

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Oct. 24, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



### Well-Being Council meets today

The next Well-Being meeting will be 9:30 a.m., Oct. 18, at the Post Chapel to discuss garrison and installation-wide issues and events.

For more information, contact Sheryl Speerstra, 410-306-4522.

### Road closure in APG South begins Oct. 27

On or about Oct. 27, Otto Road will be closed between Ricketts Point Road and building E-4301. The John C. Grimberg Company will install the underground power supply for the new Sample Receipt Facility that is being constructed next to the Advanced Chemistry Laboratory. The closure should not last more than 24 hours; however, inclement weather may either delay the actual start date or extend the duration of the closure. During the period of closure, motorists and pedestrians are requested to avoid the area.

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

### RAB meeting Oct. 25

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 25, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the APG North Study Areas.

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

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

### Veterinary Clinic closings

The APG Veterinary Treatment Facility will be closed Oct. 31 for end of month inventory. For more

See **SHORTS**, page 6

## Issue Highlights

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# APG announces drought condition precautions

DSHE

Harford County is experiencing a dry spell which began in May and lasted through the summer.

Abnormally low rainfall has affected rivers, streams and reservoirs on Aberdeen Proving Ground, and throughout Harford County and the surrounding areas.

As a result, the state of Maryland has identified drought conditions in central areas of the state, including Harford County and APG, as a Drought Watch.

If rainfall amounts do not increase over the next few months, this condition may be upgraded to a Drought Emergency.

To help minimize the impact of drought at APG, the installation is asking Soldiers, employees and residents to use a common sense approach to conserving water, and cooperate and abide by the following water restrictions.

- No water will be served at clubs,



Photo by SHEILA LITTLE, APG NEWS

snack bars, or other restaurant-type facilities except upon patron request.

- No washing of privately-owned or military/government vehicles, except mission essential vehicles and mili-

tary vehicles washed using recycled or closed-loop wash racks.

- No washing of paved surfaces, including streets, sidewalks, stairs and tennis courts.

- No watering of landscaped areas, including lawns, athletic fields, trees, shrubs or other outdoor plants.

- No use of water for ornamental purposes, such as fountains, unless it is a closed-loop system requiring no additional water.

- Common sense restrictions include shorter showers, collecting rainwater to use on gardens and turning off water when not in use, such as when shaving or brushing teeth and only running dishwashers and washing machines when full.

"It is imperative that each and every employee and resident of this installation participate in water conservation practices," said Richard Wiggins, Directorate of Safety, Health and Environment, who added that with

everyone participating, more serious drought conditions may be put off or avoided. "We hope to preclude significant mission impacts," Wiggins said, adding that anyone who wishes to discuss a legitimate exception should call him, 410-306-2267.

A Drought Emergency Task Force and supporting Hotline has been established to aid in reporting water leaks, and for participants to provide water-saving suggestions or express concerns. Call 410-306-1107.

"We appreciate your cooperation, and assure everyone that the situation on APG is being continually monitored," Wiggins said. "Hopefully, by conserving water now, we will not have to take more drastic measures required by a drought emergency."

For more information, call Wiggins, 410-306-2279 or Marley Nickle, 410-306-2267.

# APG partners for innovative energy program

DIO

With the passage of the Energy Policy Act of 2005 last August, President Bush committed America to reducing its dependence on foreign energy supplies, to setting aggressive energy conservation goals and to increasing America's share of cleaner, more efficient and lower carbon use of energy.

On Jan. 24, 2007, President Bush signed Executive Order 13423, "Strengthening Federal Environmental, Energy, and Transportation Management." This order set a series of aggressive goals, including goals for improved energy efficiency, reduced greenhouse

gas emissions, increased alternative energy purchases and improved water conservation.

To help accomplish presidential and legal requirements, it is incumbent upon the Army to lead the way – and to lead by example in the wise use of energy resources and elimination of inefficient energy practices.

Achieving these goals means that Aberdeen Proving Ground must look beyond appropriated funds to further accomplish its energy objectives.

One of APG's best opportunities to retrofit the energy systems needed to achieve the executive order and legal requirements is through greater

use of private government-wide Energy Savings Performance Contracting, a program administered by the Department of Energy's Federal Energy Management Program.

Congress established the ESPC program in 1992, and reauthorized it through 2016 with EPAct 2005, as a way to improve the government's energy efficiency by harnessing private sector resources to invest in necessary energy efficiency projects that can yield guaranteed savings.

ESPC provides a flexible, cost effective, market based way for APG to reduce its consumption of conventional fossil

fuels – and do so without incurring the up front capital costs that are normally associated with projects of this nature.

APG has chosen Johnson Controls to develop an ESPC proposal for making improvements to its facilities. A team comprised of APG, the Army Corps of Engineers Huntsville Center and Johnson Controls personnel has co-authored this project through detailed field analysis and interim project development workshops covering each aspect of the project. This cross-functional team included engineering, master planning, contracting, financial and project man-

agement representatives. This approach has fostered a unique and interactive process ensuring the project will address key APG goals.

"The project encompasses improvements to the generation and distribution of central steam at the Southern Cantonment, including the installation of advanced controls and related mechanical modifications to the Southern Cantonment's main steam plants," said Johnson Controls Account Manager Adam Mihulka. "APG will be able to optimize the co-production and distribution of steam between APG's steam plants

See **ENERGY**, page 12

# Children: The silent victims of domestic abuse, violence

ACS

A child hears yelling and screaming coming from his parent's bedroom. He recoils in his bed. His heart rate accelerates. He's afraid. He's heard it all before. He knows that when he wakes up in the morning, there will be total silence as his mother prepares the Family's breakfast with tears streaming down her bruised and battered face.

Children are the silent victims of domestic abuse. They are the ones who are most affected, even when the violence is not directed at them.

According to an article on the effects of domestic violence on children and teenagers (Osofsky, J., The Impact of Violence on Children. The Future of Children: Domestic Violence and Children, 1999), it is estimated

that more than 3.3 million children are exposed to physical and verbal spousal and intimate partner abuse each year. Exposure means that these children are witnessing and hearing the actual abuse or dealing with the aftermath of the abuse, which can include physical and emotional injuries.

"Abusers rarely take into account the damage they are causing their children every time they physically or verbally abuse their partners," said Aida Rivera, ACS Family Advocacy Program manager. "They assume that since they are not battering their children, that the children aren't affected by what they're hearing and seeing being done to one of their parents."

The effects of witnessing domestic

See **ABUSE**, page 5

# Ordnance Brigade completes transformation from drill sergeants

Story and photos by YVONNE JOHNSON APG News

The distinctive peaks and folds of Army drill sergeant hats, once a common sight on Aberdeen Proving Ground, are now a thing of the past as 30 former drill sergeants from the U.S. Army Ordnance Mechanical Maintenance School took part in an official de-hatting ceremony at the Ball Conference Center Sept. 28.

The ceremony marked the formal return of the NCO to the mission of training Advanced Individual Training students.

Command Sgt. Maj. Luis Rivera, 143rd Ordnance Battalion, Sgt. Maj. Chancey Alderman, OMMS Tactical Support Equipment Department and 16th Ordnance Battalion Chaplain (Capt.) R. Randall Thomas led the ceremony.

Family members, fellow Soldiers and friends watched the opening ceremony as the drill sergeants marched into the auditorium in single file and recited the Drill Sergeant's Creed in unison before taking their seats.

Offering words of encouragement during the opening prayer, Thomas said that the drill sergeants symbolized strength and character as well as the Warrior Ethos and asked that "their character, discipline, drive and love of Soldiers remain."

Command Sgt. Maj. Allen G. Fritzching, of the U.S. Army Developmental Test Command was the guest speaker.

A former drill sergeant himself, Fritz-

zing talked about how he began his time as a drill sergeant at Fort Knox, Ky., and how he worked with other drills sergeants who went on to become prominent leaders like Command Sgt. Maj. John D. Sparks, U.S. Army Training and Doctrine Command; Command Sgt. Maj. Daniel K. Elder, U.S. Army Materiel Command; and Command Sgt. Maj. Daniel A. Eubanks, regimental command sergeant major of the U.S. Army Ordnance Center and Schools.

"I remember the satisfaction I got every day training great men and women to be Soldiers," Fritzching said.

He said that since then the Army has undergone a "great transformation" in equipment and missions.

"We are no longer an Army of One. We are Army Strong and we are Warriors first," he said. "Our Soldiers are the best trained in the world and the cadre here at APG is responsible for that. Although the headgear may be different, the responsibility is unchanged."

He expressed confidence in the timing of the transition and said that the right leaders were in place to execute it. "Tomorrow morning when Soldiers are woken up by sergeants and standards are enforced by sergeants, nothing will have changed," he said.

The program included a reading of the history of the male and female drill sergeant hats by Rivera and 'What Is A Drill Sergeant,' the mission creed of the Fort Leonard Wood, Mo., Drill Sergeant School.

See **DE-HATTING**, page 11

# Army designates civilian corps champion

Army News Service

The Army took a major step to recognize and advance civilian contributions to the Army's success by designating a champion for enhancing civilian training and education and for applying those enhancements to the civilian workforce systemically.

At a Pentagon ceremony, Army Secretary Pete Geren designated Deputy Undersecretary Thomas E. Kelly III as his representative to lead the effort to champion Army civilians. The appointment of a Civilian Corps Champion and leader to represent this undertaking is a vital step in assuring the Army meets the complex challenges of a changing world.

"We rely increasingly on civilians to help lead and manage a changing Army, and rightly so," Geren said. "Civilians are in key leadership roles. They are deploying in greater numbers to support the operational force and our Civilians have helped pace our operational contributions to the long war by accepting greater roles and responsibilities for generating the force."

Kelly's appointment supports the Secretary's key strategic imperative which is to transform the Army to win the persistent conflict against extremism. It addresses accelerating and improving leader development for both uniformed and civilian personnel. Designating a senior executive advocate will expedite the civilian corps' training transformation, and reflects the Army's responsibility to enable civilians to achieve their full potential.

Army Initiative 5 (AI 5) "Accelerate Leader Development" and the four other initiatives stem from a review directed by Gen. George W. Casey Jr. shortly after he became Army Chief of Staff. He spent his first 100 days assessing the state of the Army, and his transition team identified areas to improve current readiness and ensure future capabilities.

The AI-5 Working Group, co-chaired by the Deputy Under Secretary Thomas E. Kelly III and Gen. William S. Wallace, U.S. Army Training and Doctrine Command commanding general, presented a list of Quick Wins, along

See **CIVILIAN**, page 12

# CFC offers incentives

Story by PETE LEON GUERRERO CFC Program Office

Aberdeen Proving Ground is conducting the 2007 Combined Federal Campaign through Dec. 15. The installation goal is to receive \$400,000 in donations.

Department of Defense employees can make donations by check, cash or payroll deduction. Retirees, contractors and individuals from outside the installation may donate to CFC by cash or check only.

This year's donation incentives are different from previous years. Those who donate \$2,000 or more at the Gold Plus Leadership Level will receive a framed 5 by 7 poster plus an executive-style, two-piece, black and silver roller-ball pen with laser engraved CFC Logo. Donors of \$1,000 to \$1,999, at the Gold Level, will receive a framed 2007 5 by 7 CFC theme/logo poster (suitable for desk display or wall mount). At the Silver Level, \$500 to \$999, donors will receive a black and sil-

ver, twist-style, deluxe roller-ball pen engraved with the CFC logo. Bronze Level donors, at \$100 to \$499, will receive a CD case, zippered with carrying strap which holds 12 CDs/DVDs, emblazoned with 2007 CFC theme/logo.

Married couples can combine their donations to receive upgraded incentives.

Four raffles for a gift package of past campaign incentives will be held during the CFC campaign season.

This year contributors will be able to designate money to any charity in the world. The 2007 Contributor's Guide for national/international organizations is at Web site <http://www.cfcemd.org>. Paper copies of the guide and pledge cards are available from organization key workers and at the APG CFC Office.

For more information, visit the APG CFC office, building 2752, room 206 on Rodman Road, e-mail [CFC@apg.army.mil](mailto:CFC@apg.army.mil) or call 410-278-1399/5327/5320.

# Prayer breakfast sheds light on battalion

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

Soldiers of the 61st Ordnance Brigade and U.S. Army Ordnance Center and Schools came together in a declaration of faith during the 143rd Ordnance Battalion prayer breakfast at Capa Field Oct. 5.

The program was held at the field's pavilion and featured music, singing and a powerful message from guest speaker 61st Ordnance Brigade Chaplain (Maj.) Robert W. Leathers.

Guests included Brig. Gen. Rebecca S. Halstead, OC&S commander, Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander; Col. Bobby A. Towery, 61st Ordnance Brigade commander, and OC&S Regimental Command Sgt. Maj. Daniel A. Eubanks.

Lt. Col. Mary A. McPeak, 143rd Battalion commander, welcomed the Soldiers and guests and commented that even if [a person is] not religious, it was important to take a moment to "reflect on what is important to us."

"Spiritual reflections make us better leaders, better Soldiers and better human beings," McPeak said. "Today we take a moment to reflect that we are not alone in our personal trials and sufferings."

The battalion's leadership and cadre served Soldiers and guests a breakfast of scrambled eggs, ham, bacon and creamed chipped beef. Fresh fruits, bread, juices, tea and

coffee also were available.

Chaplain (Capt.) Scott Thompson assisted in organizing the event. He credited Spc. Gabrielle Shivers, chaplain's assistant, with doing "a tremendous job in coordinating the administrative and protocol aspects of the event."

"We all came together with different ideas," Shivers said, adding her thanks to Sgts. 1st Class William Fisher, S-3 NCOIC, and Theresa Spicer, S-4 NCOIC, and their personnel for their efforts in ensuring the success of the event.

Shivers received an Army Achievement Medal for her efforts after the ceremony.

Fisher said that the battalion's leaders, McPeak and Command Sgt. Maj. Luis Rivera, were "really supportive" of the project.

"It took some coordinating and it could not have been done without everyone working together," Fisher added. "This came together nicely."

APG Garrison chaplain assistants Sgt. Luis Rodriguez and Spc. Kim Kerschner gave musical performances. Rodriguez sang an original song, "Thank You Lord," that he said he wrote while in basic training and Kerschner played hymns on the saxophone.

Thompson read the Regimental Prayer, which was written by former OC&S public affairs officer E.C. Starnes in 2004 before Leathers took the podium.

Leathers said he came to APG from Iraq where he served as a hospital chaplain in a combat hospital in Iraq's

Green Zone. He said that his responsibilities included tending to the spiritual needs of the sick and wounded as well as those near death and working morgue duty, and said that for those heading to the war zone, now is the time to prepare and get spiritually fit.

"I want to challenge you this morning to be spiritually fit for what you might face in the near future," Leathers said.

"Are you spiritually fit? Are you spiritually ready to face an enemy that wants to take you out?"

"Learn everything you can learn and glean everything you can from your books and instructors," he advised the Soldiers. "Everything you learn may save your life."

You have no idea what your future holds or what you'll encounter, he said, but you are fighting in the War on Terror and you need to take charge of your spiritual well being.

He said that the hospital he served in took in so many wounded that it transfused an average of 1,600 units of blood a month, compared to the average busy U.S. hospital which transfuses 40 units a month.

Despite the seemingly endless flow of casualties, many of whom were amputees, Leathers said the Warrior spirit did not waver.

"I saw over and over again Soldiers who were able to look at the positive side despite multiple amputations," he said, adding that that were so spiritually fit that they gave him lessons in optimism.



Soldiers of the 143rd Ordnance Battalion fellowship together at the Capa Field pavilion during the battalion's prayer breakfast Oct. 5.

He told the story of the Bible's David and Goliath (1 Samuel 17) in which David, a young Israelite boy and future king of Israel used a sling shot to defeat the giant Philistine Goliath who was terrorizing his people.

"How is it a young boy could do what the men of Israel could not?" Leathers asked.

He answered that the difference was the amount of time that David had spent with God.

"If David had died that day it would have been okay because he was ready," he said. "When you spend time with God you can do things a lot of men and women can't do. Get your spirit right and know what you believe."

Thompson closed with the

benediction, expressing thanks for the message and asking for wisdom for all Soldiers to "prepare ourselves now."

Rivera said that battalion and brigade leaders felt it was important to provide a spiritual based program for Soldiers.

"This generation of Warriors is facing challenges that have not been faced in years,"

Rivera said. "Just for them to volunteer during these times is impressive. We want to give them all the tools of survival, which means all the training we can give them and drive a sense of spirituality into their hearts along with all the training. These are tools of survival, and we owe it to these Warriors."

## Hundreds attend Edgewood Job Fair

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

The Susquehanna Workforce Network in conjunction with Aberdeen Proving Ground's Employment Readiness Program drew more than 1,000 jobseekers to its annual Job Fair held at the Richlin Ballroom in Edgewood Oct. 4.

The mixture of job seekers included high schoolers and college graduates looking for their first jobs to baby boomers seeking new careers to Soldiers seeking post-military employment.

Nearly 70 companies and organizations were on hand offering an array of positions from clerical to technical to law enforcement to industry.

Marilyn Howard, Army Community Service ERP coordinator, said the high-turnout was due to a group effort and that the partnership has worked well.

"People collaborate well when they have the same goals and it shows with this turnout," Howard said.

Attendees included cadets from the Maryland Army National Guard's Freestate ChalleNGe Academy. John Kirkpatrick, ChalleNGe placement coordinator, said 27 cadets were in attendance.

"We've taken them to other job fairs in Prince Georges and Baltimore counties," Kirkpatrick said adding that most of the cadets are from the Baltimore and Washington, D.C., areas.

"They may not find a job but it's important that they learn how to talk to adults and employers," he said.

Herbert Parr, an 18-year-old cadet from Prince Georges County, said that although his goal is to enter the military he was "looking around to see if there's anything else I can go for."

"There were some dealing with school services but right now my goal is still to go into the military and enter the police force," Parr said.

Cadet Victor Robinson, 17, also from Prince Georges County, said that he hoped to enter the Air Force.

"I've always loved working with my hands, and I'm interested in getting a job at an airport working on planes," he said.

As she reviewed job openings at the APG Non-appropriated Fund table, Terry Pezzella of Bel Air said she was interested in doing just about anything.

"My husband works at APG and I'd like to make it a Family affair," Pezzella said.

NAF's Lisa Lipford said that interest from attendees was high all day.

"Ever since they opened the doors it's been nonstop," Lipford said. "They're interested in just about everything, and they're actually filling out the applications right here."

Jay Carter, a representative from the MBM Trucking Corporation, said that he was looking for Soldiers who are looking for driving jobs.

"We're a leading customized food service distributor in thirty one states. We offer four- and five-day work weeks,"

See **JOBS**, page 11

## Soldiers draw sabers for school gala



Photo by HEATHER TASSMER, APG NEWS  
From left, Alexia, Austin and Lisa Dill smile after walking through the 16th Ordnance Battalion's arch of drawn sabers during Royce Williams Elementary School's Top Hat Gala Sept. 20. After the faculty, students and parents entered the school, the battalion posted colors and the attendees watched "Happy Feet."

Aberdeen Proving Ground  
**90th Anniversary Gala**  
November 10, 2007  
Ripken Stadium  
Club Level  
7-11 p.m.



open to the public  
Music, Food, Entertainment, Music  
Tickets are \$50

Dress code is suit and tie for men and cocktail dress for women.  
Minimum military uniform is Class A.  
Call 410-278-4603 for more information.



To purchase tickets for the APG 90th Anniversary Gala  
7 to 11 p.m., Nov. 10 at Ripken Stadium

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_ Credit card number \_\_\_\_\_  
Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

Pay by check. Make payable to Civilian Welfare Fund.

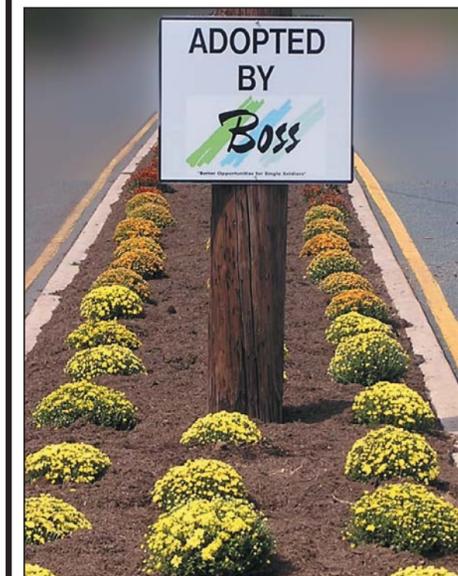
Mail to the Civilian Welfare Fund, ATTN: Angela Keithley, Building 2727, Aberdeen Proving Ground, MD 21005-5001, or call 410-278-4603.

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.

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

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## BOSS beautifies 22 gate



Above is the finished product of the BOSS Route 22 gate project in the median. BOSS is inviting other organizations to adopt APG gates.

Photos courtesy of SGT EUGENIA RICHARDSON, BOSS PRESIDENT Better Opportunities for Single Soldiers and Aberdeen Proving Ground Garrison Command Sgt. Maj. Pedro Rodriguez, second from front, plant mums at the Route 22 Gate Sept 15. BOSS members and APG leaders planted more than 150 mums at the gate.

## APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD



## Making strides against breast cancer

KUSAHC

October is National Breast Cancer Awareness Month and many around the country are making strides against breast cancer. Anyone can take action against breast cancer by promoting prevention and early detection of breast cancer.

By gender, the American Cancer Society lists breast cancer as the leading cause of cancer in females, however it may also occur in males at 1 percent or less.

Early detection is the key to survival.

Ten easy steps are important in taking action against breast cancer and could be performed in daily life.

1. Eat a balanced diet low in fat.
2. Exercise five or more days a week.
3. Do not drink alcohol or minimize alcohol intake.
4. Maintain a normal weight range.
5. If possible breast feed the baby.
6. Discuss hormone replacement therapy with a health care provider.
7. Know Family medical history. (It will alert you to your own risk factors.)

8. Obtain a clinical breast exam by a health care provider. Women in their 20's and 30's should have an exam at least once every three years. Women age 40 and older should have an annual check.

9. Perform a monthly breast self-exam.

10. Report to a health care provider any of the following (men or women):

- Discharge from nipples (milk production in connection with childbirth is normal) or nipple retraction in which the nipple is now inverted
- Pain, redness (erythema), or swelling
- Changes in the skin of the breast such as dimpling or other unusual texture changes
- Any lumps or masses felt through self or partner examination
- Asymmetry (when one breast has a change in size or shape)

A breast self-exam should be performed monthly. For a description and diagram for simple instructions on performing breast self-exams, visit [www.cancer.org](http://www.cancer.org).

In addition to the above, screening mammography can detect abnormal breast

lumps starting at age 40. The American Cancer Society states that mammography can detect the earliest sign of breast cancer before a lump is felt by physical examination of the breast.

Although mammography is recommended at age 40, breast cancer risk increases with age for those 50 and older, namely 77 percent of women in this age group. On the other hand mammography may begin earlier for those with a first degree relative who is diagnosed with breast cancer such a parent or sister. About 20 to 30 percent of breast cancer cases are related to genetics. Be aware that breast cancer may occur in individuals without a Family history in 70 to 80 percent of cases.

One can control risk factors by avoiding a high fat diet and alcohol consumption. Changes in lifestyle and early detection save lives when the above measures are taken.

Throughout October, cities across America have planned scheduled walks and pledges of support for breast cancer research and support for survivors. Join the multitudes in the march against breast cancer.



## Commentaries

### A healthy lifestyle helps reduce breast cancer risk

By  
**MAJ KAREN E. FAUBER**  
DeCA

Eating healthy, exercising regularly and maintaining a healthy weight can be helpful in preventing breast cancer.

October is Breast Cancer Prevention Month. When shopping at the commissary, look for foods that promote breast health awareness and cancer research. Many food manufacturers are partnering with the Susan G. Komen Foundation to fund research and education along with fighting breast cancer. Look for the pink logo.

#### **Maintaining a healthy weight**

There are plenty of reasons to lose the pounds and maintain a healthy weight. Here's one more: Research demonstrates a link between obesity and

breast cancer. If you gain more weight later in life, especially after menopause, you may be at higher risk of developing breast cancer. Fat cells provide estrogen, and breast cancer is linked to how much estrogen you are exposed to in life.

#### **Stay physically active**

Research has shown that women who participated in more than five hours per week of strenuous activity had a lower risk of invasive breast cancer compared with the least-active women. Try to get at least 30 minutes of exercise most days of the week, according to the 2005 U.S. Dietary Guidelines. Start slowly and build up if you haven't been exercising regularly. Also, don't forget weight-bearing exercise such as walking or weight lifting to keep your

bones strong.

#### **Eat healthy**

This includes limiting fat in your diet and choosing fruits and vegetables that are high in antioxidants, such as spinach and other dark, leafy greens.

Be sure to check out "Kay's Kitchen" at [http://www.commissaries.com/kays\\_kitchen.cfm](http://www.commissaries.com/kays_kitchen.cfm) and for some delicious spinach recipes at [http://www.commissaries.com/kays\\_kitchen/healthy\\_cooking/articles/spinach.cfm](http://www.commissaries.com/kays_kitchen/healthy_cooking/articles/spinach.cfm).

The average person needs no more than 60 to 70 grams of fat each day. Also, to help protect against breast cancer, limit alcohol consumption to less than one drink a day; there is a strong link between the two.

For women, remember to do monthly self-breast exams and start having mammograms after

age 40 as recommended by the National Cancer Institute.

For more information on diet and cancer prevention or other nutrition topics, visit the DeCA Web site, <http://www.commissaries.com>, go to the DeCA Dietitian page [http://www.commissaries.com/healthy\\_living/dietitian/index.cfm](http://www.commissaries.com/healthy_living/dietitian/index.cfm), or post questions on the "DeCA Dietitian Forum" at [http://www.commissaries.com/healthy\\_living/dietitian/forum/index.cfm](http://www.commissaries.com/healthy_living/dietitian/forum/index.cfm).

Also, look for other useful information in the "Dietitian's Voice" Archive at [http://www.commissaries.com/healthy\\_living/dietitian/column/index.cfm](http://www.commissaries.com/healthy_living/dietitian/column/index.cfm).

## Your health is our goal

KUSAHC

The old adage is still true: "Prevention is better than cure." One key to a long, healthy life is preventive screening.

Regular visits to your doctor improve your chances of staying healthy. Preventive screenings can alert you and your doctor to problems before they become more serious. Kirk U.S. Army Health Clinic provides health screenings for the following areas and can coordinate your care should you need a referral for a specific test.

**Colorectal cancer** - Anyone 50 or older, should be screened for colorectal cancer. Colorectal cancer is the third most common cancer in the United States; however, it can be prevented.

**Cervical Cancer** - Almost all cervical cancers are caused by a virus-the human papillomavirus. When used along with a pap smear, the HPV test can help the doctor reduce the chances of developing cervical cancer.

**Diabetes** - An estimated 18.2 million people have diabetes. About 5.2 million Americans don't know they have it. KUSAHC has monthly classes on diabetes dealing with a variety of issues that can improve the life of a diabetic.

**Breast Cancer** - Finding and treating breast cancer early can save a life. Despite some controversy, mammography, a breast x-ray, is still

the best way for early detection.

**Asthma** - Medical management at KUSAHC performs a monthly review of patients with asthma to ensure that those patients are controlling their medications and there are no adverse breathing symptoms.

To schedule an appointment, call 410-278-5475.

### No-cost mammograms, gynecological exams offered

Harford County Health Department

The Harford County Health Department's Breast and Cervical Cancer Screening Program sponsors no-cost mammograms and gynecological examinations for women who meet program eligibility guidelines.

Women ages 40 to 64, who have limited income and little or no health insurance may be eligible.

For more information, call the Office of Cancer Prevention Services, 443-643-0350, visit the Harford County Health Department Web site, <http://www.harfordcountyhealth.com>, or call the Health Education Division, 410-638-8405.

# Preparing for flu season

Harford County Health Department

Harford County Department officials advise that adults and children, age 6 months and older, receive the flu vaccine.

Beginning with the 2007 flu season, officials at the Centers for Disease Control recommend that all children, ages 6 months to 23 months get the flu vaccine. Children, younger than age 2, are more likely to be hospitalized if they get the flu.

FluMist nasal spray, an alternative to the flu shot for healthy, non-pregnant people ages 2 through 49 is available at all health department and Upper Chesapeake clinics.

**Who should get a flu shot**

- Adults aged 50 or over – even in good health.
- Anyone with a chronic health condition including heart dis-

ease, diabetes, kidney disease, asthma, cancer, HIV/AIDS.

- Children ages 6 months through 8 years getting a flu vaccine for the first time will need a follow-up booster one month after the first dose of vaccine.
- Women who will be more than three months pregnant during flu season which is typically November through March
- Health care workers
- Household contacts or caregivers of adults or children at high risk\*

\*High risk includes adults 65 and older, infants under 24 months (babies less than 6 months can get influenza but are too young to get flu vaccine), anyone with chronic health problems, and pregnant women.

**2007 Harford County flu shot schedule**

**Oct. 21**

1 to 4 p.m., Edgewood American Legion 17 located on 415 Edgewood Road; and Havre de Grace American Legion Post 47, located on 501 St. John St., Havre de Grace

**Oct. 27**

10 a.m. to 2 p.m., Bel Air Middle School

**Nov. 5**

1 to 4 p.m., Bel Air United Methodist Church, 221 Linwood Ave.

**Nov. 9**

1 to 4 p.m., St. Paul Lutheran Church, 201 Mt. Royal Ave., Aberdeen

**Nov. 18**

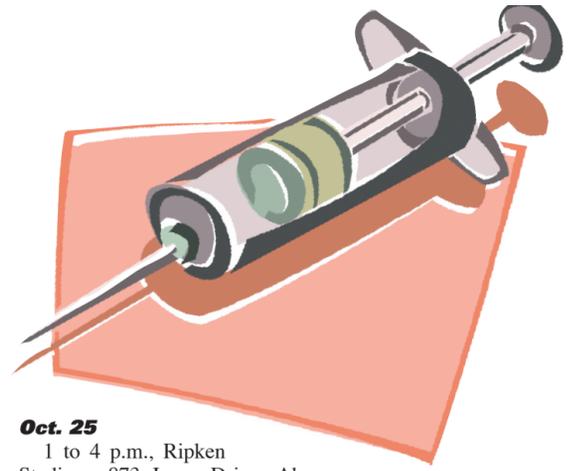
1 to 4 p.m., Whiteford American Legion Post 182, 2217 Whiteford Road

For more information, contact Pat Okin, 410-638-8464.

**Other vaccination dates scheduled:**

**Oct. 24**

9 a.m. to 1 p.m., Weis Supermarket, located on 943 Pulaski Highway, Havre de Grace



**Oct. 25**

1 to 4 p.m., Ripken Stadium, 873 Long Drive, Aberdeen, a Drive-thru Vaccine Clinic will be held. The clinic offers a flu shot for senior residents or anyone who may have difficulty walking. Rain date is Nov. 2.

**Nov. 1**

10 a.m. to 2 p.m., Fallston High School, 2301 Carrs Mill Road, Fallston. Do not call the school.

**Nov. 16**

3 to 6:30 p.m., North Harford Elementary School, 120 Pylesville Road, Pylesville. Do not call the school.

**Nov. 30**

10 a.m. to 2 p.m., Level Fire Hall, 3633 Level Village Road, Havre de Grace

**Nov. 14**

4 to 6:30 p.m., Edgewood Middle School, 2311 Willoughby Beach Road, Edgewood; do not call the school.

Upper Chesapeake Medical Center will offer vaccines across the county, including a one-day pediatric flu clinic and follow-up clinic for children six months to 11 years. Vaccines cost \$20 each, cash and checks will be accepted, no credit cards. Everyone must bring their Medicare card with them.

**Nov. 2**

10 a.m. to 2 p.m., St. Ignatius Church, 533 East Jarettsville Road, Forest Hill

**Nov. 3**

10 a.m. to 2 p.m., Upper Chesapeake Medical Center

**Nov. 7**

2 to 7 p.m., Harford Mall

**Nov. 8**

4 to 7 p.m., Harford Memorial Hospital in the Havre de Grace Room

**Nov. 10**

10 a.m. to 2 p.m., pediatric clinic at Upper Chesapeake Medical Center

**Nov. 14**

4 to 7 p.m., Jarrettsville Fire Hall, 3825 Federal Hill Road

**Nov. 15**

4 to 8 p.m., Upper Chesapeake Medical Center

**Nov. 17**

10 a.m. to 2 p.m., Harford Memorial Hospital in the Havre de Grace Room

**Nov. 18**

11 a.m. to 3 p.m., Harford Mall

**Nov. 30**

4 to 7 p.m., Holy Spirit Church

**Dec. 8**

10 a.m. to noon, pediatric follow-up clinic at Upper Chesapeake Medical Center

# Reporting spouse, child abuse

ACS

Army Regulation 608-18, The Army Family Advocacy Program, requires that Army installations establish a single 'reporting point of contact' for receiving spouse and child abuse reports involving service members and their Families.

Installation commanders or their designated representatives have the authority to appoint an RPOC.

At APG, the RPOC is the Directorate of Law Enforcement and Security, 410-306-2222.

"The regulation requires that commanders who become aware of spouse and child abuse cases within their area of responsibility report those cases to the RPOC as soon as they become aware of them," said Aida Rivera, Family Advocacy Program manager. "Reports from commanders should be made on all known or suspected cases of spouse and child abuse. As per the regulation, a report can be initiated on a suspicion of abuse alone."

The entire premise behind reporting is to ensure that at-risk service members and their Families receive the assistance necessary to prevent the abuse from escalating, that victims of abuse are protected and that offenders are held accountable for their abusive behavior.

"Early intervention is key in preventing further abuse and in providing Families with the assistance needed to help them resolve conflict in productive and non-abusive ways," said Celestine Beckett, ACS director. "The earlier the intervention the better the chances for a positive outcome for our military Families who are affected by abuse."

While the APG regulation doesn't require service members and other members of the military community to report known or suspected spouse and child abuse, it is strongly encouraged.

"The regulation strongly encourages that all members of the military community report the abuse to the RPOC or appropriate law enforcement agency as soon as the information is received," Rivera said. "Beyond the regulation, it's important for us to understand that we have a moral responsibility to each other. A case of abuse overlooked today can be tomorrow's tragedy headline."

The RPOC is accessible to the military community, both on and off post on a 24-hour, seven-day-a-week basis.

For more information on the RPOC and on spouse and child abuse and resources available in the community, contact the ACS Family Advocacy Program, 410-278-7478/2435.

## Abuse

*From front page*

abuse vary from child to child, but all children are affected in one way or another.

"Children are hurt directly and indirectly," Rivera said. "It is a natural tendency for a child to intervene in an effort to stop the fighting and protect a parent, especially if that child is an adolescent."

Physical injuries to younger children may occur as a result of a child getting in between parents or when a parent is holding a child during a violent episode. Physical injuries to adolescents may occur when they use force to intervene and the abuser responds by directing the violence at them.

Infants and toddlers who are exposed to domestic abuse show excessive irritability, immature behavior, sleep disturbances, emotional distress, fear of abandonment, and regression in toilet training and language development.

"Exposure to trauma, especially domestic abuse, interferes with the normal development of children," said Celestine Beckett, ACS director. "They will have a hard time trusting others, they will struggle with forming healthy attachments to caregivers and other adults, they will have problems developing a healthy sense of independence

and they will ultimately have problems with intimate relationships later on in life."

Beckett added that it is not uncommon for children who witness domestic abuse to grow up to repeat the cycle of violence in their own intimate relationships be it as a victim, or an abuser.

"It is what they know," she said. "What they consider normal."

Early intervention is key in preventing domestic abuse and in helping children to develop in a safe and healthy fashion.

"It's important that parents understand that children learn what they live," said Lynda Fernandez, ACS Victim Advocacy coordinator. "If you want your children to grow up feeling safe and to have every possible opportunity of developing into healthy and productive members of society, treat each other with dignity and respect, and get the help you need to resolve conflict in a way that doesn't emotionally or physically hurt anyone. Love should never have to hurt."

For more information on the effects of domestic abuse on children and on resources available to help end the cycle of abuse, contact the ACS Family Advocacy Program, 410-278-7478 or 410-278-2435.

### **Effects of domestic violence in childhood**

- Academic problems
- Behavior problems

- Clinginess to caregivers
- Depression
- Emotional numbness
- Feelings of not belonging
- Low levels of empathy
- Low self-esteem
- Nightmares
- Hyper vigilance
- Jumpiness

### **Effects of domestic abuse in adulthood**

- Alcohol and substance abuse
- Depression
- Suicidal or homicidal ideation
- Low self-esteem
- Violence in the home
- Problems with intimacy
- Criminal behavior
- Sexual problems

### **Help is available**

#### **APG 24-Hour Domestic Violence Hotline**

- 410-652-6048

#### **The ACS Family Advocacy Program**

- 410-278-7478/2435

#### **Harford County Sexual Assault and Spouse Abuse Resource Center (SARC), Inc.**

- 24-Hour Hotline: 410-836-8430

#### **The National Coalition Against Domestic Violence**

- 1-800-799-SAFE (7233)

#### **APG Reporting Point of Contact (RPOC)**

- 410-306-2222

#### **Military One Source**

- 1-800-464-8107

### **Civilian law enforcement**

- 911

## POST SHORTS

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

### NFFE Local 178 holds monthly meetings

The National Federation of Employees NFFE-IAM, Federal District 1, IAMAW, AFL-CIO, NFFE Local 178 invites all bargaining unit members to attend

monthly meetings 11:30 a.m. to 12:30 p.m., building E-4415 (RDECOM, ECBC, ECBC matrixed employees, MRICD, 22d Chemical Battalion and Acquisition Center government employees). Meetings will be held Oct. 18.

Topics include union health benefits, union member rights/benefits, legislative update and NSPS (National Security Per-

sonnel System) update.

For more information, call 410-436-3942 or e-mail local178@apg.army.mil.

### Navigating technology transfer

The 2007 Annual Meeting of the Federal Labs Consortium Mid Atlantic Region will be held 1 p.m., Oct. 22 thru 24, at Harbortowne Resort located in St. Michaels, Md. The meeting is designed to be useful to federal, industry, academic and economic development practitioners. A training session on technology transfer will be held 1 to 4:30 p.m., Oct. 22, followed by a networking reception in the evening.

Cost to attend is \$300; the training session costs \$40 extra.

The FLC Awards for Excellence in Technology Transfer and the Hot Technology contest will also be featured.

For more information or to register for the conference, visit [http://www.flcmidatlantic.org/2007\\_annual\\_meeting.html](http://www.flcmidatlantic.org/2007_annual_meeting.html).

The FLC MAR consists of the states of Delaware, Maryland, Pennsylvania, Virginia, West Virginia, and the District of Columbia. Select conference sponsorships with many valuable benefits are also available. For more information, visit [http://www.flcmidatlantic.org/2007\\_annual\\_meeting\\_sponsors.html](http://www.flcmidatlantic.org/2007_annual_meeting_sponsors.html)

### Register for the 2007 Combatant Commanders Workshop

John J. Young Jr., acting under secretary, Acquisition, Technology and Logistics, and R. Paul Ryan, administrator, DoD Defense Technical Information Center, will host the 2007 Combatant Commanders Workshop, Oct. 29 and 30 at the "Lighthouse," Center for Innovation, 8000 Harbor View

Boulevard, Suffolk, Va.

The topic of the workshop is "Rapid Technical Support for the Warfighter." Military officers, colonels and above and civilians, GS-14 and above are eligible to attend. There is no registration fee. Workshop attendees are responsible for travel and lodging costs.

The purpose of the workshop is to improve CoCOM awareness of technology information, and align force providers technical information needs with the DTIC tools, Research and Engineering Portal, Information Analysis Centers and Scientific and Technical Information Network.

Questions, issues or suggestions can be e-mailed to the workshop coordinator at DTIC-CoComWorkshop@dtic.mil.

For more information or to register, visit Web site <https://www.enstg.com/Invitation> and enter code 20069924.

### RDECOM, Garrison DOIM host Technology Expo

The U.S. Army Research, Development and Engineering Command and the U.S.

Army Garrison Directorate of Information Management will host an Information and Technology Products and Services Expo 9:30 a.m. to 1:30 p.m., Oct. 24, at the Gunpowder Club in APG South. The event is open and free to all DoD, government and contractor personnel. Refreshments will be served. For more information, call FDAE toll free, 877-332-3976.

### 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.

### Post Office seeking custodial help

Part-time custodial help is wanted at APG Post Offices.

Working hours would be split between the APG North Post Office (7 hours) and APG South Post Office (3 hours), for a total of approximately 10 hours.

For more information or to apply, call the Postmaster, 410-278-7967.

### Newcomers Orientation

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.

### 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](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>.

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

# Community Notes

## THURSDAY

### OCTOBER 18 DISABLED EMPLOYMENT AWARDS LUNCHEON

The Harford County Commission on Disabilities will host its annual employment awards luncheon at noon, at the Maryland Golf and Country Club in Bel Air. Keynote speaker will be Secretary Cathy Raggio of the Maryland Department of Disabilities. The Health Information Operations at the U.S. Army Center for Health Promotion and Preventive Medicine will receive an award of merit as Employer of the Year.

A sign language interpreter will be available for the luncheon. Tickets cost \$20 per person.

For more information or to request disability-related accommodations, call 410-836-3373 voice/TTY or e-mail [disability@harfordcountymd.gov](mailto:disability@harfordcountymd.gov).

## SATURDAY

### OCTOBER 20 WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth - and not just with humans. Help to determine if the deer population of Leight Park is a healthy size. Get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer are in this area. This free program will be held 9 a.m. to noon for ages 16 to adult. Registration is required.

### ANNUAL FIDOS FOR FREEDOM FUNDRAISER

Fidos For Freedom will hold its ninth annual fundraiser, Stroll 'n Roll, 10 a.m. to 2 p.m., at Lake Elkhorn, Columbia, Md. Activities include games, prizes, food, demonstrations and a walk or roll around the lake. Fidos For Freedom is a non-profit volunteer organization that provides specially trained hearing, service and therapy dogs.

For more information, call 301-490-4005 or visit [www.fidosforfreedom.org](http://www.fidosforfreedom.org).

### COME CELEBRATE FALL!

Kids, come for a day of fall-themed crafting. This program will be held 10:30 a.m. to 12:30 p.m. for ages 8 to 11. Cost is \$5, and registration is required.

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

### CRITTER DINNER TIME

Come watch turtles, fish and snakes eat and learn more about these fascinating creatures. This program begins at 2:30 p.m. and is free for

all ages. No registration required.

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

### BASKET BINGO

Basket Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., Bingo starts at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338, Bonnie Perkins, 410-378-2376 or Stephanie Gibson, 410-378-2672.

### BULL AND SHRIMP FEAST

AMC Harford County Chapter will hold a Bull and Shrimp Feast, 7 p.m. to midnight at Jarrettsville Gardens, located on 3825 Federal Hill Road. Donations are \$40 per ticket in advance or \$45 at the door. Cost includes pit beef and ham, steamed shrimp, shrimp soup, shrimp creole and more. Music will be provided by Main Event DJ's and wheels and raffles will be available. Proceeds will benefit cancer research at AMC Cancer Research Center and Johns Hopkins Pediatric Oncology Center.

For more information or to purchase tickets, call 410-836-2832 or 410-322-8311.

## SUNDAY

### OCTOBER 21 IF YOU FEED THEM, THEY WILL COME

Join birder, Phil Powers, to learn what birds frequent backyards in Harford County and their feeder and food preferences. This program will be held 1 to 2:30 p.m. for ages 12 to adult. The program is free but registration is required.

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

### ANITA NEEDS A QUILT II

Un'cover' the secrets of the Anita C. Leight Estuary Center while helping to create a beautiful quilt to hang in the building. This program will be held 3 to 5 p.m. for ages 8 to adult. The program is free but registration is required.

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

### FALL COLORS CANOE TRIP

Tour the marsh as Mother Nature prepares for winter. Bring a snack for a stop on Snake Island. This program will be held 3 to 5:30 p.m. for ages 8 to adult. Cost is \$10, and registration is required.

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

### SUSAN G. KOMEN BINGO EVENT

The American Legion Post 17, 415 Edgewood Rd., Edgewood, will sponsor a special Bingo to benefit the Susan G. Komen Fund. Doors open 4 p.m., Bingo starts 6:15 p.m. Cost of packages start at \$8; special games cost \$1 a sheet. There will also be raffles and a silent auction.

For more information, call Irene Dudek, 443-876-5108 or 410-676-1147.

## WEDNESDAY

### OCTOBER 24 WEDNESDAY WEE WONDERS II

Celebrate fall by joining the naturalist and her wee one for stories, songs, live animals and outdoor exploration. This program will be held 10 to 11 a.m. for ages 0 to 4. The program is free but registration is required.

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

### FREE CHILD SAFETY SEAT CHECK

Four out of five car seats are used incorrectly. Maryland Kids in Safety Seats and the Level Volunteer Fire Company will sponsor a free child safety seat check, 3 to 6 p.m., at the Level Volunteer Fire Company, 3633 Level Village Road, Havre de Grace.

For more information, call Maryland KISS, 1-800-370-SEAT.

## THURSDAY

### OCTOBER 25 2ND ANNUAL BURN CENTER FUNDRAISER

Hook and Ladder Brewing Company and their local distributors will hold their 2nd annual Metropolitan Firefighter's Burn Center Fundraiser, 7 to 10 p.m., at the Firehouse Tavern located on 2800 E. Joppa Road in Parkville, Md. Hook and Ladder will serve their trademark Golden Ale and Backdraft Brown, and, along with their distributors, will donate \$4 from every barrel as part of their "Penny in Every Pint Program." There will be raffles and a check presentation to the Metropolitan Firefighter Burn Foundation. A limo will shuttle attendees to and from the event from the Park and Ride at the corner of Harford Road and Jomat Avenue.

For more information, call Mercedes Marx, 301-942-1306, fax 301-942-1361 or

e-mail [Mercedes@lyonspr.com](mailto:Mercedes@lyonspr.com).

### FRIDAY AND SATURDAY OCTOBER 26, 27 FALL FOLIAGE AND LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Fall Foliage and Lighthouse Cruise, noon to 3 p.m., on the Skipjack Martha Lewis. Tickets cost \$30 per person and include the cruise, box lunch and beverages. Enjoy a three-hour cruise around the Susquehanna Flats area and view the fall colors and lighthouses including Turkey Point and Fishing Battery Island. Credit cards accepted.

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



# MORALE, WELFARE & RECREATION

## Activities/Events

### 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.

### Dog Obedience for Beginners starts tonight

Get hands-on training and learn techniques that will help the dog respond to commands in a positive way.

Class will be held 6:30 to

7:30 p.m. every Thursday, Oct. 18 through Nov. 29 (no class Nov. 22) at the APG North Recreation Center, building 3326. Registration costs \$60.

For more information or to register, call MWR

Registration office, 410-278-4907/4621, building 3326.

### Scrapbooking Crop

The Civilian Welfare Fund will sponsor a Scrapbooking Crop, 9 a.m. to 5 p.m., Oct. 20, at Top of the Bay.

For any seasoned scrapbooker or those who would like to try scrapbooking, come and "Crop Till You Drop."

Cost is \$22 per person and includes lunch, door prizes and a goodie bag. Vendors will have items for all scrapbooking needs and a massage therapist will be available for an optional massage. A stress-free day for all with plenty of pampering.

For more information or to make a reservation, call Angela Keithley, 410-278-4603.

### 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.

### NBA basketball tickets available

MWR Leisure Travel Services has a limited number of tickets available for the Washington Wizards vs. the Portland Trail Blazers, 7 p.m., Nov. 17, at the Verizon Center, Washington, D.C.

Seats are located in section 109 and cost \$38 each.

For more information or to purchase tickets, call or visit the Aberdeen 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](http://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.

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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.

### 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, Aberdeen Recreation Center, building 3326, 410-278-4011/4907, or e-mail [mwr\\_registration@apg.army](mailto:mwr_registration@apg.army).

mil.

### Do-it-yourself New York City tours

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

Trips will take place Oct. 20 or 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 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](mailto:MWR-LeisureTravel@apg.army.mil).

### Grease on Broadway

Sandy and Danny reunite once again. See Grease, 2 p.m., May 17, 2008, on Broadway. Tickets cost \$165 each and include bus transportation and Broadway play. This event is open to all DoD ID card holders. Purchase tickets in advance, or purchase tickets as a Christmas gift.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

### Tickets available for Toby's Dinner Theatre

Toby's Dinner Theatre has two locations: Best Western Hotel and Conference Center located on 5625 O'Donnell Street, Baltimore and 4900 Symphony Woods Road, Columbia, Md. (South Entrance Road between Route 29 and Little Patuxent Park-

way). Shows are open to all DoD ID card holders.

### Baltimore shows

Three upcoming shows include Grease, Nov. 19; Dreamgirls, through Nov. 11; and Holiday Hot Nostalgia opening Nov. 20.

Sunday through Thursday, tickets cost \$43 per person for adults and \$27.50 for children; Fridays, tickets cost \$44.75 per person for adults and \$29.50 for children; and Saturdays, tickets cost \$47.25 per person for adults and \$45.25 for children.

### Columbia shows

Three shows include Titanic, through Nov. 11; The Sound of Music opens Nov. 15. Sunday through Thursday, tickets cost \$41 per person for adults and \$26.50 for children; Fridays, tickets cost \$42.50 per person for adults and \$28 for children; and Saturdays, tickets cost \$45 per person for adults and children.

### 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](mailto:MWR-LeisureTravel@apg.army.mil).

## BOSS hosts haunted house

Better Opportunities for Single Soldiers will present a special haunted house, 5 to 9 p.m., Oct. 26 and 27, at Child Youth Services, building 2522. Everyone is invited. Events include a haunted maze provided by APG organizations and units, food, game room, face painting, bean bags, ring toss and more. BOSS will sell tickets for 50 cents each. Different activities will cost a different amount of tickets. Participants can buy a bundle of tickets for \$20.

For more information, contact the unit BOSS representative; APG North Recreation Center, 410-278-2621/3404; APG South Recreation Center, 410-436-2713; BOSS president, 410-278-2709/5212, or BOSS secretary, 410-278-9886.



## 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](mailto: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

Bowlers don't have to be good to have fun. 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.

**Wednesday Mixed** will start at a time to be determined. Teams include two men and two women.

**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.

**APG Youth Bowling** still has openings. For youths ages 5 to 21, bowl every Saturday at 9:30 a.m. Cost is \$6.

**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.

Lunch is served daily. Weekly lunch specials are advertised in the *APG News* every week.

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

## 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.



## ACS upcoming events

All scheduled events will be held at the Army Community Service Center, building 2754, Rodman Road unless otherwise noted.

The ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College Small Business Development Center will sponsor *Smart Start Your Business seminars*. This free 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC will also be discussed.

Seminars will be held 11:30 a.m. to 1 p.m. Oct. 31 and Nov. 14.

For more information or to RSVP, call 410-278-9669.

The *Waiting Families Support Group* is scheduled for 6 to 7 p.m., Wednesdays, at ACS, building 2754 Rodman Road. This group is designed to provide resource information to assist spouses and Family members remaining behind while the military sponsor serves on unaccompanied tours, extended TDY or deployments.

Meetings will be held Nov. 14 and Dec. 5. For more information, call Marilyn Howard, ACS, building 2754 Rodman Road, 410-278-9669/7572.

A *Support Group for Survivors* meets 6 to

8 p.m. each Tuesday. The topic is "Talking it Out." The support group is open to adults affected by unhealthy relationships including domestic and/or sexual violence.

A *Support Group for Adult Survivors of Sexual Abuse* will meet 11 a.m. to 1 p.m. on the second Wednesday of each month. "Let's Talk About It" provides emotional support, begins the healing process and shares experiences and resources.

*Family Information Network Meeting, or FIN*, support group meets 11:30 a.m. to 1 p.m., the second Wednesday of the month. It is designed to provide education, information and support to those Families who are living with or caring for an exceptional Family member.

### Newcomers Orientation

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. 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](mailto:phyllis.ethridge@apg.army.mil).

**Victim Advocacy APG 24-Hour hotlines: Domestic Violence-410-652-6048; Sexual Assault 1-410-322-7154.**

## Pennsylvania Renaissance Faire tickets available

Tickets are available for the 2007 Pennsylvania Renaissance Faire, located on 2775 Lebanon Road, Manheim, Pa.

Tickets cost \$26.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends through Oct. 28.

For more information or to purchase tickets, call the MWR Leisure Travel office, Aberdeen Recreation Center, building 3326, 410-278-4011/4907 or e-mail [MWR-LeisureTravel@apg.army.mil](mailto:MWR-LeisureTravel@apg.army.mil).

## Maryland Renaissance Festival tickets available at MWR

Discount tickets for the Maryland Renaissance Festival cost \$14 for adults ages 16 and older and \$7.75 for children ages 7 to 15. Prices at the gate cost \$18 for adults and \$8 for children.

The festival is open weekends, 10 a.m. to 7 p.m., through Oct. 21. The Maryland Renaissance Festival is located on 1801 Crownsville Road in Annapolis. Handicapped parking is available next to the main gate. When entering the parking lot, follow the signs to the designated handicapped parking area.

For more information or to purchase tickets, call 410-278-4907/4011.



## Upcoming Civilian Welfare Fund events/trips

**Oct. 20** - Scrapbooking Crop at Top of the Bay

**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.

## APG Bowling Center Snack Bar specials

Building 2342

### Week of Oct. 15

Special #1: Turkey sub with cheese, mayonnaise, lettuce, tomato, pickles, onions, potato chips, one cookie and soda for \$5.75.

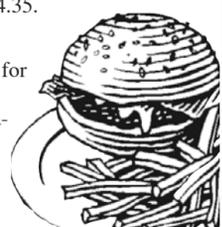
Special #2: Two hot dogs, French fries, one cookie and soda for \$4.35.

### Week of Oct. 22

Special #1: Wing dings or wing zings, one cookie and soda for \$5.85.

Special #2: Chicken filet club w/cheese/bacon, mayo, lettuce, tomato, pickles, onions, French fries, one cookie, regular soda for \$5.85

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



# Commissaries recall Banquet beef pot pies

## Check freezers for stored quantities

DeCA

ConAgra Foods shifted its consumer advisory to a voluntary recall of frozen pot pies because of possible salmonella contamination, according to an Oct. 11 U.S. Department of Agriculture announcement.

The announcement also expanded the products subject to the recall to "all varieties, including chicken, turkey and beef, of frozen pot pie products." Recalled products have either a "P-9" or "Est. 1059" printed on the side of the package.

As a result, the Defense Commissary Agency added Banquet Beef Pot Pie, 7-ounce package, UPC: 3100010102, to the products removed from its shelves.

Food safety officials said DeCA had previously pulled these products when ConAgra issued its consumer advisory:

- Banquet Chicken Broccoli Pot Pie, 7-ounce package, UPC: 03100010100
- Banquet Chicken Pot Pie, 7-ounce package, UPC: 03100010101
- Banquet Turkey Pot Pie, 7-ounce package, UPC: 03100010103

These frozen pot pie products were distributed to retail establishments throughout the United States, Puerto Rico and the Caribbean islands. Based on product shelf life, these products could still be in consumers' freezers, and it is important that consumers look for and return or discard and do not eat these products if they find them.

A large cluster of illnesses caused by salmonella had prompted a public health alert Oct. 9 from the Food Safety and Inspection Service, a public health agency in the U.S. Department of Agriculture. An initial investigation by the Centers

for Disease Control and Prevention and state public health departments had determined that the multi-state illness outbreak was linked to these frozen pot pie products. The FSIS, the CDC and state public health departments are continuing their investigation.

Consumption of food contaminated with salmonella can cause salmonellosis, one of the most common bacterial foodborne illnesses. Salmonella infections can be life-threatening, especially to those with weak immune systems, such as infants, the elderly and persons with HIV infection or undergoing chemotherapy.

The most common manifestations of salmonellosis are diarrhea, abdominal cramps, and fever within eight to 72 hours. Additional symptoms may be chills, headache, nausea and vomiting that can last up

to seven days.

Commissary patrons who have these products at home should stop consuming them. They can return the product label, including the side panel that contains the code "P-9," or "Est. 1059" to the store of purchase for a refund. They can also send the side panel of the package to ConAgra Foods for a refund. Mail to ConAgra Foods, Dept. BQPP, P.O. Box 3768, Omaha, NE 68103-0768.

Consumers with questions Banquet pot pies may call 1-866-484-8671 or visit <http://www.conagrafoods.com/contactus>. For information on this and other recalls, patrons can go to the DeCA Web site <http://www.commissaries.com>, visit the "Food Safety" section and access links to various consumer safety sites.

# Kolcraft recalls play yards after the death of child

CPSC

In cooperation with the U.S. Consumer Product Safety Commission, Kolcraft Enterprises Inc., of Chicago, Ill., is voluntarily recalling about 425,000 infant play yards following the death of a child.

CPSC received a report of a 10-month old boy who strangled on the changing table's restraint strap that was hanging down into Kolcraft's "Sesame Beginnings" Travel Play Yard where the child was located.

Twelve different Kolcraft play yards are included in this recall. All of the play yards have raised changing tables with a restraint strap that forms a loop beneath the changing table, posing a strangulation hazard to a child in the play yard.

In addition to the strangulation

hazard with the changing table restraint strap, one play yard also has a raised cradle that rocks back and forth. A child can roll and get trapped against the side of the cradle in the Contours 3-in-1 Play Yard. If that happens, a child can suffocate. Kolcraft has received 45 reports of children rolling to the side of the rocking cradle attachment.

The recalled play yards were sold in a variety of colors and patterns. Play yards and model numbers included in this recall are listed in the chart below. The model number is printed on a white sticker located on one of the feet of the play yard. They were manufactured in China.

The play yards were sold at retail stores nationwide from January 2001 through September 2007

for between \$50 and \$130.

Consumers should immediately stop using the changing tables and rocking cradle and contact the firm for instructions on receiving a free non-looped replacement strap for the changing table and a free repair kit to secure the base of the cradle. Consumers should immediately cut off and remove the existing changing table restraint strap. Consumers should always remove the raised changing table and cradle or bassinet before placing a child in a play yard.

A free repair kit for the rocking cradle will be sent to consumers separate from the replacement strap.

For additional information, call Kolcraft at 888-655-8484 anytime, or visit the firm's Web site, [www.kolcraft.com](http://www.kolcraft.com)



Kolcraft Travelin' Tot Series

## Jobs

From page 2

great benefits and you're always close to home," Carter said.

Dynamic Science Inc. representative Rebecca Hess said that attendees had shown "a lot of interest" and that she had "gathered quality resumes."

"We're a federal contractor specializing in ballistics research and development with ARL [the U.S. Army Research Laboratory]," Hess said.

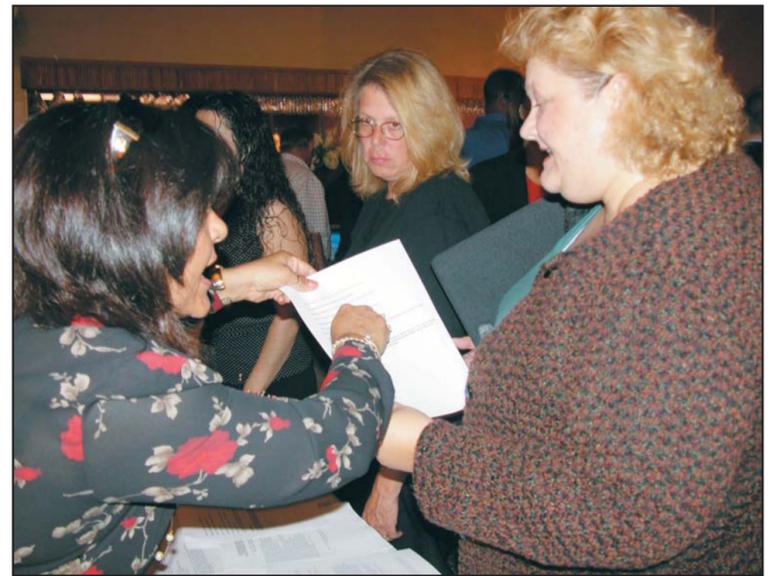
The company was offering positions as electrical technicians, electrical and mechanical engineers and welders, she said.

The next Susquehanna Workforce/ERP Job Fair is tentatively set for the spring of 2008. For more information, visit the SWF Web site at <http://www.swnetwork.org> or call Marilyn Howard, APG ERP coordinator at 410-278-9669.

### Companies in attendance at the job fair

1st Team Staffing Services, Inc.; 84 Lumber; AASKI Technology; Abacus Corporation; Adecco; Aflac; Alban Caterpillar; Alcore; APG Federal Credit Union; APG Non-Appropriated Fund; APG Civilian Personnel Advisory Center; BSC America;

Baltimore County Department of Corrections; Baltimore County Police Department; Beacon Staffing Alternatives, Inc.; Bel Air Health and Rehabilitation Center; CACI; Cecil County Correctional Facility; Celebree Learning Center; Citizens Care and Rehab Center; Custom Direct, LLC; Delmarva Broadcasting Company - WXCX; Dynamic Science, Inc.; Enterprise Rent A Car; FedEx Ground; Franklin Square Hospital; Freedom Federal Credit Union; Frito-Lay, Inc.; Hampden Moving & Storage; Harford Bank; Harford Community College; Harford County Government; Harford County Public Library; Harford County Public Schools; Harford County Sheriff's Office; HMS Host; Home Paramount Pest Control; Independent Can Co.; Innovative Packaging Systems and Design, Inc.; Jacobs Technology; Kelly Services; Kennedy Krieger Institute; Log. Sec Corporation; Lorien Bel Air Assisted Living/Nursing and Rehab; MBM Corporation; McCormick & Co., Inc.; Maryland Air National Guard; Middle River Aircraft Systems; Northrop Grumman Technical Services; Nutramax Laboratories, Inc.; OnGuard Industries; PNC Bank; Pepsi-Cola of Havre de Grace; Point Breeze Credit Union; Priority One Staffing Services QuickSilver Analytics, Inc.; Randstad; SAIC Corporation; Science and



Librada Peters, Aberdeen Proving Ground Non-Appropriated Fund human resources assistant, left, explains application requirements to Terry Pezzella of Bel Air during the Susquehanna Workforce job fair at the Richlin Ballroom in Edgewood Oct. 4.

Technology Corporation; Sensor Technologies, Inc.; Smiths Detection; STEM International; Survice Engineering; Telesis Corporation; The ARC - Northern Chesapeake Region; TIC Gums, Inc.;

Upper Bay Counseling and Support Services, Inc.; Upper Chesapeake Health; US Army and Army Reserve; VA Maryland Health Care System; Venturi Staffing Partners and Walgreens.

## De-hatting

From front page

The program concluded with the NCOs taking the stage one by one to have their drill sergeant hat removed by their battalion sergeant major. Each replaced their headgear with standard black berets before being presented plaques containing certificates of appreciation and leadership coins.

Several of the NCOs agreed with Fritzching's statement that nothing has changed.

Staff Sgt. Tipton Rogelio, Company A, 16th Ordnance Battalion, said that he looks at the transformation "in a positive way."

"I will miss being a drill sergeant, but like any other job as an NCO, you have to be able to provide a foundation for Soldiers. They can't perform without training, and that is still my job."

"It won't change me as an NCO," said Staff Sgt. Nelson Nellons, Company A 16th. "I was an NCO first, and I will always be an NCO."

"The hat is gone but the individual remains the same and the training will still be the same," added Sgt. 1st Class Horace Jackson, Company A, 143rd Ordnance Battalion.

Staff Sgt. Corey Blue, Com-

pany B, 143rd, called his 18 months as a drill sergeant "the best experience since I've been in the Army," and expressed appreciation to the brigade leadership for the formal ending of that era.

"The ceremony was excellent," he said, noting that similar ceremonies were taking place at other installations.

"When I de-hatted, I knew I personally was not going to change," he said.

Sgt. 1st Class Michelle Williams, Company C, 143rd, agreed.

"The ceremony was respectful and tastefully done," Williams said. "You have to be an NCO before you can be a drill sergeant, so to me, I'm still going to be an NCO and I'm still going to do my job."

Sgt. 1st Class Celeste Hedington said that her Soldiers were aware of the impending change and that their expectations remain the same.

"They know me and they know I'm going to take care of them whether I have a hat on or not," she said. "When you lead from the front, Soldiers are willing to follow."

### What is a Drill Sergeant?

To Soldiers, they are many things.

To officers and NCOs, they

are professionals to be respected and even envied for their abilities and knowledge.

To junior officers and NCOs, they are the men and women whom they can turn to for help and advice.

To company commanders, they are the bulwarks of the organization and the backbone of the system.

To the first sergeant, they are the products of a way of life and a subordinate they can depend on.

To the trainee, they are "Drill Sergeant," "the Hat," "the one to be reckoned with," "The Boss."

They are the instillers of discipline, the rock of courage, the one who never gets shaken.

During basic combat training, they are the ones who drive them too hard, but in combat; they are remembered as the ones who saved my life.

To many Soldiers, drill sergeants are many different things, but one thing is agreed upon, They are Drill Sergeants.

### Male drill sergeant campaign hat

A veteran of numerous campaigns in the field, steeped in traditions, and in active service in various styles from 1850 through 1939, the campaign hat is a most appropriate symbol for a drill sergeant. The campaign

hat appeared on the scene again in early 1964. The present style of the campaign hat evolved from the straw or felt slough "Hard-ee Hat" of the 1850s through the center crease designs of the 1880s, to the present day modified "Montana Peak" which was adopted in 1911.

### Female drill sergeant campaign hat

In February 1972, six Women's Army Corps noncommissioned officers from Fort McClellan, Ala., were enrolled in the Drill

Sergeant Program, at Fort Jackson, S.C. Upon graduation, the women were authorized to wear the female drill sergeant hat.

The female drill sergeant hat was designed by Brig. Gen. Mildred C. Bailey. The design was taken from the Australian bush hat. The first female drill sergeant hat was beige in color. The beige hat was replaced by a dark green female drill sergeant hat, style unchanged, in 1983.

## I am a Drill Sergeant

*I will assist each individual in their efforts to become a highly motivated, well disciplined, physically and mentally fit Soldier, capable of defeating any enemy on today's modern battlefield.*

*I will instill pride in all I train - pride in self, in the Army, and in country.*

*I will insist that each Soldier meets and maintains the Army standards of military bearing and courtesy, consistent with the highest traditions of the U.S. Army.*

*I will lead by example, never requiring a Soldier to attempt any task I would not do myself.*

*But first, last, and always, I am an American Soldier - sworn to defend the Constitution of the United States against all enemies, both foreign and domestic.*



# Veterans' Voices

## MD veterans may be eligible for free flu shots

VA

The Department of Veterans Affairs encourages eligible military veterans in Maryland to get a free influenza vaccination at the nearest VA Maryland Health Care System medical center or outpatient clinic.

Veterans enrolled with the VA Maryland Health Care System can get free flu shots at the following VA walk-in clinics:

- Baltimore and Perry Point VA Medical Centers and the Glen Burnie

and Fort Howard VA Outpatient Clinics, 8 a.m. to noon and 1 to 3 p.m., Monday through Friday

- Cambridge VA Outpatient Clinic, noon to 4 p.m., Mondays and Wednesdays; and 9 a.m. to 3 p.m. on Fridays

- Loch Raven VA Outpatient Clinic, 8:30 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m., Monday through Friday

- Pocomoke City VA Outpatient Clinic, 9 a.m. to 3 p.m., Thursdays

Eligible veterans do not need an appointment to get a vaccination dur-

ing one of the VA walk-in clinics. Veterans can also receive their vaccination from the VA Maryland Health Care System during their annual primary care visit.

As an added convenience, the VA Maryland Health Care System will offer two free Drive-Thru Flu Clinics for enrolled veterans, 9 a.m. to 3 p.m., Oct. 20 and Nov. 3, in the parking garage at the Baltimore VA Medical Center.

Eligible veterans should bring

their VA identification card to the Drive-Thru Flu Clinic to expedite the process.

Vaccination is especially important for people with chronic health conditions such as asthma, kidney disease, diabetes, heart disease, lung disease, chronic bronchitis, a weakened immune system and HIV.

The VA also recommends that all veterans age 50 or older receive the vaccine.

The influenza virus changes every

year, so it is important to get a flu shot every year.

Maryland veterans who want information on how enroll for VA care can contact the Enrollment Center for the VA Maryland Health Care System, 8 a.m. to 4:30 p.m., Monday through Friday, at 1-800-463-6295, ext. 7324.

For more information about the VA Maryland Health Care System flu shot program, call 1-800-463-6295, ext. 7273.

## Clipper City Brewing donates to veterans

Clipper City Brewing

In a show of community support for returning veterans from Iraq and Afghanistan, Clipper City Brewing, LP, started donating a portion of their proceeds on June 1 to the Department of Veterans Affairs to support the rehabilitation efforts for returning veterans.

The program, which will be an ongoing donor project for Clipper City during the next 12 months, will directly benefit returning veterans from Iraq and Afghanistan who receive their care throughout the VA Maryland Health Care System.

Dennis H. Smith, director of VAMHCS, was pleased to learn of Clipper City's inter-

est in supporting the needs of returning veterans.

"This is a great example of local businesses giving back to their communities," Smith said. "We applaud their support and hope that other companies will consider following their lead."

Hugh Sisson, founder of Clipper City, said, "We are making this our primary charitable initiative for the next twelve months. Our injured young people returning from war should be a major priority for all American citizens, and we feel compelled to do what we can as a small business to assist in their recovery and their return to a productive lifestyle."

Sisson said donations can be used for transporting vet-

erans to the physical therapy appointments or to other kinds of medical services and outreach programs.

"I am not a veteran myself, but I am told that a lot of people are hesitant to come in for medical evaluations," Sisson said. "This money can be used for outreach to try to get people in to see a doctor."

About 24 million Americans have served in the armed forces, with nearly 18 million wearing the uniforms of the U.S. military during times of war and conflict. In Maryland alone, more than 3,200 returning veterans have already enrolled for care throughout the VAMHCS.

The first donation of \$2,000 was presented in a ceremony on June 26, at the Baltimore

VA Medical Center. Several returning veterans from Iraq and Afghanistan were in attendance as well as the VAMHCS staff.

To date, the donations now total \$6,800.

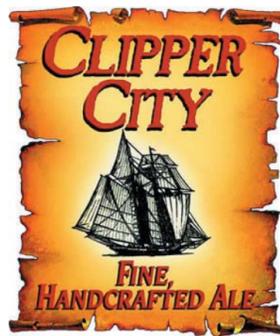
Sisson said Clipper City is hoping to raise \$24,000 to \$28,000 by the end of the year and is looking for other businesses that also want to help veterans.

**Clipper City**

Clipper City Brewing Company is one of the Mid-Atlantic's premier brewers of fine hand crafted beers.

Clipper City was founded in 1985 by Sisson and named after the famous Baltimore Clipper ships.

For more information regarding Clipper City Brewery or its



charitable efforts, visit [www.clippercitybeer.com](http://www.clippercitybeer.com) or contact Sue Urbanek, 410-769-8223, or e-mail [surbanek@mooremarketing.com](mailto:surbanek@mooremarketing.com).

Information is also available for returning veterans on the VAMHCS Web site [www.maryland.va.gov](http://www.maryland.va.gov).

## Energy

From front page

and the Waste-to-Energy plant."

The project also includes replacement of failed steam traps in 45 buildings, and repair of steam leaks in portions of the outdoor steam distribution piping.

In addition, work will begin on a new Building Operations Command Center to

properly engage and operate the advanced controls systems, and the contract includes an 11-year comprehensive maintenance commitment on all newly installed systems which also includes upgrade and optimization of the garrison's Computerized Maintenance Management System.

The ESPC project totals more than \$6,000,000 in implementation costs.

But these costs will subsequently yield over \$1,000,000 in annual energy savings and \$469,000 in annual Operations and

Maintenance cost reductions according to Directorate of Installation Operations Deputy Director Harry Greveris.

"Through this innovative program, APG will be able to renew or improve critical facility assets and take a significant step towards reducing energy consumption and energy costs," he said. "The DIO appreciates this opportunity to partner with Johnson Controls and the Corps of Engineers on this ESPC project."

## Civilian

From front page

with longer-term recommendations, to Gen. Casey in July.

All of the Army Initiatives are building on past efforts, but AI-5 benefits in particular from significant work the Army already has done on leader development.

"It was our job to identify previously recommended actions that had languished for whatever reason and to get them 'un-stuck,'" Kelly said. "The roadmap for our efforts was really the AL 21 implementation plan."

Army Leaders for the 21st Century, or AL21, is an initiative to build leaders akin to pentathletes, people skilled in many disciplines and able

to rapidly transition between complex tasks. Leaders who are functional experts with additional skills and abilities able to lead, plan and complete an array of disjointed tasks that complete a whole. It stems from the work of a task force formed in 2005 to review education, training and assignments for leaders.

"The strength of AL21," Wallace said, "is that it addressed leaders in all cohorts - officer, NCO and civilian. AI-5 extends that effort, sharing best practices and finding efficient ways to accelerate the development of all our Army leaders. The focus is on growing agile and adaptive leaders across the Army who can handle the challenges of full-spectrum operations in an era of persistent conflict."

Guided by AL21, the Army started overhauling the Civilian Education System in 2006. The Army also adopted a Civilian Corps Creed. It symbolizes and expresses the vital role of Army civilians in dealing with the full range of challenges to providing Soldiers the resources, quality of life, infrastructure and other support to achieve the Army's mission.

Other AI-5 recommendations include a review of civilian management systems and increasing access to developmental opportunities beyond the Civilian Education System.

Kelly's designation as Civilian Corps Champion will help the Army meet such objectives as supporting the National Security Personnel System, developing a "people tie" to the Strategic Readiness System, and integrating and strengthening relationships among the officer, NCO and civilian cohorts, Geren said.

"The Army Civilian Corps is a vital part of the Army's contribution to our nation's security, and is critical to the Army's success in peace and war. We absolutely must recognize and sustain this essential resource," Geren said.

"Leader development is not a cost, but an investment in the Army and our nation's future."

# DTC supports fielding of more protective vehicles for troops in Iraq



Vehicles designed to protect Soldiers from roadside bombs and other threats have been undergoing ballistic and automotive testing at the Aberdeen Test Center on APG and at Yuma Proving Ground in Arizona. Photos courtesy of ATC

Story by  
**MIKE CAST**  
DTC

The U.S. Army Developmental Test Command is playing a key role in helping the Army protect Soldiers from roadside bombs by testing Mine Resistant, Ambush Protected vehicles.

The Marine Corps and Army have been working jointly to test and field various configurations of these vehicles to the combat theater as rapidly as possible.

The Marine Corps Systems Command, the chief acquisition agency for the corps, was initially the chief proponent for fielding MRAP vehicles, which have been undergoing ballistic and automotive testing at DTC's Aberdeen Test Center since March 2007 and electronic compatibility testing at DTC's Yuma Proving Ground since July 2007. The Army's Tank-automotive and Armaments Command and its Project Manager for MRAP are now working jointly with the Marine Corps to field the vehicles.

The pace of testing at ATC for this high-profile acquisition program has been intense, according to Col. John Rooney, ATC's commander. To support that testing tempo, Rooney assigned some 240 test center employees to the test program.

"We are supporting what is probably the largest rapid-fielding initiative of a major-category program," he said. "This is going even faster than the whole Stryker program, with an expectation to buy and field vehicles this year."

Rooney said some of the vehicles brought to ATC for testing were almost ready to field

as commercial, "off-the-shelf" systems while others need further development.

"Some are being tweaked a little bit, and others are a first-time start on fairly new systems," he explained. "You've got the full gamut, really. All of the vehicles will morph a bit as the Army learns its capabilities and limitations, and as we address those."

The test program is focused on three weight classes of vehicles – light, medium and heavy, said Gregory Brewer, DTC's automotive test manager for the program. But the Army is buying and fielding only light (Category I) and medium (Category II) vehicles, he added. The initial group of eight vehicle manufacturers brought light and medium vehicles to ATC for testing in February to April, Brewer said.

Despite some perceptions to the contrary, the MRAP vehicles are not really replacements for the High Mobility Multipurpose Wheeled Vehicle, or HMMWV (pronounced "humvee"), because they are much larger and heavier than HMMWVs, he added.

"Weights of a Category I vehicle are thirty thousand to forty thousand pounds, and forty thousand to fifty thousand pounds for a Category two vehicles," Brewer said. "The Buffalo, which is a heavy Category three, weighs up to eighty thousand pounds."

The automotive testing has been taking place at APG and ATC's test site in Churchville,

Md. The testing is being conducted in three phases, Brewer said,

noting that a total of 16 vehicles were brought to ATC for the first phase of testing. The second phase, now under way, was designed to further test eight vehicles from five manufacturers that successfully made it through phase one, Brewer said. The third phase of testing will include additional tests not conducted during the first two phases, he said.

"During phase one, we looked at basic safety and automotive performance," Brewer said. "We ran some endurance miles just to make sure the trucks would stay together – to make sure things weren't falling off of them as they were going around the course. We looked at human factors in terms of general room for the operators and occupants of the truck, etcetera. We checked the ventilation systems to make sure occupants weren't inhaling exhaust fumes and were getting enough fresh air, and so forth."

"That gave us enough information to provide a safety release to get these trucks to the Limited User Evaluation, where Marines, Soldiers and Sailors all got on the trucks. They filled out surveys and ranked what they liked and what they didn't like. The outcome of the developmental testing and LUE results was a subset of the trucks that proceeded into phase-two testing."

A select set of ballistic testing was also performed for phase one. Because the vehicles are designed primarily to afford protection against a variety of ballistic threats, the vehicles' protective capability was the most critical characteristic to test in phase one, Brewer added. Automotive testing is more rigorous in the second phase, he said.

"The scope of the first phase of ballistic testing was based on the Marine Corps' threshold requirements," said Louise Spangler, DTC test manager for ballistic testing. "What we've done



Improvised explosive devices present a serious threat to Soldiers, and the Army is responding by testing a variety of vehicles with protective armor.

thus far has been for urgent material release. Phase two is more robust and addresses objective requirements while phase three tests are full-up system level tests with the vehicles fully stowed with all government-furnished and onboard equipment and fully instrumented."

The initial ballistic testing during phase one focused on improvised explosive devices, blast mines and small arms, Spangler said. Phase two ballistic threats include IEDs, blast mines, explosively formed penetrators, and rocket-propelled grenades. Phase-three testing will include all of these weapons plus overhead bursts.

While ATC conducted the automotive testing for phase one with just the vehicle's "curb weight" plus the weight of passengers and their gear, the test center is conducting phase two testing at the maximum weight that can be put on each vehicle, Brewer said.

"We're conducting extensive performance and automotive safety testing to verify that the trucks are still safe at their maximum rated

load," he said. "We're also doing more endurance testing in phase two. We're looking at the winch capabilities of the vehicle. We are also looking at the capacity to tie down the vehicle to support shipping to theater. We're looking at towing and recovery from a user perspective. If the truck gets hit or breaks down, how are you going to get it back?"

"There are issues with the vehicles that we are trying to work through. For phase three, we will be conducting those specific sub-tests that we didn't conduct in phase one or two due to time constraints," Brewer said.

Vehicles designed for ballistic protection during route clearance – including the RG-31, a multi-purpose South African mine-protected vehicle, and the Cougar, another vehicle designed for a similar purpose – have been in the combat theater for a while. These vehicles were not fielded under the MRAP program, Brewer explained.

"The MRAP truck should be considered a different truck than the route-clearance

vehicles, even if the same manufacturer makes them," he said. "They were built to a different standard. MRAP had a specification, and the manufacturers tried to build trucks that met the specification. In some cases it necessitated changes to the armor system automotive components of the vehicle had to be modified somewhat to cope with extra weight or for a redistribution of weight."

ATC has been conducting ballistic testing six days a week, Spangler said, adding that two to three system level ballistic test events a week have been the average thus far. Much of the time spent is for setup, placing sensors to determine blast impacts, installing anthropomorphic dummies to determine the impacts to vehicle occupants, and so forth. The amount of instrumentation and collected data has been increased for phase two ballistic testing, Spangler added.

The work is not over when ballistic testing is finished for the day. Repair crews at ATC spend evenings fixing damage from the ballistic shots, she said.



Vehicles designed to protect Soldiers from roadside bombs and other threats have been undergoing ballistic testing at the Aberdeen Test Center on APG and at Yuma Proving Ground in Arizona.