden, special agent and "keeper of the environment", under his belt, Armstrong is sharing his experiences in the form of his first book, "When Whip-poor-wills Call" which was recently published by the McClain Printing Company.

Armstrong said that at the coaxing of friends, he gathered together all the stories and anecdotes he's written over several years. The book is not just about hunting and fishing, but people, he said.

"Over the years I've met many individuals and even though they were brief encounters, they left great impressions on me," Armstrong said. "With this book, I'm just trying to relay circumstances and events in a way that others might enjoy," he added. "Being a game warden, you run into lots of people hunting and fishing. But I didn't want it to be about hunting and fishing, I wanted it to be about people. So these are very short stories about people I've met."

Armstrong said that the hills of West Virginia provided an education in not only the protection and preservation of wildlife and its habitats but in human nature, as he's had to deal with everything from wide-eyed youngsters who were awed by nature to hard-nosed poachers who were not afraid to use violence on those who got in their way.

"Very little has been written by wildlife officers," Armstrong said. "We don't see them often enough, but they play an important role in protecting the environment."

He added that the book has had "a tremendously positive response" which is good news for nature enthusiasts.

"Maybe this book will help people realize that they are the keepers of our natural resources," Armstrong said. "When people become too fast paced they tend to not respect their elders or the environment. I'd like them to slow down and take a good look around. Mother nature always has wonderful stories to tell if we'd just shut up and listen."

Commentary: A book review of 'When Whip-poor-wills Call' by APG's W.F. 'Bill' Armstrong

by
YVONNE JOHNSON
APG News

From the hills of West Virginia to the marshlands and waterways of the Chesapeake Bay, Bill Armstrong has seen it all after nearly 40 years of protecting the environment as a conservation officer and game warden.

An Aberdeen Proving Ground special agent with the Directorate of Law Enforcement and Security's Wildlife, Marine and Environment division, Armstrong has delivered a "pleasing read" with his first book, "When Whip-poor-wills Call."

With burgeoning forests, surging rivers and the West Virginia wildlife as background, Armstrong shares engaging tales of close encounters with all sorts of characters and creatures. These true-life adventures that could only be shared from the perspective of a game warden are made all the more colorful by Armstrong's descriptive style which paints vivid pictures for the reader.

Phrases like, "Frost lay in the shadowed areas beneath the chestnut fence rails and the musty smell of autumn hung heavily in the low places along the creek," are surprisingly eloquent and not something you would ordinarily expect from a first-time author or even from a guy who's spent a lifetime in the woods.

Through 19 short stories, Armstrong describes how common sense and common beliefs often collide in a beau-

tiful yet dangerous world that mixes nature lovers, casual vacationers and criminal elements with the area's lifelong residents and Mother Nature's natural inhabitants.

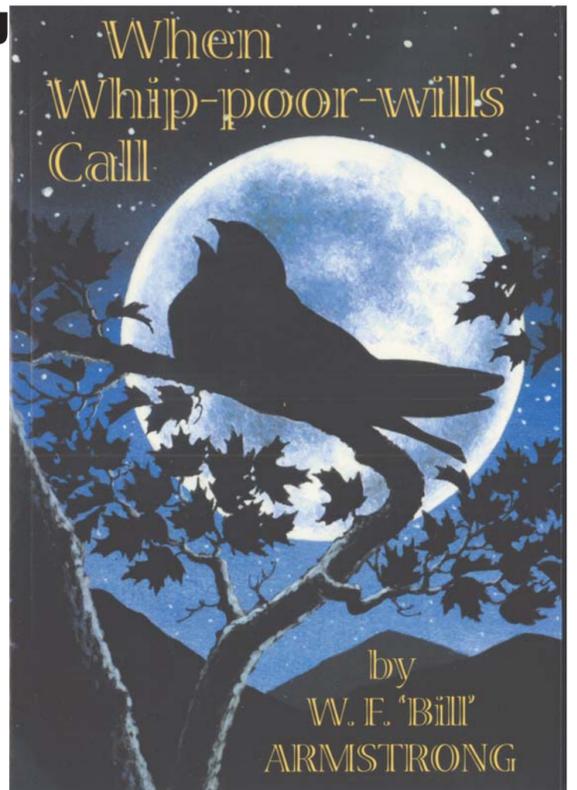
In the story "Blue Dragon Rendezvous" Armstrong comments on how wildlife officers too often have had to "stare down the business end of a gun" when confronting poachers and he tells about taking on six of them who were thought to be "dusting" or poisoning the waters to harvest the fish in the Tug Fork of the Big Sandy River during his early years as a game warden.

The move ended with a toss into the rapids and near drowning for Armstrong and the thugs got away but he took solace in the fact that he broke up the operation, if only temporarily.

"There's an old saying that goes, "Sometimes you get the bear and sometimes the bear gets you," Armstrong writes. "Well, I guess the bear got me that night. Sometimes that happens, and even though it was the first time, it sure wasn't to be the last. But I tried ... they didn't "dust" the Tug Fork ... not that night anyway."

The book is titled after the last story, which tells of the death of "Doc" the "patriarch" of their drinking circle. Armstrong speaks of him with affection and admiration, as he shares how Doc always told them to take him home if he died away from his house.

"He was a fixture at the



Lower Forty," Armstrong writes. "It was Doc who raised the flag when it was time for a drink and Doc that had the last word at the dinner table. If he remarked that the Crab Imperial or the Oysters Rockefeller were "tippy toppy," it meant that the food was exquisite. However, if he said nothing it usually meant that the meal left a little to be desired. Doc was a gentle man, and a connoisseur of life. He was at home when

the end came." Through his poignant, down-to-earth storytelling Armstrong makes you feel good even if the ending is less than happy.

Armstrong said he wanted his book to be about people, not about hunting and fishing and "When Whip-poor-wills Call" is just that. Even if you are not into nature, chances are that by the time you finish this "pleasing read" you will be.

AFAP

From page 2

up with many issues and found trends that would eliminate the major issues," Chavez said. "The AFAP process was very effective because everyone remembered their roles and responsibilities in the group," Chavez said.

For more information on the AFAP, visit ACS on the APG Homepage, <http://www.apg.army.mil/apghome/sites/services/acs/FAP.html>.

Work Groups

Workgroup I - Community Services

Facilitator: Guy Crawford

1. Reduction of funding in fitness services

Scope: FY07 funding was decreased by almost 50 percent, therefore, services were reduced. The current Army Regulation 215-1 prohibits MWR to charge user fees.

Recommendation: Change AR 215-1 to allow MWR to charge non-active duty members a user fee for category A activities. Changing the regulation will allow individual installations to charge a user fee to maintain services for the entire eligible workforce.

Workgroup recommendation is to forward.

2. Unsafe conditions for pedestrians

Scope: Throughout the community people have noticed deterioration of sidewalks and crosswalks which causes unsafe conditions for pedestrians. Exton golfers are unsure of where to cross streets due to lack of crosswalks. Maintenance and continuous repairing is required to maintain adequate safety for the APG community.

Recommendations:

- Inform post community of the process for initiating repairs.
- Individuals should identify safety hazards and notify proper personnel.

Workgroup recommendation is to resolve at APG.

3. Quality of Life Marketing Campaign

Scope: Most people in the APG community do not know how or the essential value of reporting problems and concerns to the appropriate personnel.

Recommendations:

- Explore new marketing tools to provide information to the community such as marketing Web sites.
- Initiate this issue during the 90th anniversary campaign and work towards the well-being of the APG community in the future.

Workgroup recommendation is to resolve at APG.

Workgroup II - Family and Force Support

Facilitator: Malinda Sigler

1. Soldier support on Regular Day Off Fridays

Scope: The lack of certain personnel on RDO Fridays hinders Soldier support. This sometimes delays time-

sensitive tasks such as processing Uniform Code of Military Justice actions and Drop From Rolls, reserving installation facilities through the Garrison S3 and clearing the library.

Recommendations:

a. Offices that are mission critical to Soldier support should be identified.

b. Either stagger personnel by alternating RDOs in those offices or eliminate RDOs in those offices staffed one deep. The installation commander would approve or disapprove the recommendation on a position-by-position basis.

Workgroup recommendation is to resolve at APG.

2. Army and Air Force Exchange Services gas stations' compliance with Americans with Disabilities Act guidelines

Scope: AAFES' employees are not complying with the ADA. ADA guidelines state that when two or more employees are present on the establishment, one must pump gas for disabled persons unable to when asked. AAFES employees refuse to pump gas for disabled customers when asked.

Recommendation:

AAFES enforce the ADA guidelines at their APG gas stations.

Workgroup recommendation is to resolve at APG.

3. Matching Contributions for service members in Thrift Savings Plan

Scope: The TSP official Web site states "the secretary responsible for each service may designate critical specialties for matching contributions" up to 4 percent of basic pay. However, no designations have been made to date. This information misleads Soldiers into believing they may eventually receive matching contributions. It also places financial counselors in an awkward position when they promote TSP.

Recommendations:

- Designate critical specialties for matching contributions, or
- Match all uniformed contributions up to the stated 4 percent, or
- Remove all references to uniform matching contributions from the Web site and briefings until this issue is resolved.

Workgroup recommendation is to forward.

Workgroup III - Housing and Relocation

Facilitator: Sheryl Coleman

1. Welcome Centers for APG North and APG South

Scope: Currently there is no welcome center for arriving Soldiers, contractors, visitors and civilians. Those arriving at any given hour have no point of contact for lodging, transportation needs and direction, and are left to navigate post with no guidance. A welcome center is needed to reduce unnecessary anxiety and hardships to incoming personnel.

Recommendations:

- Implement two 24 hour/7 day a week welcome centers with one on APG North and another on APG



Photo by JIM BRIDGES, DOIM
Spc. Chris Chavez, medical laboratory technician for the 9th Area Medical Laboratory, documents issues during a brainstorming session at the Army Family Action Plan conference March 20 at Top of the Bay. Representatives from all of Aberdeen Proving Ground's organizations joined forces for the three-day conference to brainstorm Army issues and give solutions.

South

b. The welcome centers should provide transportation information, lodging information and assistance, points of contact, courtesy phones, maps/directional assistance to key locations and eating establishments.

Workgroup recommendation is to resolve at APG.

2. Housing concerns at APG North and APG South

Scope: Occupants residing in APG North and South government quarters often feel that their needs are not met or understood by housing and maintenance personnel. Occupants are receiving conflicting information, and problems are left unresolved. This needs to be resolved to enhance the living conditions and well-being of all military occupants.

Recommendations:

- Establish a better working relationship and communication between housing and maintenance staff and housing occupants.
- Establish and empower community area volunteer coordinator program to enforce set standards within each housing area.
- Utilize ticketing and blotter reporting to correct long-term deficiencies and/or violations.

Workgroup recommendation is to resolve at APG.

Workgroup IV - Medical

Facilitator: William Robinson

1. Access to medical records during AHLTA (DOD's Electronic Health Medical Record System) transition

Scope: Patients and providers do not have timely access to complete medical records. There exists a fragmentation of patient medical records

due to multiple databases. Without complete medical history, patient care is affected, deployability, morale, unnecessary extra expenses are created, and possible misdiagnosis.

Recommendations:

a. Provide to patient, on request, a paper copy of complete medical record in a timely manner.

b. Expedite transition of AHLTA (DOD's Electronic Health Medical Record).

c. Provide electronic access to personal medical history via secure Web site.

Workgroup recommendation is to forward.

2. Continuity of filling out physical profiles

Scope: Physical profiles are improperly filled out by providers. Command is uncertain of limitations, time, follow up and deployability. Incomplete physical profiles are causing reevaluation, loss of time and resources, increased risk of injury and potential loss of benefits.

Recommendation: Provide initial and continuous training for health care providers on military regulations, forms and procedures regarding physical profiles.

Workgroup recommendation is to forward.

3. Communication of medical information to APG community

Scope: APG community is not fully aware of programs, policies and procedures. Although many steps have been taken to inform the APG community of available medical services and policies, a lot of confusion remains. Lack of awareness is creating a loss of time and money, frustration and confusion, delay in medical treat-

ment and affects morale.

Recommendations:

a. Implement additional avenues of communication to service members and dependents.

b. Re-establish unit level training of available medical resources.

Workgroup recommendation is to resolve at APG.

Workgroup V - Youth

Facilitator: Gail Stone

1. Additional inside activity area for middle school/teens needed

Scope: Not enough middle school/teens activity areas at the APG North Youth Services. Additional activity space will provide the increasing numbers of middle school/teens more choices and reduce the over crowding of activity areas.

Recommendation: Enclose/convert outside middle school/teens patio to create an indoor year-round activity area.

2. Youth recognition program needed

Scope: There is a lack of a consistent formal youth recognition program. Establishing a formal program would encourage character development and motivate participation in youth center activities and programs.

Recommendations:

a. Establish "on-the-spot" reward system.

b. Create a Youth-of-the-Quarter program.

c. Establish and conduct a local Youth-of-the-Year competition.

d. Continue participation in Boys and Girls Club of America Youth-of-the-Year program.

Workgroup recommendation is to resolve at APG.

ACUB

From front page

Col. John T. Wright, APG Garrison and deputy installation commander, expressed appreciation to all parties who worked together to achieve the buffer agreement.

"We appreciate the importance of these partnerships," he said. "They show a resolute spirit of cooperation between the Army, local government and private land owners in the area who see the value of working together for the good of the community and the Army."

Peg Niland, executive director of the Harford Land Trust, said that the group approached the family two years ago when development of the area seemed imminent.

"It was the first time the Department of Defense had partnered with a local government in an Army Compatible Use Buffer program and only



Photo by YVONNE JOHNSON

From front to rear, an M-1089 wrecker, an M-1152 high mobility multi-purpose wheeled vehicle and a Stryker vehicle drive up a hill on a test track at the U.S. Army Aberdeen Test Center's Churchville Test Area.

the fourth such buffer preservation project in the nation," Niland said. "Now instead of twenty-two houses out there, we have a protected area as well as more space to support the Army mission."

Also in attendance was the Hopkins family who included Margaret Hopkins, the proper-

ty owner, her daughter Peggy Bachman and her son, Timothy Hopkins.

Margaret Hopkins said the family has owned the 163-acre Priestford Farm for 52 years and that the buffer program was "preferable to development."

"This has been an ongo-

ing process over the last two years," she said, noting that the family was compensated to relinquish its development rights.

"We would prefer to keep the environment basically the same," she said.

Other guests included Alex Beehler, assistant deputy under secretary of Defense; Tad Davis, deputy assistant secretary of the Army for Environment, Safety and Occupational Health; Harry Webster, president of the Harford Land Trust Board of Directors; and Harford County Executive David Craig.

All of them praised the rare yet vitally important program.

Rooney said that the mission of the Harford Land Trust is "primarily to support the DoD test and evaluation mission."

"As we continue to fight the Global War on Terror, it is crucial that we provide the most reliable vehicles available," he said. "This test area is a critical tool in testing vehicles before they are deployed."

"APG has played an important role in Harford County for the last ninety years, but more importantly, it has played an important role in our country," Craig added. "It was a pleasure to sit down with this family and work on this project."

Webster said that the project was a credit to all involved and that it proves that it is possible to share concern for the Army mission as well as the environment.

"Fences cannot fence out the effect people have on land and property," Webster said. "This project proves it is possible to create positive relationships with people and land to create positive benefits for all involved."

ACUB Program

The United States first established military installations in rural areas, far from population centers. As the nation's population has grown, incompatible development now abuts many installations.

Noise, dust, and smoke from weapons, vehicles and aircraft prompt citizen complaints and commanders frequently are required to choose between being good neighbors and meeting training and testing requirements.

The Department of the Army formalized an ACUB process that is initiated locally at the installation level but reviewed, approved and funded centrally.

For ACUB's, the cooperating partner purchases easements or fee-simple property from a willing seller with funds contributed by the Army and other partners. These areas provide a permanent natural buffer between military training lands and residential or commercial activities.

The partner receives the deeded interest in the property and provides for long-term habitat management.

Pursuant to the terms of the Cooperative Agreement and with landowner permission, the installation may retain access rights to conduct compatible military training.

The Army's ACUB partnerships include more than 30 local and national conservation groups, state and county governments and other federal agencies providing more than \$115 million in contributions to the ACUB program. Together with its ACUB partners, the Army is permanently preserving more than 83,000 acres of buffer lands around Army installations.



Photo by DANTOMPKINS, APG FIRE AND EMERGENCY SERVICES

Firefighters Scott Dickson, left, and Brian Cully, right, retrieve Max, a 1-year-old Akita, from Canal Creek Feb. 11, after he fell through the ice.

Practice makes perfect

APG firefighters rescue dog from ice

Story by
HEATHER TASSMER
APG News

Members of the Aberdeen Proving Ground Fire and Emergency Services came to the rescue of a 143rd Ordnance Battalion trainer/developer's dog, Max, after he fell into ice-covered Canal Creek during the morning of Feb. 11.

Firefighters Brian Cully and Scott Dickson were responsible for saving Staff Sgt. Carolyn Haines' dog, a 1-year-old Akita.

Haines said she likes to let Max and her 4-year-old Asian Terrier, Misse, run free on the installation because she doesn't have a lot of area outside for them at home.

"There are not a lot of distractions on the installation, or so I thought," Haines said.

On this particular day, the temperatures were in the 20s, and very windy, Dickson said.

Haines said she let the dogs run free around the Capa Field pavilion and they ventured down the adjacent gravel path.

Haines said Max chased some geese or ducks onto the ice.

"As I walked closer, I saw his head above the ice and he was struggling to get out," she said.

She called 911 and was connected to the APG South fire station.

"I was scared," Haines said. "I knew I couldn't go out to get him. I watched him go under water several times. All I could do was stand there and pray my dog didn't die."

To her advantage, the APG Fire and Emergency Services just finished ice rescue training on the Gunpowder River. She said she gave the operator directions to her location and the operator stayed on the line with her to help calm her nerves.

"We still had our ice suits on from the training so that helped speed things up," Cully said. "We were happy we could put our ice training to good use."

Dickson and Cully broke through the ice with an ice sled to save a cold, shivering Max.

The dog had been in the water for about 15 minutes, Cully said.

After Max was rescued, the firefighters took him into their truck and gave Haines a blanket so she could dry him off.

Haines said she was very pleased with how they rescued Max.

"It only took them five minutes to get in the water and get him out," she said. "It's great to have people around who are professional and know what they're doing."

Tom Stanford, fire protection inspector, said he doesn't recommend that anyone walk

onto the ice.

"One of the problems with the APG waters is that they are tidal in nature and each tide change can break up the ice," Stanford said. "Ice that looks thick may not be able to support your weight."

DTC employee earns award for supporting Soldiers

Story by
MIKE CAST
DTC

An employee of the U.S. Army Developmental Test Command received official recognition in February for managing a test program that is helping the Army protect U.S. forces in the combat theater.

Gregory Brewer, a senior test manager in DTC's Tank-Automotive and Armaments Division, received the U.S. Army Test and Evaluation Command Employee of the Year Award for 2006. The award nomination cites his "exemplary performance... in support of Operation Iraqi Freedom" because he oversaw the automotive testing of light tactical vehicles equipped with added armor protection, including various configurations of the high mobility multipurpose wheeled vehicle, more often referred to as the humvee, or HMMWV.

The award nomination lauds Brewer, who came to DTC from the U.S. Army Evalua-

tion Center in May 2004 as a wheeled vehicle systems analyst. It recognizes the wide range of actions he oversaw to make sure that military tactical wheeled vehicles equipped with added armor and associated systems meet automotive performance standards and the safety requirements for drivers and passengers.

Brewer worked closely with colleagues at DTC and with test center staff to enable DTC to complete multiple safety confirmations, official documents it issues after a variety of user safety issues have been tested and evaluated.

The award nomination also recognized the role that Brewer played in coordinating daily with the Program Manager, Light Tactical Vehicles, which made quick-turnaround testing possible.

"Greg rose to the occasion, exceeded all expectations, and delivered on time the right information for the Army leadership," the nomination reads.

"The phenomenal success of this effort to date has garnered praise from the highest levels within the Army and is a testament to the dedication of a true... professional."

Many of the enhancements to the HMMWV were a first, so standard test designs did not apply, according to the award nomination. That made it necessary for Brewer to develop new methods for conducting testing, and to do that in the face of time constraints and other management challenges.

The program to test light tactical wheeled vehicles with added armor – both for impacts to automotive performance and for level of protection from ballistic threats – has been a high priority for ATEC and DTC for the past several years.

"Up-armored humvees have been flowing into the theater throughout the whole war effort," Brewer said.

But the changing tactics of the insurgents in Iraq prompted the Army to develop a succession of armor kits to meet the evolving threat.

DTC has tested a wide variety of armor kits for various humvee configurations, Brewer said.

The testing of up-armored vehicles and armor kits that could be installed in the field kicked into high gear in 2003, when testers at ATC began working around-the-clock shifts to test systems as quickly as possible.

Brewer also had to put in extra hours to keep pace with the need. Though he was the one chosen for the 2006 award, he noted that the light-vehicle-armor test program has been a team effort from the beginning.

"The ballistics team – Norm Harrington, Mark Simon, Kevin Betz and Louise Spangler – were involved from the beginning with the ballistics side of it," Brewer said of his colleagues at DTC headquarters.

The automotive team, headed by Dave Zupko has handled



Photo courtesy of MARINE CORPS SYSTEMS COMMAND

Gregory Brewer is overseeing the automotive testing of vehicles such as the Marine Corps Cougar, shown here undergoing a ballistics test at the U.S. Army Aberdeen Test Center. The Army is looking at a variety of alternatives to the High Mobility Multipurpose Wheeled Vehicle, to provide greater protection to Soldiers from a variety of ballistic threats.

the automotive safety and performance aspects.

"Larry Harrison was working the armor kit integration for the light vehicles from the beginning. When I came and took over the light vehicle arena from Mr. Harrison, that's about the time safety enhancements were put into the up-armored humvees and also armor kits were being put into them," Brewer said.

Mary Ellen Raymond has also been heavily involved with the medium tactical wheeled vehicles and support assets, he noted.

Although the Army has developed increasingly protective armor for its light tactical vehicles, adding this increased protection to vehicles such as the humvee has not been as simple as just bolting on heavier armor to thwart identified ballistic threats. Vehicles carrying this added weight must still be safe, meet the automotive performance requirements of the mission and provide acceptable reliability and maintainability.

"To add a new threat defeat package, you impact your auto-

motive characteristics, so there is a lot of give and take there," Brewer said. "Once the design is optimized by performing key ballistic tests, then we get a final kit configuration and go into the automotive testing of it. In order to issue a thorough Safety Confirmation, the item must have a stable configuration that has been tested and assigned risks at the appropriate level.

DTC testers needed to make sure the weight of the armor did not put too much strain on the vehicles' drive trains, suspension, steering, braking, or other vehicle components where the added weight could present problems.

The automotive testing has focused on defining the system characteristics through steering and handling, speed and acceleration, braking, a 3,000-mile vehicle endurance test, and testing to determine the impacts of any type of accessory that changes the vehicle configuration significantly, Brewer said.

DTC has also conducted human-factors tests to determine the impacts of the armor kits and associated systems on the driver and vehicle occu-

pants, including operation of door mechanisms, he added. The weight of just one up-armored humvee door is over 400 pounds, he explained. Test vehicles were positioned on a slanted surface, and then test personnel opened the doors on the up-slope side from within.

"We give the vehicle a human-factors look to make sure the (passengers) can still work the door mechanisms, open the door, and safely egress from the vehicle," Brewer explained.

Testing did not just focus on vehicle occupants riding in the cab. The safety of the gunner riding in the turret was obviously a key consideration, he said.

"We have also done a lot of testing on turret kits," Brewer said. "We've looked at many versions, for both the Marine Corps and the Army. The latest one for the Army is what they're calling the Objective Gunner Protection Kit and Gun Shield."

"I would like to dedicate this award to my mentor, Mr. Larry Harrison, who taught me everything I know about U.S. Army wheeled vehicle systems," he said.