



Post Shorts

Recycling schedule

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



Time to fall back

Don't forget to turn clocks back one hour on Nov. 4, under the new Energy Policy Act of 2005. Standard time resumes and daylight saving time ends at 2 a.m. officially on the first Sunday in November in each time zone.

Otto Road closure in APG South rescheduled Nov. 3

Due to inclement weather, the Oct. 27 closure of Otto Road was rescheduled for Nov. 3. Otto Road will be closed between Ricketts Point Road and building E-4301 for installation of the underground power supply for the new Sample Receipt Facility being constructed next to the Advanced Chemistry Laboratory. The closure should not last more than 24 hours; however, inclement weather may again either delay the actual start date or extend the duration of the closure.

During the period of closure, motorist and pedestrians are requested to avoid the area.

For more information, call Jerry Norris, Directorate of Installation Operations, 410-306-1159.

APG switches from Harford County water

On Sept. 25 the city of Aberdeen was required by Susquehanna River Basin Commission to cease drawing water from Deer Creek and implement their back-up plan to supply water to Aberdeen Proving Ground.

Based on the present weather pattern and the flow rate in Deer Creek as of Oct. 22, the SRBC gave the city of Aberdeen permission to resume drawing water from the Deer Creek pumping station. The change over was seamless and the pressure at

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Issue Highlights

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APG Soldier named AMC Soldier of the Year

Army Band specialist competes at DA level after AMC competition

Story by
YVONNE JOHNSON
APG News



Photo by MIKE STRASSER, FORT LEE PUBLIC AFFAIRS
Spc. Samuel Yoo, a pianist with the U.S. Army Materiel Command Band and AMC Soldier of the Year, focuses on his next challenge during the Warrior Tasks and Battle Drills event at the Department of the Army Best Warrior Competition at Fort Lee, Va., Oct. 4.

A pianist with the U.S. Army Materiel Command Band who was named the U.S. Army Materiel Command Soldier of the Year in September went on to compete at the Department of the Army level in the Best Warrior Competition that was held at Fort Lee, Va., Oct. 1 to 5.

Spc. Samuel Yoo, who has been in the Army only two years, outperformed his competitors to be named AMC's top Soldier during the competition held at Fort Belvoir, Va., in September, which automatically qualified him to represent AMC in the Army-wide competition in which 26 Soldiers and noncommissioned officers participated.

Staff Sgt. Jason Seifert, 3rd U.S. Infantry (Old Guard) was named Noncommissioned Officer of the Year and Spec. Heyz Seeker, 1st Battalion, 75th Ranger Regiment, Fort Benning, Ga., won Soldier of the Year.

All competitors were recognized by Sgt. Maj. of the Army Kenneth Preston, during the Association of the United States Army Conference Oct. 8 in Washington, D.C.

Although he did not win, Yoo said that he feels he is a better Soldier for the experience.

"It was a great experience and I felt real confident," Yoo said. "If you want to stay in it's a great way to get to know the Army and find out what you're made of."

Yoo's platoon sergeant, Sgt. 1st Class Jeremy Davis, nominated him and accompanied him through both competitions. Davis said that he had full confidence in his Soldier's potential.

"He's second to none in initiative and leadership," Davis said. "If you put something in front of him you can count on him to figure it out."

Davis said after conferring with the band's Sgt. Maj. Wendy Thompson, they asked Yoo to consid-

er competing.

"It wasn't persuasion," he said. "We just told him to think about it."

Yoo said he was honored by their consideration.

"They showed faith in me," he said. "I figured if my sergeant major and platoon sergeant have that much confidence in me, it must mean something."

He said he studied on his own and also signed on for the Warrior Leader Course operated by the Noncommissioned Officer Academy in Fort Bragg, N.C., and that training along with the mock boards conducted by his unit counted heavily in his preparation.

Thirteen major Army commands were represented in the Best Warrior Competition which tests Soldier skills, qualities and abilities in every aspect. Events consisted of the Army Physical Fitness test, a written examination on general military topics, a graded essay on an assigned topic, M-4 rifle qualifications, day and night urban warfare orientation courses, evaluation in critical Warrior Tasks and Battle Drills and a Mystery Event. The final selection board, chaired by the SMA, evaluated each Soldier's appearance, military bearing and knowledge in a number of key areas.

Yoo said he thought he did well overall although he had trouble with land navigation due to the heat and humidity and that sleep deprivation was a factor for all competitors during the grueling competition, which included a combative competition that he lost on a technicality.

"He's being modest," Davis said of the combative test. "They went at it five times in a row and they still couldn't determine the winner. That match gained the most respect because it was the longest bout. They said they gave it to [his opponent] because he was the closest to winning."

Yoo said that "win or lose, you come away

See YOO, page 15

KUSAHC awarded accreditation from The Joint Commission

KUSAHC

By demonstrating compliance with The Joint Commission's national standards for health care quality and safety, Kirk U.S. Army Health Clinic has earned the Joint Commission's Gold Seal of Approval™.

"Achieving accreditation demonstrates that KUSAHC has voluntarily sought an independent evaluation of its compliance with state-of-the-art health care performance standards," said Michael Kulczycki, executive director, Ambulatory Care Accreditation Program, The Joint Commission.

"Successful accreditation is yet another demonstration of our ongoing commitment to provide access to the safest and highest quality of care to service members and their families, past and present, for their sacrifice and service to ensure the well-being of this great nation" said Col. William Rice, KUSAHC commander.

An independent, not-for-profit organization, The Joint Commission is the predominant standards-setting and accrediting body in health care.

KUSAHC offers advice against MRSA bacteria outbreak

KUSAHC

There has been some recent press coverage regarding methicillin-resistant Staphylococcus aureus, or MRSA.

The providers at Kirk U.S. Army Health Clinic have an increased index of suspicion when they see patients with characteristic lesions.

"The lesions are being cultured and the results are being followed by Community Health Nursing," said Col. William A. Rice, commander, KUSAHC. "Those who test positive are being

Since 1975, The Joint Commission has developed state-of-the-art standards for outpatient ambulatory care organizations.

"Our organizational philosophy emphasizes a tremendous effort toward the achievement of this goal for the APG [North and South] clinics. KUSAHC meets these quality standards on an ongoing basis since The Joint Commission accreditation surveys have changed to an unannounced format. They can be back anytime, so we must always be ready. As a result, meeting accreditation standards and requirements in quality are part of our everyday business practice," Rice said.



treated and followed appropriately with proper preventive measures put into place."

Preventive Medicine has provided advice to units at Aberdeen Proving Ground for preventive measures that are tailored to activities of each unit.

For more information or guidance, contact Preventive Medicine, 410-278-1774/1964.

"Be assured that the rate of infection at APG is generally no different than elsewhere in the United States," Rice said. See page 13 for more information on MRSA.

Army Celebrates American Education Week

APG Education Center

The Aberdeen Proving Ground Education Center and educators from across the nation will celebrate American Education Week Nov. 10 to 17.

APG events

• Nov. 13 to 16, Open House with food and refreshments and a daily raffle.

• Nov. 14, 19th Annual College Fair and "Academic Honors Ceremony" in recognition of Soldiers' academic achievements, 9 a.m. to noon, building 4305, 2nd floor, room 243 (Soldiers Processing Room).

• Nov. 15, Troops-to-Teachers briefing for Soldiers and spouses, conducted by Robert Henry, coordinator, Maryland Department of Education, 10 a.m., building 4305, 2nd floor, room 213b.

This year's theme, 'America's Responsibility: ensuring great educational opportunities to a mobile military,' underscores the philosophy that started AEW.

Representatives of the National Education Association and the American Legion met for the first time in 1919 to address the reasons that 25 percent of the country's World War I draftees were illiterate and that 90 percent were physically unfit.

As a result of this meeting, both organizations were able to seek ways to generate public support for education of the Army's Soldiers.

The Army Continuing Education System offers a variety of programs to assist Soldiers in obtaining associate, baccalaureate and master's degrees, GEDs or certification or

licensure.

These programs take into consideration Soldiers' busy lives due to mission requirements and personal time.

Soldiers are no longer tied to the traditional classroom type education. They can now earn degrees through a variety of distance learning programs sponsored through their local Army Education Center.

During American Education Week, Soldiers who have not yet begun planning for their civilian careers after they leave the military are encouraged to stop by the local education center for information on ACES programs and services.

For more information, contact Tressie Stout, education services specialist, 410-278-2380, or e-mail tressie.stout@apg.army.mil.

Army building its civilian bench for mobility

Story by
J.D. LEIPOLD
Army News Service

A new Department of Defense directive will emphasize mobility for civilian employees and training an expeditionary workforce ready to deploy to hot spots like Iraq and Afghanistan.

Patricia S. Bradshaw, deputy undersecretary of Defense for Civilian Personnel Policy, discussed the draft directive and civilian leadership development during a seminar Oct. 10 at the annual meeting of the Association of the U.S. Army.

The new directive has been written and is presently awaiting signature, Bradshaw said. It defines the competencies expected of its senior leaders, she said, and outlines opportunities for movement so that mobility becomes the norm as opposed to the exception.

Expeditionary workforce

"We've needed to start building the right kind of competencies to create a civilian workforce that is as expeditionary as our military members," Bradshaw said, "so when the balloon goes up, people are there to respond - whether it's in Africa, Iraq or Afghanistan, that's the wave of the future."

Future DOD senior executive service members will be required to make commitments to life-long learning and have a portfolio of diversified working experiences outside their organizations, the deputy undersecretary said. The days of being "home-grown" are gone, she said, because leaders today need to be more rounded and well-versed in the global international environment.

The future calls for multi-skilled leaders who are strategic and creative thinkers, Bradshaw said. Future training must build leaders and teams who are effective in managing, leading and changing large organizations, she said, and who understand cultural context and how to work effectively across that culture.

SES demographics

Bradshaw discussed the effect SES demographics will have on future leadership within the Army and throughout the Department of Defense.

"The average age of SESers in DOD is 54 and a half with 23 years of service," she said. "Right now 30 percent are eligible to retire and by 2010 about 50 percent of them will be eligible to retire. Looking out across the rest of the department today, forty two percent of our workforce is eligible to retire and by twenty ten, some seventy percent will be eligible, so

See MOBILITY, page 13

APG South gains telephone prefixes

DOIM

A new block of telephone numbers have been placed into use at APG South.

The commercial area code and prefix for these numbers will be 410-417-XXXX, and the numbers will be in the range from 0000 through 4999.

The DSN prefix for these new numbers will be 867. When dialing the new numbers from an on-post line, dial 6-XXXX.

The information for all APG phone lines/prefixes is:

COMMERCIAL	DSN	ON-POST
410-278-XXXX	298-XXXX	3-XXXX (APG North)
410-306-XXXX	458-XXXX	4-XXXX (APG North)
410-417-XXXX	867-XXXX	6-XXXX (APG South)
410-436-XXXX	584-XXXX	5-XXXX (APG South)

For more information, call the DOIM Service Desk, 410-306-4357.

Maryland Secretary of Veterans Affairs speaks to area retirees

Story by
YVONNE JOHNSON
APG News

Aberdeen Proving Ground area retirees learned about a host of available services and heard updates from installation leaders during the Retiree Appreciation Day program at the Post Recreation Center Oct. 20.

Along with health checks and flu vaccinations, the program included displays by local, state and national organizations and remarks by Maj. Gen. Fred D. Robinson, commander of APG and the U.S. Army Research, Development and Engineering Command, and Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander.

James Adkins, Maryland Secretary of Veterans Affairs, was the guest speaker.

Representatives from the APG Retiree Council greeted attendees and distributed surveys asking for feedback about services and facilities available on the installation.

"This is the first year we've asked them to fill out the questionnaires," said Drew Nobles, APG retirement services officer, adding that the goal was to gain an assessment of "what is satisfactory and what may need fixing."

A small tribute to the late retired Col. Charles Shadle, former chairman of the APG Retiree Council who passed away suddenly in June, decorated the registration table.

Weissman said he was "honored and proud" to support the area's veterans and retirees.

"They are entitled to many rights and privileges and deservedly so," he said.

He extended special thanks to organizations on and off post that also support the retiree population.

"I hope this event answers any questions you may have," he said.

Noting that Edgewood is no longer referred to as the 'Edgewood Area' but as 'APG South,' Robinson told the audience that "APG is going to change and grow."

He said that the installation will lose 2,500 Soldiers and gain 7,500 civilian

employees and that the command was aware of their concerns about what that means for current services.

"Central services will remain," Robinson said, adding that the installation will retain the main exchange, the commissary, pharmacy and other services.

He encouraged them to give their input about what is needed to support their interests in the commissary, for example, where consumers have shown an interest in the types of vitamins in stock.

"We want to understand what your needs are so that as we change we don't forget the needs of one of the most valued parts of our community," he said.

Regarding Base Realignment and Closure, Robinson said that the community can expect "a relatively high tech and highly paid workforce coming from Fort Monmouth [New Jersey] to the north and [the U.S. Army Test and Evaluation Command] to the south."

"The population will change and quality of life will change slightly to become more focused on the civilian workforce," Robinson said.

He invited retirees and their Family members to attend the 90th Anniversary Open House to be held in organizations throughout the installation Nov. 9.

"If you retired from the APG community, come back and see what our Army today has taken from the opportunities you gave them," he said.

Weissman introduced Adkins who told listeners that he liked his job because, "I don't have to worry about pleasing anyone but you."

"Additionally," he said, "The governor is extremely concerned about what we are doing for our veterans."

He said that he and Governor Martin O'Malley's priorities include increasing services to veterans in rural areas, ensuring that all veterans are informed of their benefits, providing assistance for those who wish to file claims and supporting the state tax exemption for retirees.

He encouraged listeners to keep up with changes within the Veterans

Administration that may affect them and to not waive their rights.

Outreach and advocacy groups are in place to make sure veterans are informed about current and new benefits such as the \$125,000 payment the state of Maryland awards to the Families of fallen Soldiers in the War on Terror, Adkins said.

Other benefits available to Maryland veterans include the Veterans Home at Charlotte Hall in southern Maryland as well as college scholarships being offered by state colleges to those returning from Iraq and Afghanistan. In addition, the Maryland VA is considering establishing a Veterans Hall of Fame and it also has created a new "Commitment to Maryland Veterans" program based on what it has observed in programs in other states, to address issues such as women's health, employment and Family scholarships. Regarding the tax exemption on military retired pay, Adkins said that, "the Maryland Task Force has been fighting for it for several years," and that they recently met with the governor.

"Thirty minutes turned into fifty minutes, and it was a very good conversation," he said. "I can tell you that it is on the table, but Maryland is facing significant issues regarding budget."

"An exemption makes good economic sense when you think about how retirees support Maryland's economy," he said.

Adkins invited all veterans to contact his office by calling or e-mailing to keep abreast of information and to share their ideas.

"Veterans are involved in their communities," he said. "We served in structured organizations, and we take that sense of structure and involvement to our communities when we leave the military. It is an economic argument that we're going to follow. I invite all of you to stop by and see me in Annapolis."

CRSC

Navy Cmdr. Lori L. Roe gave a presentation on the Combat-Related Special Compensation program,

a congressionally mandated benefit program that provides additional tax-free income to disabled veterans who were injured in combat. Eligible veterans with 20 or more years of service that have combat-related VA-rated injuries will no longer have their military retirement pay reduced by the amount of their VA disability compensation. Instead, they will receive their full military retirement pay and their VA disability compensation.

Roe said that to be combat-related, the injury had to have occurred during either combat or a combat training event.

"Just being in a combat zone doesn't necessarily qualify," she said.

"It's very important that your health records state exactly how and why the injury occurred."

She said that two reasons for rejection of applications are that the official documents don't tell how the injury occurred or that the VA rating decision [narrative summary] was not provided.

Older retirees may have to visit a VA doctor to authenticate their records but anyone who thinks they may be eligible should contact a CRSC representative right away, Roe said.

"We have a Web site and call center for more information," she said. "Please don't hesitate to contact us. We're trying to get the word out as best we can, and we need recipients to be ambassadors to help get the word out."

For more information, visit the

CRSC Web site, www.crsc.army.mil

or call toll free 866-281-3254.

TREA

Arthur Cooper, president of the Fort Meade chapter of The Retired Enlisted Association briefed on what the organization does and the advantages of membership. A member of the Maryland Veterans Task Force that recently met with the governor, Cooper said that he was impressed with how prepared and informed the governor was regarding the interests and needs of Maryland veterans.

"I told him that a lot of retirees won't move here under BRAC because Maryland is not tax friend-

ly," Cooper said.

He urged all retired enlisted to join TREA and increase their "legislative voice."

"We have lobbyists in Washington and we're getting things done but we need all of you behind us to keep it going," Cooper said.

Chartered by Congress, TREA serves the interests of active, retired, National Guard and Reserves enlisted personnel.

For more information, visit www.trea.org; contact Cooper at 443-336-1230 or e-mail him at arthurtrea4@hotmail.com.

Panel discussion

Organizations represented in the panel discussion included the Directorate of Morale, Welfare and Recreation, Office of the Staff Judge Advocate, AAFES, the Commissary, Kirk U.S. Army Health Clinic, the U.S. Family Health Plan and the Baltimore Department of Veterans Affairs.

Notably, KUSAHC commander Col. William Rice invited retirees to visit the KUSAHC table to receive flu shots, blood pressure checks and other health information and recommended that those over age 65 look into the U.S. Family Health Plan for additional health coverage due to certain Medicare laws.

"The U.S. Family Health Plan is a good compliment to what Kirk provides," Rice said.

Ron Taylor, a representative of the U.S. Family Health Plan called it the "best kept secret in the state."

He said the plan is sponsored and paid for by the Department of Defense and that it is a "total military TRICARE [Prime] plan."

"All of you as retirees are eligible for this plan," Taylor said.

For more information, call 800-748-7347 or visit <http://www.usfhp.org/>.

Clayton T. Smith represented the Baltimore VA regional office. Smith said he is available three days a week for information regarding educational, home loan and other veteran

See **RETIREE**, page 13

Program encourages domestic violence victims to speak out



A table representing the silent victims of domestic abuse, women and children, along with posters depicting past Domestic Violence Awareness themes, sits on display in Top of the Bay during the 'Breaking the Silence' program Oct. 22.

Story and photo by
YVONNE JOHNSON
APG News

Emotional outpourings and heartfelt stories of tumultuous childhoods highlighted a Domestic Abuse Awareness program held at Top of the Bay Oct. 22.

The Army Community Service Family Family Advocacy Program hosted 'Breaking the Silence,' which focused on the pain and recovery process for victims of domestic violence.

Lynda Fernandez, ACS victim advocate coordinator, said that the program's goal was to communicate the importance of speaking out against domestic violence and inform victims that they have options and they are not alone.

"You all have a very important role to play in stopping the

violence," Fernandez told the audience. "Every person has a right to live a life that is free from harm. The more community involvement, the more progress we will make."

The program's guest speakers included Betty Ramirez-Swinners, founder and chief executive officer of Diversity Speakers, a company established to promote minority public speakers and trainers to ensure diversity and Sandra Ramos, founder of Support Our Sisters, a supportive network of shelters that provide assistance to women and children fleeing abuse.

A domestic violence survivor, Ramirez-Swinners shared her story of an abusive childhood at the hands of alcoholic parents while growing up in Mexico. She said that her mis-

sion in life is to travel and share her story of survival.

"I never had a kind word spoken to me," she said. "My mother just slapped and pushed me around or pulled my hair or called me names."

She said that her mother spent most of her days in bars and that at the age of four she was sitting outside of those bars waiting for her mother to come outside.

"There was never anything waiting for me at home, not a warm bed or home-cooked meal," she said.

She said her mother always told her that she never wanted her, that she was nothing and that she would always be nothing. Along with the verbal abuse, she suffered physically during her mother's drunken rages. Additionally, she was sexually molested by her father

from the age of 4 to 12, and she said that the only affection she received was when out of guilt he would give her a toy. By age 10, she was reading out of a bible he had given her.

"I read everything from [the Book of] Genesis to Revelations, she said, adding that her readings provided her only source of comfort.

"I felt homeless, with no friends, no counselors, no school teachers," she said.

Her parents were forced to send her to school at age 11 where she was put into the second grade, which she failed.

She eventually completed the fifth grade, but her formal education ended there.

"Physical, mental and spiritual abuse defined my life," she said. "I was beaten and unloved, but I had hope. We die if we don't have hope and if not for hope I wouldn't be here today. My mother could knock me down but she could not knock me out."

"I realized that I had no control over my childhood, so now my purpose is to help others believe that they can be successful," she said.

Today Ramirez-Swinners is an influential, motivational speaker who has been recognized as 'One of Texas' Most Influential Women' by *Texas Hispanic Magazine*, inducted into the Hispanic Women's Hall of Fame by Hispanic Women in Leadership and awarded the First Anna Maria Arias Memorial Business Fund during the Hispanic Chamber of Commerce National Convention.

She is the co-author of "Tortilla Soup for the Spirit" and two new books, "Daily Affirmations for Latinos" and "A Story of Hope and Fried Chicken."

The next speaker, Sandra Ramos, looked around the room and said that she was certain that "every single person in this room has been touched by violence."

"It's very much a part of our society and we need to change that," Ramos said.

Ramos started a shelter for battered women in her home in 1970.

"Nobody talked about battered women in 1970," Ramos said. "It happened, but it was in private."

Eventually, the number grew to 22 women and children including Ramos' own three children. She said that when neighbors complained that they didn't want abused women and children living on the block she told them, "You've already got them."

A self-described child of the 60s, Ramos said she wanted to help women following her divorce after 10 years of marriage. She said that although she wasn't physically abused, she grew up with parents who were emotionally abusive, and she wanted to share her home with women in similar situations.

"When it comes to domestic violence, statistics will never tell the whole truth," Ramos said. "It might be a lot more than we think because so much goes unreported."

"Happily married women didn't come to my house," she added.

She said she learned by talking with these women and professional counselors that abuse has one common denominator, batterers are bullies.

"Batterers use controlling techniques because they need the victim although they try to convince the victim other-

wise," she said. "And the one way to keep the victim down is to kill the spirit."

Even when threatened with jail, Ramos marched, staged sit-ins, threatened legal action, and defied court orders to protect women and children from their abusers.

She is responsible for the opening of the first official battered women's shelter in North America and she has opened several safe houses in New Jersey, established The Family Transitional Institute and fought for legislation to protect victims and Families from abuse.

"The first relationship you have is with yourself," Ramos said. "And for anyone who comes into your life, if they can't respect you, you don't need them."

Strengthen Our Sisters provides safe supportive shelter to 155 women and children. It is one of the largest shelters in the state of New Jersey and has received recognition for its model programs toward breaking the cycle of domestic violence and fostering self-sufficiency.

Ramos teaches a special course she developed, 'The Dynamics of Domestic Violence,' at Ramapo College.

Fernandez thanked both speakers then passed a large sea shell around the room. She said the shell's journey was similar to a victim's journey hard exterior symbolizing the shell's strength and individual beauty despite being tossed around in the ocean. She invited anyone holding the shell who felt the need to share stories of their inner strength or experiences to do so.

See **VIOLENCE**, page 3

APG News

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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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Staff

APG Commander Maj. Gen. Fred D. Robinson
APG Garrison Commander Col. Jeffrey S. Weissman
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
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Web site www.apgnews.apg.army.mil



Delta Dental wins contract for TRICARE Retiree Dental Program

Delta Dental

Five-year renewal with new benefits affects 1 million-plus enrollees.

Delta Dental of California announced Sept. 26 that the TRICARE Management Activity of the Department of Defense awarded the company a new five-year contract to continue to administer the TRICARE Retiree Dental Program.

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits as a voluntary option to the nation's 5 million-plus uniformed services retirees and their Family members. The new contract becomes effective on Oct. 1, 2008.

With current enrollment of more than 1 million retirees and Family members, the TRDP is already the nation's largest voluntary, all-enrollee-paid dental program.

The enhanced TRDP will feature some additional benefits once the new contract is effective, including certain implant services at 50 percent of allowable charges, an increase to the orthodontic lifetime maximum from \$1,200 to \$1,500 and 80 percent coverage for certain posterior composite restorations.

During the new contract period, the TMA also anticipates authorization to extend the TRDP to new overseas locations, matching as closely as possible the same benefits of the current "enhanced program."

"Based on the anticipated changes and expansion of benefits with fewer restrictions, we expect to see healthy growth

in the TRDP continue over the course of the new contract period," said Delta Dental President and Chief Executive Officer Gary Radine.

The TRDP will continue as a national, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. While enrollees may seek care from any licensed dentist in the service area, optimal benefits will be available to those enrolled retirees and their Family members who choose a participating network dentist.

"Since the TRDP's introduction in 1998, Congress and the Department of Defense have steadily increased benefits, much to our delight and that of our TRDP enrollees," said Lowell Daun, DDS, senior vice president for Delta's Federal Services Division.

A mandatory 12-month enrollment obligation continues, after which enrollees can remain in the program on a month-to-month basis. A more basic program remains closed to new enrollees, but will continue with no change in benefits for those already enrolled who wish to continue.

The program still carries a \$50-per-person-per-year deductible, with a Family cap of \$150, and an annual maximum of \$1,200 per person, against which pre-

ventive and diagnostic services are not counted. Coverage for these services, as well as for basic restorative services, periodontic services, endodontic services, oral surgery and dental emergencies is available immediately on the effective date of coverage.

Crowns, bridges, full and partial dentures, certain implant services and orthodontics will be available after only 12 months continuous enrollment, payable at 50 percent.

As with the current TRDP, eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta's dedicated TRDP web site at www.trdp.org or by calling the toll-free number, 1-888-838-8737.

For San Francisco-based Delta Dental of California and its Federal Services division based in Rancho Cordova near Sacramento, this contract renewal allows the division to continue its significant contribution to its larger, nonprofit holding company's most recent growth. The holding company system, which includes Delta Dental of California, Pennsylvania and affiliates in 16 states plus the District of Columbia and Puerto Rico, covers nearly 22 million Americans. Last year, the enterprise posted consolidated revenues of \$5.1 billion.

All the companies affiliated with the holding company system are also members of the national Delta Dental Plans Association, which collectively covers approximately 50 million Americans.

Violence

From page 2

Several members of the audience, particularly cadets from the Maryland Army National Guard's Freestate Challenge Academy, did just that.

Cadet Deatrius, 18, of Baltimore said he witnessed his father beating his mother on several occasions.

"It's good that you tell your stories to help somebody else,"

he told the speakers. "My mother is doing better," he added. "We got away from that."

Ciamarra, 17, from New York, said that she had "a really rough childhood."

"My father emotionally abused my mother, and as I grew up I let others do anything toward me," she said. "Being here today taught me I don't have to take that. I don't have to be emotionally battered."

With tears rolling down her cheeks, Keysha, 17, from Brandywine, said that she was

a victim of rape who had found strength in camaraderie with her classmates.

"This has changed me a lot," she said as she gripped the shell. "They are like Family to me, and they have helped make me stronger. Thank you, all of you for being there for me."

"I've seen my mom go through a lot," added another young man who said his father also was physically abusive. "This shell is beautiful," he said. "It's made me feel like I can be a better son. I just want to appreciate my moth-

er more than I have."

APG police officer Amber Holdford teaches domestic violence awareness at the Directorate of Law Enforcement and Security's Police Academy.

"I enjoy coming to these programs because it helps me to be a better instructor," Holdford said. "I'm a survivor myself."

Fernandez thanked all for attending and sharing their stories.

"You can see now that you are not alone," she said.

Community Notes

FRIDAY

NOVEMBER 2 BASKET BINGO

Meals on Wheels of Central Maryland will host a Fall Basket Bingo, at Rosedale Gardens located on 8037 Philadelphia Road, Rosedale. Doors open 6 p.m., bingo

begins 7 p.m. Tickets cost \$20 for 20 games. Proceeds will benefit Meals on Wheels of Central Maryland.

Reservations are required, no tickets sold at the door. Make checks payable to Meals on Wheels-Bingo Tickets and mail to Meals on Wheels of Central Maryland, Bingo Tickets, 515 S. Haven St. Baltimore, MD 21224.

For more information, call 443-573-0929 or visit www.mealsonwheelsmd.org.

RAACE ANNUAL BULL AND OYSTER ROAST

The Race Against Abuse of

Children Everywhere Foundation will hold its 2nd Annual "Roast for RAACE," 8 p.m. to midnight, at The Richlin Ballroom located on 1700 Van Bibber Road, Edgewood. Tickets cost \$40 per person and include live entertainment by Surreal, food, beer, silent auction, raffles, big game wheels, good tunes and great company. The "Autographed celebrity Biker Bench" raffle winning ticket will be drawn at the Roast. Raffle tickets cost \$5.

For more information or to purchase tickets, call 410-893-1001 or visit <https://www.raace.org/NETCOM->

[MUNITY/SSLPage.aspx?&pid=250&srcid=192.](https://www.raace.org/NETCOM-)

SATURDAY

NOVEMBER 3 WEE WONDERS ABOUT LEAVES

Leaves have fallen. How many different ones can be found? How many are the same color? Make a cool leaf crown while exploring the different types of leaves. Be prepared to be outside for a walk. This free program will be held 3 to 4 p.m. for ages 4 and under. Registration is required.

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

A WOMAN'S JOURNEY

Johns Hopkins Medicine will sponsor the 13th annual health symposium, "A Woman's Journey," 8:15 a.m. to 4:15 p.m., at the Baltimore Marriott Waterfront Hotel located on 700 Aliceanna Street, Baltimore.

The women's health conference provides new and compelling information about important issues affecting women's health including nutrition, improving memory, heart disease, cancer and more. This one-day program offers more than 30 seminars. Guest speaker Dr. Leslie Mancuso, CEO of Johns Hopkins, will share her journey through war-torn nations and international halls of power to improve the health of women and their Families. Guest speaker for the luncheon is Brittany Lietz, a former Miss Maryland and national spokesperson for the American Academy of Dermatology, who will talk about her own experience with melanoma from using tanning beds.

For more information, call 410-955-8660 or e-mail awomansjourney@jhmi.edu

SUNDAY

NOVEMBER 4 SIGNS OF FALL HIKE

Has summer really ended? Are there signs to look for? Take a walk and explore the world of fall, and see how many changes can be spied. Be prepared to be on the trails the whole time. This free program will be held 10:30 a.m. to noon for all ages (Families). Registration is required.

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

MONDAY

NOVEMBER 5 APG DEFENSE TECHNOLOGY AND INTELLIGENCE CAREER DAY

The Armed Forces Communications and Electronics Association Aberdeen Chapter will sponsor the APG Defense Technology and Intelligence Career Day, 10 a.m. to 2 p.m., at Top of the Bay. Representatives will be available to discuss career and professional development opportunities.

Technical skill sets for job seekers that will be targeted include the following but not limited to: encryption and communications specialists, satellite communications, information systems security, project management, engineers, scientists, systems administrators, physical security, homeland security, finance, acquisition, analysts, linguists, intelligence specialists and information technology professionals. All personnel with any security clearance, IT, technical, scientific, military, government, contractor or intelligence background are encouraged to attend.

For more information or to pre-register, visit www.TransitionCareers.com or http://www.transitioncareers.com/jobseekers_registration.shtml

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

Post Shorts

APG North is normal.

For more information, contact Dennis Overbay, 410-652-0862.

NAF open season begins Nov. 5

The Nonappropriated Fund Open Season for regular full-time and part-time employees runs Nov. 5 through 30. Department of the Army NAF Benefits has forwarded information to qualified employees to their home address.

Stand Alone Dental is being offered for the first time to NAF employees. This applies to employees that already have medical coverage elsewhere but would be interested in electing dental coverage only.

All changes must be processed before the close of business Nov. 30.

To make an appointment to make changes to benefit elections or for answers to questions, call NAF Human Resources, 410-278-5127/8994.

Newcomers Orientation next week

The Relocation Readiness Program will hold its quarterly Newcomers Orientation, 1 to 3 p.m., Nov. 7, at the APG North Recreation Center, building 3326. ACS and representatives from various on- and off-post service and support agencies will be on hand to answer questions new arrivals may have. Literature and door prizes will be distributed.

To register, contact ACS, 410-278-7272 or e-mail the Relocation Readiness Program manager, Phyllis.ethridge@apg.army.mil.

Disability Employment Training Conference scheduled

The Federal Executive Board is sponsoring the annual Disability Employment Training Conference 8:30 a.m. to 3:30 p.m., Nov. 8. The conference is being hosted by and at the Centers for Medicare and Medicaid Services Complex, 7500 Security Boulevard, Baltimore (Woodlawn).

This one-day conference is for federal, state and local managers, supervisors, professionals, special emphasis program managers and employees, who work in the disability arena. The conference fee of \$50 includes a continental breakfast, lunch, breaks and a conference pad-folio and materials.

For additional details and registration information, visit the FEB Web site <http://www.baltimorefeb.us> or send an e-mail to Baltimore.feb@verizon.net.

Comedy Night Explosion Saturday Night

The public is invited to Comedy Night Explosion, Nov. 3, at the Post Theater, building 3245. Doors open at

7 p.m., and the show starts at 8 p.m.

Timmy Hall will host the event. Acts include Skiba, Lonnie Davis, upcoming vocalists Ronika and Will Star and also featuring DJ Haz Mat.

Keep the ticket stubs for admission into the after party. Refreshments will be available.

Tickets cost \$15 for active duty military and \$20 for civilians. For more information or to purchase tickets, visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907, or Hoyle Gymnasium, building E-4210, 410-436-3375.

KUSAHC closes for training holiday

The Kirk U.S. Army Health Clinic will be closed Nov. 13 for a training holiday.

RecruitMilitary career fair in Baltimore today

The military-to-civilian recruiting firm, RecruitMilitary in cooperation with HireVetsFirst, a unit of the U.S. Department of Labor and the American Legion is hosting a career fair for veterans and their spouses 11 a.m. to 3 p.m. at M&T Bank Stadium (Home of the Baltimore Ravens) 1101 Russell Street in Baltimore, Nov. 1.

Active duty military, including National Guard and Reserves, transitioning to civilian life, veterans and their spouses are invited to meet with more than three dozen veteran-friendly employers. Bring at least a dozen resumes and be prepared to fill out applications or for on-the-spot interviews.

For directions or more information visit www.recruitmilitary.com or call John McCahan, national account executive, Baltimore region, at 410-747-2033 or e-mail him at john.mccahan@recruitmilitary.com.

Sign-up for Christmas Gift Wrap Program

Plans are underway for the annual 2007 Christmas Gift Wrap Program sponsored by AAFES and coordinated by the APG Army Volunteer Corp Coordinator. All Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations, and APG volunteer activities are eligible to participate and should designate a representative.

Organization/activities interested in participating must contact Marilyn Howard, 410-278-9669, by Oct. 30 with the names and phone numbers of representatives.

All representatives must attend a mandatory meeting 10 a.m., Nov. 1, building 2754, Army Community Service.

VVA parade to celebrate 25 years of 'The Wall'

Vietnam Veterans of America is sponsoring a 25th Anniversary Parade commemorating the dedication of the

Vietnam Veterans Memorial Nov. 10 on the National Mall in Washington, D.C.

Organizers are expecting the largest gathering of veterans in Washington since the dedication of The Wall in 1982.

The festivities begin at 10 a.m. with opening ceremonies featuring celebrities, athletes and political and military leaders at the parade's starting point on the Mall at 7th Street between Jefferson and Madison drives.

The parade follows, 11 a.m. to 4 p.m. with thousands of participants including prominent Vietnam veterans, military vehicles, floats, veteran motorcycle groups and marching bands from around the country. The parade ends on the grounds of the Washington Monument where participants and spectators can take part in unit reunions and enjoy a variety of activities and vendors.

Application forms for individuals and groups who would like to join the parade are available at http://vva.org/25thEvent/event_info.htm or by calling toll free 877-727-2333.

For special accommodations, hotel or travel arrangements, call toll free 866-489-6888 or visit the VVA Web site, <http://vva.org>.

FEHB Health Fairs

FEHB, FEDVIP open seasons run Nov. 12 through Dec. 10.

Health Fairs are scheduled 9 a.m. to 1 p.m., Nov. 14, at the APG North Post Chapel, building 2485, and 9 a.m. to 1 p.m., Nov. 20, at the APG South Gunpowder Club, building E-4650. Plan representatives will be available to answer questions.

Rates for the 2008 Federal Employees Health Benefits and Federal Employees Dental and Vision Insurance Program rates have been posted. New rates will be effective Jan. 6, 2008.

To view FEHB rates, visit <http://www.opm.gov/insure/health/08rates/index.asp>; to view FEDVIP rates, visit <http://www.opm.gov/insure/dentalvision/08/vision.asp>.

There is no icon, click on the words, "dental" or "vision."

More information on the Benefits Open Season will appear in future issues of the *APG News*.

Employees must contact the Army Benefits Center-Civilian (ABC-C) or Web site www.abc.army.mil or call 1-877-276-9287.

Native American Heritage observance Nov. 27

The Garrison Native American Heritage Program Committee will hold a Native American Heritage observance, 11:30 a.m. to 1 p.m., Nov. 27, at the APG South Recreation Center, building E-4140. The

event includes music, entertainment and exhibits.

For more information call Linda Patrick, CHPPM, 410-436-1023; Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810 or James Rivera, EEO Officer, 410-278-1161.

Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Nov. 12 for Veterans Day, Nov. 22 and 23 for the Thanksgiving holiday and Nov. 30 for end of month inventory.

The clinic will be open 9 a.m. to 3:30 p.m. on Nov. 20, 21, 26 and 27.

For more information, call the VTF, 410-278-4604/3911.

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



Your health is KUSAHC's goal



TRICARE adds coverage for magnetic resonance imaging screenings for breast cancer

TRICARE

Recognizing the importance of early detection, the TRICARE Management Activity recently changed its policy adding coverage for Magnetic Resonance Imaging screening for women at high risk of developing breast cancer.

The American Cancer Society has clear guidelines defining high risk which doctors can use to determine who qualifies for the coverage. If any qualified beneficiary receives this care in the near future and it is denied, they can resubmit their claim for reimbursement.

"An MRI is a clearly superior tool for screening the highest risk women for breast cancer," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "We want these women to have every chance to detect any cancer at the earliest possible stages."

Breast cancer is the third most common cancer among TRI-

CARE beneficiaries and the second most common cause of cancer death for women in the United States.

An individual's level of risk can be impacted by a number of factors including age, Family history and race.

Doctors can advise their patients of their individual risk factors, but even women of average or low risk should be vigilant.

"The availability of MRI screenings does not reduce the importance of regular examinations," Granger said. "All women over thirty nine years old need to get those annual mammograms. The key to dealing with cancer is early detection."

Anyone who meets the criteria for a breast MRI will be covered by TRICARE, retroactive to March 1. If any qualified beneficiaries received this care on or after March 1, 2007, and it was denied, they can resubmit their claim for reimbursement.

For more information about breast cancer, go to http://www.tricare.mil/pressroom/doctor_is_in.aspx?fid=60.

Fall flu shots are just what the doctor ordered

U.S. DoD Military Health System

Fall is the best time to get the flu vaccination in the United States, according to health officials. This gives the body a chance to build up immunity before the winter flu season.

"TRICARE beneficiaries should check with their local military treatment facility or primary care manager to find out when and where they are offering the flu vaccine," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "All beneficiaries are encouraged to protect themselves against this potentially deadly virus."

Influenza kills about 36,000 Americans

each year, and leads to about 200,000 hospitalizations, according to the Centers for Disease Control and Prevention.

It is strongly recommended that the following people get vaccinated each year: all children aged six months to their 5th birthday; adults aged 50 years and older; persons with underlying chronic medical conditions; pregnant women; health care workers involved in direct patient care; child care and elderly care workers; and persons at high risk for severe complications from influenza.

TRICARE will cover the flu shot for beneficiaries, as long as it is administered in a doctor's office.

Flu shots administered in a civilian pharmacy or drugstore are not covered by TRICARE. For TRICARE for Life beneficiaries, Medicare covers flu vaccinations and TRICARE would pay as second payer, if needed.

TRICARE covers two types of vaccinations; the inactivated vaccine containing a killed virus and given with a needle, and the nasal-spray flu vaccine made with live, weakened flu viruses that do not cause the flu.

For more information about influenza visit, www.cdc.gov/flu/.

For more information about TRICARE benefits, visit www.tricare.mil.

Flu vaccine open to TRICARE beneficiaries

KUSAHC

Influenza vaccination is now available to all TRICARE beneficiaries at Kirk U.S. Army Health Clinic.

FluMist, the nasal flu vaccine, is the recommended vaccine choice in healthy individuals for protection against the flu. In addition to the immunity provided by traditional vaccination, FluMist helps the body to develop antibodies along the respiratory tract which provides a greater defense along the main route of entry for the influenza virus. Individuals

should not receive FluMist if they:

- are less than 2 years old or 50 years of age or older
- have an allergy or history of allergic reaction to chicken eggs or egg products or any component of the vaccine
- are a child or adolescent who regularly takes aspirin, or products containing aspirin
- have a history of Guillain-Barré syndrome
- have a known or suspected immune deficiency disease or condition such as HIV infection, leukemia, or lymphoma or are undergoing treatments

for cancer.

- have a history of asthma or reactive airways disease
- have medical conditions such as chronic disorders of the lungs, heart, or kidneys; diabetes, or sickle cell disease
- are pregnant

Vaccination by injection is available to those who are not eligible to receive the FluMist.

KUSAHC Immunization Clinic, 410-278-1746. FLU Vaccine Hotline: 410-306-3588 (FLUV) or 4-3588.

KUSAHC Immunization Clinic Hours

Monday	7:30 a.m. to noon and 1 to 4 p.m.
Tuesday	7:30 a.m. to noon
Wednesday	7:30 a.m. to noon and 1 to 4 p.m.
Thursday	7:30 a.m. to noon and 2 to 4 p.m.
Friday	7:30 a.m. to noon and 1 to 4 p.m.

Commentary: Manage pre-diabetes to help delay, prevent diabetes

Story by
MAJ KAREN FAUBER
DeCA

Diabetes affects nearly 21 million Americans with its many health risks and complications. One in every four Americans has diabetes or is at risk for developing it.

Before people develop Type 2 diabetes, they almost always have pre-diabetes, according to the American Diabetes Association.

During American Diabetes Month in November, remember to talk with a health care provider about diabetes testing, prevention and treatment.

Pre-diabetes is very similar to diabetes. Blood glucose levels are higher than normal but

not yet high enough to be diagnosed as diabetes. Research has shown that some body organs, including the heart and blood vessels, may already be damaged during pre-diabetes. Research also shows that if you manage your blood sugar when you have pre-diabetes, you might be able to prevent developing diabetes.

Diabetes is more common among blacks, Latinos, American Indians, Asian Americans, and Pacific Islanders. There is also an alarming trend in children and teenagers developing diabetes. This has been linked to the increase of overweight children and an overall lack of physical activity in young people today.

Managing pre-diabetes

One way to help prevent or delay diabetes is to get tested early. You can get a blood test, the fasting plasma glucose test, or an oral test, the oral glucose tolerance test, through your doctor. These tests are also used to identify diabetes.

Nutrition plays a key role in warding off diabetes. Eat a healthy diet with the foods you buy at your local commissary and follow these guidelines:

- Eat lots of fruits and vegetables every day
- Control portion sizes
- Eat fish two to three times each week
- Eat whole grain breads and foods
- Eat beans with meals
- Eat less high-calorie snack foods like ice cream, chips, cookies and candy
- Drink calorie-free drinks and water

Regular physical activity including strenuous exercise also can help lower blood sugar and reduce weight, two chronic issues with diabetes. Break out your walking shoes and walk every day for 30 to 60 minutes. Add other physical activities to help prevent or delay diabetes.

For more information on diabetes or other nutrition topics, visit <http://www.commissaries.com>, post your questions on the DeCA Dietitian Forum at http://www.commissaries.com/healthy_living/dietitian/forum/index.cfm and look for other useful information in the "Dietitian's Voice" archive http://www.commissaries.com/healthy_living/dietitian/column/index.cfm.

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

Home lead test kits unreliable

CPSC

The U.S. Consumer Product Safety Commission announced Oct. 22 the results of a special evaluation of consumer lead test kits.

CPSC staff used commonly available test kits on a variety of paints and other products containing different levels of lead. Many of the tests performed using the kits did not detect lead when it was there (false negatives); some indicated lead was present when it was not (false positives). Of 104 total test results, more than half (56) were false negatives, and two were false positives. None of the kits consistently detected lead in products if the

lead was covered with a non-leaded coating. Based on the study consumers should not use lead test kits to evaluate consumer products for potential lead hazards.

These findings are consistent with previous CPSC staff test results.

CPSC staff studied two common types of home lead test kits that are based on chemical reactions involving rhodizionate ion or sulfide ion.

Most test kits were developed to detect levels of lead in household paint that are usually much higher than CPSC's regulatory maximum level of 0.06 percent. As a result, staff found that these kits may not be

useful for detecting relatively low lead paint concentrations or for detecting lead in other materials, such as metal jewelry or vinyl products. Also, both types of kits may be affected by substances such as iron, tin, or dirt, or by paint colors that can cause the color in the test kit to change or hide the color change, thereby interfering with interpretation of the test results.

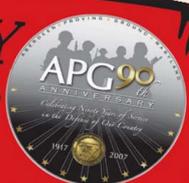
As part of the study of lead test kits, CPSC staff also evaluated the use of x-ray fluorescence for screening for lead in paint and other products. Twelve of 13 samples were correctly identified as containing lead. The staff

notes that this technology may be of use by a professional inspector for screening for the presence or absence of lead in products, particularly for surface level lead. However, XRF detectors are generally not available for consumer use. Further, use of an XRF device requires knowledge, training and consideration of its limitations. For example, XRF detectors have limited depth of penetration so, for certain applications such as children's metal jewelry, it is possible for the surface coating to mask the presence of potentially hazardous leaded base metal underneath.

See SAFETY, page 15

HUNDREDS CELEBRATE

APG 90TH ANNIVERSARY COMMUNITY AWARENESS DAY FALL FEST



Story and photos by
YVONNE JOHNSON
APG News

A bright and crisp fall day greeted the hundreds of people who came out to celebrate the 90th anniversary of Aberdeen Proving Ground during the Community Awareness Day Fall Fest Oct. 13.

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, thanked everyone for coming out to celebrate the APG 90th Anniversary, the Fall Fest and Fire Prevention Month as well as all individual, organizations and volunteers "for making the 90th Anniversary Fall Fest a success."

"There are lots of things to remind you to keep yourselves safe," he said.

The Army Substance Abuse Program held its Red Ribbon "Drug Free" kickoff with a cake cutting after dozens of children signed the drug-free pledge.

The U.S. Army Aberdeen Test Center, one of the Fall Fest's main contributors, provided displays of Army tactical vehicles in use on the ground in Iraq and Afghanistan.

APG firefighters and paramedics displayed state-of-the-art firefighting, life-saving and chemical, biological and radiological detection and decontamination equipment as well as fire engines and other vehicles that are used and maintained on the installation.

Staff Sgt. Jennifer Dvorak, U.S. Army Medical Research Institute of Chemical Defense gave a Taekwondo demonstration with Corey Beckwith, manager of Shanks Martial Arts.

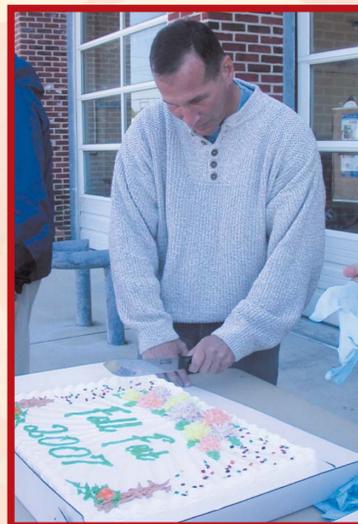
And former Maryland State Troopers, Ben Smith and Michael Huey of Lavallo, Md., Rick Jacoby of Westminster and Vic Calongero of Bel Air displayed four vintage police vehicles, dating from 1974 to 1990, courtesy of Joe Davis, Directorate of Law Enforcement and Security Traffic Division.



Spectators watch as APG firefighters extinguish the flames from a burning car.



APG firefighter R.M. Farrell Jr. helps Alexander Arsenault, 5, the son of Conrad Arsenault of the APG South security police force, hose down a window fire on the Firefighter Challenge Course.



Col. Jeffrey Weissman, APG Garrison and deputy installation commander, cuts the 90th Anniversary birthday cake.



From right, a 1937 Ford and a 1957 delivery sedan belonging to Joe Waurn of the U.S. Army Materiel Systems Analysis Activity, sit on display with other vehicles at the Car, Truck and Motorcycle Show.



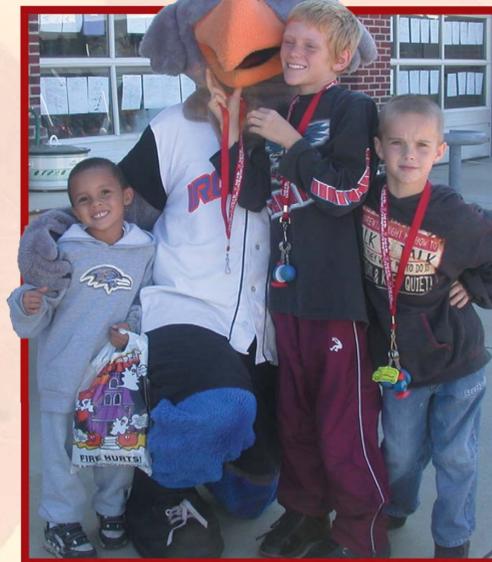
From left, volunteers Pvt. John Kelter, Company A, 16th Ordnance Battalion, and Judi Smith, installation biochemical testing coordinator for the Army Substance Abuse Program, watch as Alyson Basse, 10, sends a Frisbee flying while wearing "drug" goggles at the "Drug Free" pledge display.



APG firefighters remove the roof of a car while demonstrating vehicle rescue techniques.



Michaela Mucha, 11, shows off the mask she created at the APG Family Child Care display table.



Damon Weber, 5, Tony Provenza, 9, and Austin Hickman, 9, pose outside the APG Fire and Emergency Services building with Ripcord, of the Aberdeen IronBirds.



APG paramedic Scott Kauffman, left, shows Isabelle Newkirk, 8, center, and Alex Mateo, 10, right how a LifePak heart monitor works.



Karen Jobes of the Environmental Restoration Program, Directorate of Safety, Health and Environment, ties a wrist band on Noah Thorn, 9, of Joppa Boy Scout Troop 806.



Members of the U.S. Army Materiel Command Band Jazz Combo provide background music for the Community Awareness Day Fall Fest.



Ron Stallings of the TopFlight martial arts school in Aberdeen and his student Josh Ringgold, 12, demonstrate a flying arm bar hold.



MORALE, WELFARE & RECREATION

Integrated Family Support Network to reach out to geographically dispersed Families

Story by
BILL BRADNER
Army News Service

The Army Integrated Family Support Network, a new program to provide assistance to Soldiers and their Families in geographically dispersed areas, was announced Sept. 18 by Secretary of the Army Pete Geren and Army Chief of Staff Gen. George Casey.

"In this era of persistent conflict,

we can expect continuing deployments and to sustain this effort, we have to eliminate the old way of supporting Families, and replace it with a system to support all Army Families with means that respond to a globally networked society communicating in mobile ways," Geren said.

When fully implemented sometime in fiscal year 2008, the global network will address Family issues head on by providing a single, holistic

institutional network of standardized services. The network is being specifically designed with geographically dispersed Soldiers and their Families in mind, in both the active and reserve component, from mobilized Soldiers, to recruiters, to Families located outside reasonable driving distances of military facilities.

Thus far, the Army has invested more than \$7 million on training and technology for AIFSN, which

will link Soldiers and Families to the Family services and programs traditionally found on installations such pre-deployment support, training for Family readiness groups, TRICARE information and referral, child and youth resource referral and help with obtaining identification cards. Soldiers and Families will also be linked to local community services and programs in their geographical areas.

"We are transforming the way Fam-

ilies receive services and doing what is right in the process," said Brig. Gen. Belinda Pinckney, commander of Family and Morale, Welfare and Recreation Command. "It is a collective effort by the active, Guard and Reserve and a huge culture change that will yield great dividends for Army Soldiers and Families."

(Editor's note: Bill Bradner serves as deputy public affairs officer with FMWRC.)

Activities/Events

Disney High School Musical on ice

Tickets are available for Disney High School Musical: The Ice Tour, Nov. 2 through 4, at the 1st Mariner Arena, Baltimore.

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

Comedy Night Explosion

The public is invited to Comedy Night Explosion, Nov. 3, at the Post Theater, building 3245. Doors open at 7 p.m., and the show starts at 8 p.m.

Timmy Hall will host the event. Acts include Skiba, Lonnie Davis, upcoming vocalists Ronika and Will Star and also featuring DJ Haz Mat.

Keep the ticket stubs for admission into the after party. Refreshments will be available.

Tickets cost \$15 for active duty military and \$20 for civilians. For more information or to purchase tickets, visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907, or Hoyle Gymnasium, building E-4210, 410-436-3375.

Baltimore Blast Military Appreciation Night

The Baltimore Blast Indoor

Soccer will hold Military Appreciation Night, 7:35 p.m., Nov. 10, at the 1st Mariner Arena, located on 201 W. Baltimore Street, Baltimore. The Baltimore Blast will play against the Orlando Sharks. Tickets cost \$12 for active duty military and retirees; tickets cost \$16 for non-military. Cost includes ticket only, no transportation is provided. Pre-order tickets now. Open to all DoD ID card holders.

For more information, visit MWR Leisure Travel Office, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Do-it-yourself New York City tours

MWR has scheduled a trip to New York City – eight hours for sightseeing, shopping, watching a Broadway matinee, venturing into China Town and more.

The trip will take place Nov. 17. Cost is \$40 per person. The bus will depart 8:25 a.m. and will return 10:30 p.m. Open to all DoD ID card holders.

For more information or to register, call or visit MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

Basic Auto Mechanics

Sign up for Basic Auto Mechanics classes designed to enable the student to perform maintenance on a vehicle's engine and small engines including lawn mowers and some vehicle accessories.

Classes will be held 5:30 to 7 p.m., on Thursdays, Nov. 8, 15, 29 and 7, at the Automotive Crafts Shop, building 2379. Cost is \$45. The deadline to register is Nov. 6.

For more information or to register, call the MWR Registration office, building 3326, 410-278-4907/4621.

Spend the day or weekend in NYC

The Civilian Welfare Fund will sponsor its annual trip to see the "Radio City Music Hall Christmas Spectacular," starring the famous Rockettes, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$689 for a single, \$449 for a double, \$324 for a triple, or \$308 with four people in the room. The bus will depart 9:30 a.m., Nov. 23. Price includes charter bus transportation, the ticket for the show, and hotel accommodations for a two-night stay. A \$50 per person deposit is due upon reservation.

The daytrip costs \$130 per

person. The bus will depart 6 a.m., Nov. 24. Price includes charter bus, the ticket for the show, with time for shopping, sightseeing and lunch before the show.

For more information or reservations, call Angela Keithley, 410-278-4603.

Radio City Christmas Spectacular

Travel to New York City to see the Radio City Music Hall Christmas Spectacular featuring the Rockettes.

Tickets for Nov. 24, 2 p.m. show cost \$120 each;

- Dec. 1, 11:30 a.m. show cost \$173 each (orchestra seating); bus departs 7:10 a.m.

- The Dec. 2, 11:30 a.m., show costs \$130; bus departs 7:10 a.m.

- Dec. 9, 5 p.m. show costs \$130.

- Dec. 14, 4 p.m. show costs \$130.

- Dec. 15, 5 p.m. show costs \$143.

- Dec. 16, 5 p.m. show costs \$130.

Seats are limited, register early. Cost includes charter bus transportation and a ticket for the show. Open to all DoD ID card holders.

For more information or to

make reservations, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907, e-mail MWR-LeisureTravel@apg.army.mil.

Lyric Opera House

The Lyric Opera House will present Playhouse Disney Live, 12:30 p.m. or 3:30 p.m., Nov. 23 and 24.

Blast off to adventure with some favorite Playhouse Disney pals including the Little Einsteins Leo, Annie, Quincy and June and more.

Limited tickets are available. Tickets cost \$42 for orchestra/box seating; \$30.50 for tier level/dress circle seating first tier; and \$19 for balcony seating. Everyone regardless of age needs a ticket to enter.

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

Choice of shows at The Hippodrome Theater

MWR Leisure Travel Services has discounted tickets for several shows at The Hippodrome Theater, located at the France-Merrick

Performing Arts Center, 12 N. Eutaw Street, Baltimore.

Shows include:

- "My Fair Lady," 2 p.m., Nov. 11

- "Avenue Q," 2 p.m., Dec. 15

- "Cirque Dreams," 2 p.m., Jan. 26 and Feb. 2, 2008

- "High School Musical," 2 p.m., Feb. 23, 2008; and 8 p.m., Feb. 29, 2008

- "Camelot," 2 p.m., March 29, 2008

- "The Color Purple," 2 p.m., May 3, 2008; 2 p.m., May 10, 2008; and 6:30 p.m., May 11, 2008.

Tickets are available for a limited time – purchase them now. Tickets range in price from \$33 to \$87. To order tickets, visit www.eventusher.com; enter the special password: 105MWRAPGMD and follow the instructions on the ordering page.

Price includes show ticket only, no transportation is provided. Open to all DoD ID card holders.

For more information, or to purchase tickets, visit the MWR Leisure Travel Office located in APG North Recreation Center, building 3326, call 410-278-4011/4907 or e-mail MWR-LeisureTravel@apg.army.mil.

Sports

Fall Aerobics classes at the APG North Fitness Center, building 320

Fee for individual classes is \$4 per session.

For more information or to set up an aerobics class for a group, contact Jeff Pettway, 410-278-9725.

Barbara's step-weight aerobics, 20 sessions

Classes will be held 11:30 a.m. to 12:30 p.m., Tuesday and Thursday, thru Dec. 20. (No class Nov. 22; make up class will be scheduled.) Cost is \$44.

Joe's cardio pump, 20 sessions

Classes will be held 5 to 6 p.m., Monday and Wednesday, thru Dec. 19. Cost is \$44.

Senior Golf special

Ruggles Golf Course is offering a Senior Golf Special to golfers age 55 or older: play Monday through Thursday until 2:30 p.m. for \$33. This special may not be used with any other discounts. Tee time registration is recommended.

For more information, call 410-278-4794 or e-mail david.correll@us.army.mil.

Units are set to duke it out in November

Another Amateur Boxing Night is set for

6 p.m., Nov. 17, at Hoyle Gymnasium, building E-4210. The 16th Ordnance Battalion will defend its title against the 143rd Ordnance Battalion.

Tickets cost \$5 for active duty military, \$10 for civilians and \$20 for ringside seats. Admission is free for children 6 and younger. The event is open to the public. Doors open at 4 p.m.

Purchase tickets at MWR Leisure Travel Services building 3326, 410-278-4011/4907 or Hoyle Gymnasium, 410-436-3375/7134.

Fall, winter leagues forming

All leagues are based on a handicap system. Teams establish a handicap after they bowl the first three games. Handicaps are 90 percent of 200.

Friday Fun Bunch includes three men and one woman, three women and one man, or two men and two women. The cost and start time will be determined.

Tuesday Intramural meets 5 p.m., Jan. 8 and starts Jan. 15. Cost is \$6 per person per week for 10 weeks. Trophies are awarded at the end of the league.

For more information, call the APG Bowling Center, 410-278-4041.

Fall Fest Car/Truck/Motorcycle Show trophy winners

The following individuals and vehicles were awarded trophies for their entries in the Car/Truck/Motorcycle show during the 90th Anniversary Community Awareness Day Fall Fest Oct. 13.

Best of Show

- **Winner**, Robert Walker, 1971 Chevy Z28

Best Stock Motorcycle

- **Winner**, Nora Farrell, 2001 Harley Davidson Heritage Springer Softtail
- **Runner-up**, Claud Turner, 2003 Honda Shadow

Best Custom Motorcycle

- **Winner**, Andre Davis, 2007 Suzuki Halabuse
- **Runner-up**, Carlos Balestena, 2005 Harley Davidson Sportster

Long Distance Award:

- **Winner**, Tom Svehla, 1934 Ford Roadster

Club Participation Award

- **Winner**, Pennyless Productions

Best Rat Road

- **Winner**, Charlie Collier, 1953 Chevy Pick-up
- **Runner-up**, Donald Ricketts, 1923 Fort T-bucket

Best Under Construction

- **Winner**, Pet Visser, 1954 Truck
- **Runner-up**, David Schmidt, 1938 Chevrolet Coupe

Best Import

- **Winner**, Rick Ramsey, Orange Scion
- **Runner-up**, Shawn Klein, 1996 VW Jetta

Best Vintage

- **Winner**, Joe Wurm, 1938 Plymouth Coupe

- **Runner-up**, Sidney Galloway, 1949 Chrysler New Yorker

Best Classic

- **Winner**, Joe Wurm, 1957 Chevrolet Sedan Delivery

- **Runner-up**, Mitchell Ruiz, 1959 Chevrolet Bel Air

Best Truck

- **Winner**, Brian Anders, 2004 Cadillac Escalade
- **Runner-up**, Daniel Bandy 2005 Dodge Ram Daytona

Best Street Rod

- **Winner**, Terry Ramey, 1933 Ford Pick-up

- **Runner-up**, Dennis Dawson, 1934 Ford Coupe

Best Muscle Car

- **Winner**, Paul Miller, 2006 Ford Mustang

- **Runner-up**, Ron Ricketts, 1968 Camaro SS

Kid's Pick

- **Winner**, Robert Farrell Sr., 2002 Harley Davidson Firefighter Shrine

People's Choice

- **Winner**, Tony Serio, 1967 Ford Mustang

Fire Chief's Pick

- **Winner**, Brian Anders, 1999 Chevy S10 Extreme

Commander's Pick

- **Winner**, Buddy Anders, 1969 Pontiac GTO Judge

Christmas Gift Wrap Program meeting Nov. 1

Plans are underway for the annual 2007 Christmas Gift Wrap Program sponsored by AAFES and coordinated by the APG Army Volunteer Corp Coordinator. All Aberdeen Proving Ground Family Readiness groups, APG non-profit organizations, and APG volunteer activities are eligible to participate and should designate a representative.

Organization/activities interested in participating must contact Marilyn Howard, 410-278-9669, with the names and phone numbers of representatives.

All representatives must attend a mandatory meeting 10 a.m., Nov. 1, building 2754, Army Community Service.

Upcoming Civilian Welfare Fund events/trips

Nov. 9 thru 12 – Trip to the Grand Canyon by railway

Nov. 23 thru 25 – A weekend in New York City to see Radio City Music Hall Christmas Spectacular with hotel accommodations

Nov. 24 – Trip to New York City for the Radio City Music Hall Christmas Spectacular

Dec. 1 - Ice skating, 5:45 p.m. to 7:45 p.m., at Ice World is free to APG military, civilians, contractors, retirees and their Families. A limited number of tickets are available. Reservations should be made in advance. Skate rentals are not included.

For more information or to make reservations, call Angela Keithley, Civilian Welfare Fund Office, 410-278-4603/4771.

SCHOOL LIAISON

Open House at St. Joan of Arc School

St. Joan of Arc School will hold a fall open house 9 to 11 a.m., Nov. 8. Prospective parents and students can see first-hand what is happening at St. Joan of Arc School in Aberdeen. For more information, call the school office, 410-272-1387.

HCPS presents magnet schools program tonight

Harford County Public Schools will conduct an evening informational presentation on magnet programs available to students in Harford County beginning in the fall of 2007. The presentation will be held 6:30 p.m., Nov. 1, at Edgewood High School Auditorium.

Magnet programs include Homeland Security and Emergency Preparedness at Jop-

patowne High School; The Science and Math Academy at Aberdeen High School; and the International Baccalaureate Diploma at Edgewood High School.

For more information about Magnet Schools, call Frank Mezzanotte, 410-809-6069, or visit <http://www.hcps.org/Schools/MagnetPrograms/Default.aspx>.

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

APG Bowling Center Snack Bar specials

Building 2342

Week of Oct. 29

Special #1: Chicken salad sub with mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$7.35.

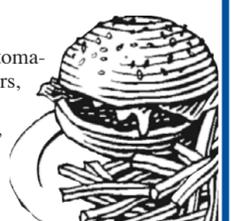
Special #2: Tuna sub with mayonnaise, lettuce, pickles, onions, potato chips, one cookie and soda for \$4.85

Week of Nov. 5

Special #1: Chicken cheese steak sub with mayonnaise, lettuce, tomato, pickles, onions, mushrooms, sweet green peppers, jalapeno peppers, potato chips, one cookie and soda for \$7.85.

Special #2: Bacon, lettuce and tomato sub with mayonnaise, lettuce, tomato, French fries, one cookie and soda for \$6.75.

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



Preventing the staphylococcus, the Superbug

Story by
LT COL SHARON COLE-WAINWRIGHT
Kimborough Ambulatory Care Center

Over the past few weeks several schools nationwide have closed due to the spread of Staphylococcus aureus and Methicillin Resistant Staphylococcus aureus, or MRSA, infections among students.

Staphylococcus aureus, often referred to as "staph," is a bacteria that is commonly found on the skin or in the nose of healthy people. For most individuals bacteria on the skin and nose do not cause problems, but for others that are immunocompromised it can lead to serious complications.

MRSA is a type of staph that is resistant to antibiotics. The majority of MRSA infections occur among patients in hospitals or other health-care settings. However, in recent years MRSA is becoming more common in the community setting in otherwise healthy people such as with the recent cases nationwide.

Some factors associated with the spread of staph and/or MRSA skin infections include close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene. Many of the recent cases have been attributed to gyms and locker rooms.

Staph infections may manifest themselves in the form of pimples or boils which can be red, swollen, painful and/or contain pus or other drainage. Most staph and MRSA infections are treatable with antibiotics. It is, however,

imperative to complete the course of antibiotics; antibiotics should never be saved or reused for a later date. Reuse of antibiotics or overuses of antibiotics are common reasons for antibiotic resistance. This could mean that if a person encounters this infection later it may be extremely

difficult or impossible to treat, causing what are known as superbugs.

For more information contact KACC Preventive Medicine Service, 301-677-8400, or call Kirk U.S. Army Health Clinic, 410-278-1774, Community Health or visit www.cdc.gov.

Strategies for preventing staph infections

- Frequent hand washing with soap and warm water which is the number one barrier to preventing infections.
- Carry personalized hand sanitizer (alcohol-based hand cleaner) for use when water sources are not available. Remember to wash immediately once water is available.
- If you get a cut or abrasion, wash immediately with soap and water.
- Avoid contact with open wounds or soiled bandages. Keep covered until healed.
- If the area becomes red, warm and oozes, contact your primary care provider immediately. This could be an indication of an infection.
- Do not share items such as towels, razors or other personal items.
- Use a barrier between yourself and exercise equipment.
- Clean exercise and/or gym equipment before and after use.
- Household items such as sheets and towels should be washed at least once a week.
- Do not participate in contact sports until sores, abrasions or wounds have healed.
- Do not go to a public gym, sauna, hot tub or pool until sores or wounds are healed.
- Clean frequently used areas of your home (bathrooms, countertops etc.) daily with a household cleaner.



Photo by CHPPM

Frequent hand washing is recommended to prevent staph infections.

Chapel News

PWOC holds annual dinner

The Protestant Women of the Chapel invites all ladies from all congregations to their annual Progressive Dinner, 6:15 p.m., Nov. 13, at the Main Post Chapel fellowship hall. The theme will be "Joining the Victorious Game Plan."

Women of Grace Ministry

Women of Grace Ministry, an APG Gospel service, meets 7 p.m., on the first Friday of each month, APG North Chapel, classroom 4. The book "Confident Women," by Joyce Myers will be read. All women are

invited to attend. Childcare will be provided upon request.

For more information or to register, call Renata Weaver, 410-272-6583.

The Women of Grace Ministry meet 10 a.m. the second Saturday of each month at a location to be announced.

For more information, call Renata Weaver, 410-272-6583.

Catholic Women of the Chapel

CWOC invites all women to the first Friday of the month gatherings 10 a.m. and Monday evenings, 6:30 to 8:30 p.m.

All meetings are held at the Main

Post Chapel Fellowship Hall.

For more information, call Cathy Day, 410-937-2617, Kathleen Santana, 410-273-7358, Librada Peters, 410-864-8815 or Bernadette Kovalsick, 410-322-5206.

Gospel Children's Church/Sunday School

Children's Church is conducted every Sunday during the noon Gospel Worship Service at the Main Post Chapel. All are welcome.

Children and adults are invited to attend Gospel Sunday School 11 a.m. to noon at the Main Post Chapel.

For more information, contact Clarence Weaver, 443-567-8934.

Volunteers are always welcome and training will be provided.

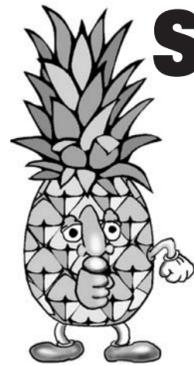
For more information on Religious Education Chapel Programs, call Gerri Merkel, DRE, 410-278-2516.

Protestant Adult Bible Study

Protestant Adult Bible Study is held every Sunday, 9 to 9:50 a.m. at the Main Post Chapel.

Protestant Children's Church

PCC is conducted every Sunday during the 10:15 Protestant Worship Service in the Fellowship Hall at the Main Post Chapel. All are welcome.



Spouses' Club events

MCSC holding toy drive for Fisher House

The Military and Civilian Spouses' Club is currently holding a toy drive for children who are staying in the Fisher Houses while their parents are getting medical attention at Walter Reed, Bethesda and

other military medical facilities. Many of these Families have been there as long as a year.

The toy drive is taking place in time for Christmas in conjunction with the Marines' Toys for Tots Program. Toys must be new, unwrapped and for any age child - no stuffed animals or violent games that show Soldiers being attacked.

The toys will be delivered to the Marines on Nov. 5. If more toys are received than are needed, the toys will be given to dependent children of deployed Soldiers first. If there are more toys remaining, they will go to the Toys for Tots Program.

Bring donations to the MCSC October function or call Sandy

Matthews, 410-272-9130, or Sonja Flanigan, 410-297-6519, to arrange drop off.

Membership

For information about joining the MCSC, call Dawn Kilmon, 410-297-6727, or visit www.apgmcsc.org and download an application.

Retiree

From page 2

benefits in building 305, Retirement Services Office. For more information call 410-306-2322.

Janet Dettwiler, APG adjutant and Barry Decker, co-chair, APG Retiree Council, co-hosted the event.

Decker said that about 147 were in attendance and he thanked KUSAHC for the flue shot vaccines which he said "became available at the last

minute."

"Flu shots were a big plus," he said, adding that about 35 retirees, along with Weissman, ate in the dining facility after the program.

"The dining facility personnel were very professional," he said.

Dettwiler thanked Decker and the council for "ensuring everything was in place and under control after the untimely passing of Colonel Shadle."

"I think providing timely and worthwhile information to our retiree population is extremely beneficial," Dettwiler said.

Information displays and exhibits included the Aberdeen Proving Ground 90th Anniversary exhibit by the Visual Information Services Division; MWR; the Veterans History Project; the Maryland Department of Labor, Licensing and Regulation; APG Federal Credit Union; Freedom Federal Credit Union; Directorate of Law Enforcement and Security vehicle registration; the Association of the United States Army; the Military Officers Association of America; Aberdeen VFW Post 10028 and the Korean War Veterans Association.

Mobility

From front page

there's a real sense of urgency for us to get along with business, but as we do that, we can't do it the way we've always done it.

"Today, the environment, the political and social landscapes have changed," Bradshaw said. "A number of world events have come together to redefine how we accomplish our mission in DoD, whether it's nine-one-one, Hurricane Katrina, continuing world disasters - we as DoD are being called upon to perform missions in ways we have never performed before."

Interagency experience important

Bradshaw said that while the United States has aligned its forces and changed the military model, the civilian model hasn't kept pace because previous to the War on Terror, when budget cuts were made, civilian training and education budgets were the first to be hacked.

But, the attitude has changed since the 1990s she said, adding that when she looks across DoD today she sees a commitment made

with a demonstration of dollars behind it and that the Army has done a remarkable job in moving forward.

"We're not going to be based in these cozy little places where we've been before, so the skill sets required are going to be different and along that line we can no longer achieve our mission without being linked with interagency partners," Bradshaw said.

She said a joint integrated workforce that practices mobility and interoperability is needed, not just across another part of the Army or even across DoD, but across all interagency partners and the states, local and international governments.

Changing the culture

"Key to this is cultural awareness," she pointed out. "We can no longer continue to ignore the global nature and requirement to be culturally aware and sensitive, to be able to think outside our own boundaries."

Jeannie A. Davis, Army G-1 for Civilian Personnel, addressed specific moves the Army is making to develop its SES leaders. She discussed the Army intern and fellows programs, which she said are key ways in which the Army will build its bench

of SES leaders.

"The intern program works," she said. "We've had it for many years and it's gone through peaks and valleys. In 1988 we had thirty eight hundred interns and last year we had fifteen hundred eighty six and eight hundred thirty seven new hires. We're also continuing to build that number and we anticipate that number going up to about twenty five hundred per year by 2013."

The fellows program, which was established by the U.S. Army Materiel Command, is in the process of going Army wide. It was approved by the chief of staff and the secretary of the Army as part of "Initiative Five" on leadership development, and will begin next summer with about 120 fellows, doubling to 250 by 2009, Davis said.

"We're going to make sure these fellows get DOD and joint assignments because these are really important things for young folks to learn as they come in," she said.

About 20 percent of the Army's fellows come from the top 361 colleges and universities in the United States and have grade point averages of 3.63. These young people are more diverse,

introduce new and contemporary skills and are going to be our future leaders, she said.

Centrally-managed Training Program

Davis said the Army is also looking at ways to develop people in general and ways in which to improve access to training. The service is also looking at centrally managed education and career management for senior Civilians. A tiger team has been implemented to come up with a concept plan over the next several months, she said.

"We're looking at how we take the person at Camp Swampy and get them to be able and interested in being that SESer of the future," she said. "The tiger team will put together some specifics in the broad career groups so that people have more opportunities to move into comparable work or different work and in the process they will be multi-skilled and better able to move into SES positions in the future."

Volney Warner, director of the Army Civilian Development Office, said the goal is to provide every member of the Army Civilian workforce a path, or alterna-

tive paths, where employees can see and apply their own energies toward a self-development process. He said the path is one that allows them to develop themselves with institutional support for higher levels of responsibility, authority and great contributions to the Army.

"The proof in the pudding for this is leadership, time, attention and oversight," he said. "All of the U.S. Army Training and Doctrine Command schools that have available educational opportunities are now in the process where those empty seats are identified early, transmitted and made transparent for whoever the right person is."

Volney said everyone who is in the Army has two fundamental responsibilities that don't change.

"The first is mission accomplishment - whatever that mission happens to be," he said. "The second is to provide for the future of the institution, and the way you provide for the institution is to build leaders who are going to follow you, who have the tools, the education, the development experiences and mentorship they need to do a better job."



Veterans' Voices

Vietnam veterans respect today's medical Soldiers

Story by
MAJ JOHN HEIL
3rd Medical Command

Sgt. 1st Class Dennis Collett, medic, and Lt. Col. Anthony Pasqualone, nurse practitioner, are veterans of the Vietnam War now serving with the 399th Combat Support Hospital. Both work in the intermediate care ward of the Multi-National Forces Hospital in Al Asad, Iraq.

"Today we have a volunteer service and we get a much higher educated and more dedicated Soldier," Pasqualone said. "In Vietnam, we had Soldiers who did not want to be there, they were drafted. It was extremely difficult to deal with those Soldiers. Today it's much better.

"Enlisted Soldiers now in the hospital are most eager to learn. They are like sponges that soak up everything that you teach them," he added.

"I am totally amazed about what Soldiers today do to save lives," Col-

lette said. "From the command down I feel that the 399th is committed to saving lives. Life is a priority in this unit."

Collett began his Army career more than 30 years ago. He served in the supply field as a Specialist 4 in Plei Ku, located in the central highlands of Vietnam. His primary duties were to issue supplies, serve on the quick reactionary force and conduct sector patrols about 14 to 15 kilometers from his base camp.

After he returned from Vietnam, he had a 10-year break in service.

"I came back to the Reserves because I felt something was missing, we didn't have a good welcome home, and I felt some anxiety after returning from Vietnam," Collett said.

Collett then trained to be an Army medic in 1981 and served during the first Gulf War with the 343rd Ambulance Company.

"The medic training was good back

then, but we have much better equipment today," he said.

Collett feels that the biggest improvement resulting in such a high percentage of lives being saved on the battlefield today compared to Vietnam is the addition of the Combat Lifesaver Course into a Soldier's training curriculum.

"The medic doesn't have to do it all," he said.

Pasqualone entered the Navy in 1969 after receiving an associate's degree in civil engineering.

"The Navy needed Seabees to work various projects to win the hearts and minds of the Vietnamese people. I volunteered," Pasqualone said.

Pasqualone served as a civil engineering technician on the humanitarian team. His base camp was located in the village of Go-Cong, which was a small village 35 miles south of Saigon in the Mekong Delta.

"The villagers were wonderful people. It was a pleasure working with them and helping them," he said.

Some of the projects the Seabees built were schools, roads, maternity wards and warehouses for the villagers, he said.

"Homecoming was very difficult for me and other Vietnam veterans. Anyone who came back in uniform was frowned upon, spat on and even called baby killers," Pasqualone said.

Pasqualone today is responsible for the hospital's orthopedic clinic and also works in the sick-call area.

In 1972, Pasqualone joined the Army National Guard and entered the medical field as part of a medical detachment with the engineers. He became a licensed practical nurse in 1975, registered nurse in 1978, and received his commission in 1981.

During the first Gulf War, Pasqua-

lone served time in Mainz, Germany, as backfill to an active duty unit which deployed to Southwest Asia.

"I have been with the 399th [Combat Support Hospital] for sixteen total years. I served with them from 1985 to 1999, and then transferred to the National Army Medical Department Augmentee Detachment. In 2002, I volunteered to deploy with them to Kuwait before the war started for a six-month deployment. Then a week before this deployment, the chief nurse asked me to volunteer for this deployment. I couldn't say no," he said.

"I spent nine weeks in Mosul, nine weeks in Tikrit and now I am in Al Asad. Hopefully, this will be my last move until we redeploy," Pasqualone said.

(Editor's note: Author is assigned to Task Force 3rd MEDCOM.)

Commentary: Every day is Veterans Day

By
RET. MARINE 1ST SGT. WALTER H. NAYLOR JR.
Special contributor

The definition of Veterans Day should include and spell out the following words: cooperation, loyalty and sacrifice.

Too often we forget who the real heroes are. They are the ones who receive no medals, no glory, no movies made about them. They go through more stress every day, every hour than any combat veteran. They are the Families who enable the veteran to do his job. They are the mothers, the fathers, spouses, children, brothers, sisters, grandparents, grandchildren and friends. They are the reason the veteran is fighting, but unless you walk in the Families' shoes you don't know the stress they go through day after day after day.

The young veteran or inexperienced veteran may write, call home or when he returns, thinks

he needs to tell war stories.

The news media will report battles, casualties (wounded and killed) in numbers as soon as they get any information. The veteran and the news media think that tragedy is news and noteworthy. What they don't realize is when a seed is planted it does not go away until the truth is released to the right people and sometimes it never goes away.

The stress isn't relieved until an official list is published, a letter is received from afar, they get a visit from a friend of the veteran, a phone call, etc. Then if the veteran doesn't return they hurt for a lifetime. If the veteran returns wounded, mentally, physically or both, they continue to suffer and hurt for a lifetime or until all wounds heal.

Maybe if the news media, the veteran and the government would cooperate more they would recognize the human element and not release any information until the decency occurs where

the Family is informed of the truth.

Maybe if the veteran, news media and government would cooperate more and realize the human element they would provide the true picture.

Every [service member] is not involved in tragedy every hour every day. Most of the time the majority are not in harms way and a lot of times good things happen--distributing food, medicine and health care or rebuild destruction, sleeping, writing home, training, liberty in a safe area, playing cards, reading, drinking a beer or soda. The list goes on.

If the military or government would withhold casualty information numbers until the next of kin are notified, Families' stress and anxiety may be removed. The news media could not release information until they could also release names; Families would not have to sit and wonder if those killed were one of their own.

This commentary is for my wife of 43 years who drives a car with the bumper sticker that reads "The Toughest Job in the Marine Corps is a Marine Wife." She was the filter to prevent our children from knowing the truth until they were mature enough or the time came for them to deal with it. Also, it is for our children who were raised during the 20 years I was a warrior.

My wife and our children don't have to read this. All I want them to know is that I know who the real heroes are.

The above could also apply to Baltimore City Police Officers and others who protect our freedoms and provide.

I hope the news media understands.

Semper Fidelis,
(always faithful)

(Editor's note: Author is a Vietnam veteran twice, Beirut Lebanon, once, and been on world wide guard duty for 20 years active duty.)

CFC provides charity choices to help veterans

CFC Office

Veterans' Day is nearly here.

"This is a day to pause and realize how much we owe to the men and women who have served or are still on active duty with the armed forces," said Pete Leon Guerrero, Combined Federal Campaign chairman.

"It is said that nearly 1,000 veterans of World War II die each day from the global war of 60 years ago. Sadly, more than 27,000 men and women have been wounded since fighting began in Afghanistan and Iraq. There are so many who could use any help you are willing to provide," he said.

Numerous charities are listed which help veterans and their Families, from the well known to smaller ones.

The USO, for example, provides a lounge area at the BWI-Marshall Airport where soldiers can watch TV, use a computer, enjoy coffee and snacks, or even sleep while waiting for their flights. The Armed Forces Veterans Homes Foundation provides a home for 30,000 disabled veterans in 139 state veterans homes. Angel Flight for Veterans provides air transportation for Families needing to visit their injured service member.

"If you are wondering about which charity to donate to during this year's Combined Federal Campaign, check out the "Be a Beacon of Hope" contributor's guide or visit Web site, www.cfccmd.org," Leon Guerrero said. "Whether the veteran is a Family member, relative, or fellow American, you can make a difference."

Veterans' organization charities

- **11381** - United Services Organizations (USO, Inc.) - 703-908-6400, www.uso.org (also see 44086 - USO, Delaware, 302-677-2491, www.uso.org or 82359 - USO of Metropolitan Washington, 703-696-2628, www.usometrodc.org)
- **10272** - Military, Veterans and Patriotic Service Organizations of America, 800-626-6526, www.mvpsa.org
- **11449** - 82nd Airborne Division Association Educational Fund, 910-822-4534
- **10516** - AAAA Scholarship Foundation, Inc., 203-268-2450, www.quada.org
- **12214** - Air Force Association, 800-727-3337, www.afa.org
- **11450** - Air Warrior Courage Foundation, 540-442-7782, www.airwarriorcourage.org
- **11345** - American Defense Institute, 703-519-7000, www.americandefinst.org
- **10519** - AMVETS Charities, 800-810-7148, www.amvets.org
- **10517** - Airmen Memorial Foundation, 800-638-0594, www.amf.org
- **10518** - Airmen Memorial Museum, 800-638-0594, www.afsahq.org/AMM/ammtm/mwelcome.htm
- **11451** - Angel Flight for Veterans, 757-

512-5294, www.angelflightveterans.org

- **11333** - Armed Forces Family Survivors Fund (Intrepid Fallen Heroes Fund), 800-340-HERO, www.fallenheroesfund.org
- **11281** - Armed Forces Veterans Homes Foundation, 301-899-8386, www.vethomes-foundation.org
- **11085** - Armed Services YMCA of the USA, 800-597-1260, www.asymca.org
- **11452** - Army Historical Foundation, 800-506-2672, www.armyhistory.org
- **10512** - Astronauts Memorial Foundation, 321-452-2887, www.amfsc.org
- **11282** - Blinded American Veterans Foundation, 800-242-0161, www.bavf.org
- **10513** - Blinded Veterans Association, 800-669-7079, www.bva.org
- **11549** - Chief Petty Officer Scholarship Fund, 757-233-9136, www.cposf.org
- **12523** - Coalition to Salute America's Heroes, 914-432-5400, www.saluteheroes.org
- **11955** - Coast Guard Auxiliary Association, 314-962-8828, www.cgaux.org
- **10514** - Coast Guard Foundation, 860-535-0786, www.cgfdn.org
- **12524** - Cold War Museum, 703-273-2381, www.coldwar.org
- **11283** - Congressional Medal of Honor Society, 843-884-8862, www.cmohs.org
- **11456** - Council on America's Military Past USA, 401-847-0748, www.campjump.org
- **11457** - Daedalian Foundation, 210-945-2113, www.daedalian.org
- **11322** - Disabled American Veterans, (DAV) Charitable Service Trust, 859-441-7300, www.dav.org
- **11453** - Fisher House Foundation, 888-294-8560, www.fisherhouse.org
- **12525** - Homes for Our Troops, 508-823-3300, www.fisherhouse.org
- **11956** - Hospitalized Veterans Writing Project, 913-432-1214, www.veteransvoices.org
- **11459** - Injured Marine Semper Fi Fund, 703-725-3680, www.semperfi.org
- **10507** - Marine Corps - Law Enforcement Foundation, 877-606-1775, www.mc-lef.org
- **12162** - Marine Corps Heritage Foundation, 800-397-7585, www.marineheritage.org
- **11284** - Marine Corps Scholarship Foundation, 800-292-7777, www.mcsf.org
- **11308** - Marine Corps University Foundation, 888-368-5341, www.mcu.org
- **11957** - Military Chaplains Association of the USA, 703-533-5890, www.mca-usa.org
- **11285** - Military Officers Association of America Scholarship Fund, 800-234-6622, www.moaa.org

- **10508** - Ministry to the Armed Forces and Veterans Affairs Chaplaincy (National Conference on Ministry to the Armed Forces), 703-455-7908, www.ncmaf.org
- **11365** - National Military Family Association, 800-260-0218, www.nmfa.org
- **11010** - Naval Historical Foundation, 202-678-4333, www.navyhistory.org
- **12526** - Operation Homefront, 800-779-5921, www.operationhomefront.net
- **11958** - Paralyzed Veterans of America Spinal Cord Education and Training Foundation, 800-424-8200, www.pvaresearch.org
- **11323** - Pentagon Memorial Fund, 202-237-0327, www.pentagonmemorial.net
- **11460** - Ranger Memorial Foundation, 706-687-0906, www.rangermemorial.org
- **10510** - Red River Valley Fighter Pilots Association, 866-401-7287, www.river-rats.org
- **11959** - Seabee Memorial Scholarship Association, 301-570-2850, www.seabee.org
- **11454** - SEAL - Naval Special Warfare Foundation, 757-363-7490, www.nswfoundation.org
- **11455** - Special Operations Warrior Foundation, 813-805-9400, www.specialops.org
- **11309** - Tragedy Assistance Program for Survivors (TAPS), 202-457-8277, www.taps.org
- **12527** - Unit Scholarship Fund, 910-487-0476
- **11871** - United States Warrant Officers Association Scholarship Foundation, 703-742-7727, www.usawoa.org/woasf
- **10511** - Veterans of Foreign Wars Foundation, 816-756-3390, www.vfwfoundation.org
- **11324** - Vietnam Veterans Assistance Fund, 301-585-4000, www.vvafund.org
- **11070** - Vietnam Veterans Memorial Fund, 202-393-0090, www.vvmf.org
- **11350** - Women in Military Service for America Memorial Foundation, 800-222-2294, www.womensmemorial.org
- **11954** - Young Marines, 800-717-0060, www.youngmarines.com
- **11994** - Paralyzed Veterans of America Outdoor Recreation Heritage Fund, 800-424-8200, www.pvaheritagefund.org
- **11704** - Disabled Americans Employment Services/Enable America, 877-362-2533, www.enableamerica.org
- **11087** - The Navigators, 866-568-7827, www.navmilitary.org
- **10531** - Officers' Christian Fellowship, 800-424-1984, www.ocfusa.org
- **11687** - National Association for Black Veterans, 800-842-4597, www.nabvets.com
- **10286** - American Legion Child Welfare Foundation, (317) 630-1219, www.cwfinc.org

- **10327** - American Legion Endowment Fund Corporation, 317-630-1200
 - **10521** - Archdiocese for the Military Services USA, 202-719-3600, www.milarch.org
 - **10151** - Disabled Sports USA, 301-217-0960, www.dsusa.org
 - **10521** - Armed Forces Foundation, 212-957-7020
 - **10102** - Dolphin Scholarship Foundation, 757-671-3200, www.dolphinscholarship.org
 - **11859** - EANGUS We Care for America Foundation, 703-519-3846, www.eangus.org
 - **10078** - Elks National Veterans Service Commission, 773-755-4846, www.elks.org
 - **10119** - Explosive Ordnance Disposal Memorial Committee, 850-729-2401, www.eodmemorial.org
 - **12251** - Help Hospitalized Veterans, 952-926-4500, www.hhv.org
 - **10210** - Leadership VA Alumni Association, Inc., 202-273-5274
 - **10195** - Marine Corps League Foundation, Inc., 800-625-1775, www.mclfoundation.org
 - **12357** - Our Military Kids, Inc., 703-734-6654, www.ourmilitarykids.org
 - **10251** - Tailhook Educational Foundation, Inc., 800-269-8267, www.tailhook.org/Foundation.html
 - **11555** - United Spinal Association, 718-803-3782, www.unitedspinal.org
 - **12359** - USA Cares, Inc., 800-773-0387, www.usacares.us
 - **11425** - Wounded Warrior Project, 540-432-0032, www.woundedwarriorproject.org
 - **10400** - Toys for Tots Foundation, 703-640-9433, www.toysfortots.org
 - **12412** - Veterans of Foreign Wars National Home for Children, 800-424-8360, www.vfwnationalhome.org
 - **51137** - Home of the Brave Foundation, Inc., 302-424-1681, www.hobf.net
 - **50343** - Maryland Center for Veterans Education and Training, Baltimore, 410-576-9626, www.mcvet.org
 - **58456** - Operation Homefront-DC Metro, Inc., 202-744-0337, www.operationhomefront.net/dcmetro
 - **77273** - Pentagon Federal Credit Union Foundation, 703-838-1020, www.pentagon-foundation.org
- 2007 Contributor's Guides or pledge cards are available from each unit keyperson or visit the Combined Federal Campaign Office in building 2752, room 206. The Web site for the CFC is www.cfccmd.org.
- For more information, contact Leon Guerrero, 410-278-1399, CFC vice chairman Nancy Sewell, 410-278-5320 or CFC administrative assistant Nelder Smothers, 410-278-5327.

Yoo

From front page

a better Soldier just by competing.”

“I came away with more knowledge of manuals, regulations, Soldier skills and a greater knowledge of how to conduct myself, as well as military bearing,” he said.

“The best part was getting

to meet and listen to senior leaders,” he added. “You get to hear it straight from them, not coming down through channels. I gained a lot of confidence and I feel like I can teach other Soldiers to do the same.”

He thanked Davis, Thompson, the instructors at the Warrior Leader Course and his command for their support.

“He went through the whole thing with me,” he said of

Davis. “He gave me input, advice and words of wisdom. And most important, he told me that I owe it to other Soldiers to share what I’ve learned.”

Born in Toronto, Canada, and raised in California, Yoo is also a percussion specialist in the band. He is pursuing a degree in business administration and his goal is to become an Army sergeant major.



Photo by MIKE STRASSER, FORT LEE PAO
Samuel Yoo, U.S. Army Materiel Command Band, fires his M-4 rifle during the weapons qualification portion of the Department of the Army Best Warrior Competition at Fort Lee, Va.

Safety

From page 7

Consumers should exercise caution when using these test kits to evaluate consumer products for potential lead exposures. False results can make it difficult or impossible for consumers to determine the proper course of action to take.

CPSC staff has tested a number of other samples that had been identified by consumers and others based on their use of inexpensive test kits as having high lead levels. To date, none of these items has actually had high lead levels based on CPSC lab analysis.

This is another indication

of the poor reliability of the kits for this purpose. Testing by a qualified laboratory and trained personnel is the only way to accurately assess the potential risk posed by a consumer product that may contain lead.

Consumers can stay informed of lead-related recalls by signing up for e-

mail announcements at www.cpsc.gov. Consumers who suspect that their child has been exposed to excessive levels of lead, should immediately contact a physician.

For more information, call Ron Kravitz, Aberdeen Proving Ground Directorate of Safety Health and Environment, 410-306-1084.