



## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Oct. 31, is plastic, glass and metal. Put items in blue bags and place them on the curb.



### RAB meeting tonight

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.

### 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 for installation of the underground power supply for the new Sample Receipt Facility being constructed next to the Advanced Chemistry Laboratory. The closure should not last more than 24 hours; however, inclement weather may 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.

### Disability Awareness

The APG Equal Employment Opportunity Office will host a Disability Awareness program 10 a.m. to noon at the Post Theater Oct. 29.

Guest speaker will be Cathy Raggio, secretary of the Maryland State Disability Services Program. A 50-minute award-winning documentary about Soldiers returning from Iraq adjusting to life as civilians will be shown and APG employees will demonstrate technology and assistive devices to aid the hearing impaired.

For more information, See **SHORTS**, page 6

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# Fall Fest highlights fire prevention



Photo by YVONNE JOHNSON, APG NEWS  
Aberdeen Proving Ground firefighters respond to a vehicle fire during one of several demonstrations at the APG 90th Anniversary Community Awareness Day Fall Fest Oct. 13. For full story and more photos see next week's APG News.

## Improving America's fuel future with '20 in 10'

DIO

Earlier this year President Bush added a new goal to a longstanding White House theme of energy security, setting a goal to reduce gasoline usage in the United States by 20 percent in the next 10 years.

The "20 in 10" plan will increase the volume of renewable and alternative fuels used in the transportation sector through a new expanded Alternative Fuels Standard which will include alternatives such as cellulosic ethanol, biodiesel and advanced battery technologies.

To achieve this goal, 15 percent of the reduction will come from expanding the supply of alternative fuels and the remaining 5 percent from increasing motor vehicle efficiency.

Displacing 15 percent of the projected gasoline usage by 2017 will require a rapid expansion of renewable fuel production. Annual alternative fuel supplies would need to increase from about 5 billion gallons of corn grain ethanol produced in 2006 to about 35 billion gallons of alternative fuels from a variety of cellulosic biomass materials,

including grasses, wood chips, and agricultural wastes.

Global energy consumption is expected to grow by more than 50 percent by 2030. Fossil fuels will continue to constitute the bulk energy supplies for some time, but they are increasingly hard to reach and harder to develop with roughly two thirds of the world's oil and gas reserves in countries that provide limited access or are completely closed to foreign investment. It's not just about the price of gasoline at the pump anymore. High prices and disruptions in global supply can harm both devel-

oped and developing nations and stunt economic growth worldwide.

Global responsibilities are leading America to reexamine how we do things. Increasing competition from emerging markets like China and India requires America to continually reevaluate our strategy for remaining competitive. Energy security is a part of that and is linked inextricably to national interest.

Since 2001, the Bush administration has invested \$15 billion in clean energy technologies, and enacted sound policies to help diversify Amer-

ica's energy portfolio, protect our environment and maintain strong economic growth.

"The President's new proposal to establish an Alternative Fuel Standard as part of the '20 in 10' program will create a guaranteed market for a variety of alternative fuels, particularly cellulosic ethanol, and provide greater incentives to accelerate research and commercialization," said Energy Secretary Samuel Bodman. "As we are working to develop and deploy clean energy technologies, we are also taking steps to improve the energy efficiency of our economy."

## Army leaders sign covenant with Families

Story by **ELIZABETH M. LORGE**  
Army News Service

Senior leaders signed the Army Family Covenant Oct. 17 and pledged to support Soldiers' Families while they defend the nation.

Secretary of the Army Pete Geren, Chief of Staff of the Army Gen. George W. Casey Jr. and Sgt. Maj. of the Army Kenneth O. Preston signed the covenant in a ceremony at the Fort Knox Community Center.

Casey said similar signings will occur at each Army installation, recognizing that while Soldiers may be the strength of the nation, their strength is in their Families.

"The health of our all-volunteer force, our Soldier-volunteers, our Family-volunteers, depends on the health of

the Family. The readiness of our all-volunteer force depends on the health of the Families," said Geren. "I can assure you that your Army leadership understands the important contribution each and every one of you makes. We need to make sure we step up and provide the support Families need so the Army Family stays healthy and ready."

Geren noted that the Army, entering its seventh year of conflict in Afghanistan, is in its third longest war, and longest with an all-volunteer force, after the Revolution. This brings unique and unexpected stressors, he said.

"It was immediately clear to us that the Families were the most stretched, and as a result, the most stressed, part of the force, and that what we were asking those families was a quantum

See **FAMILY**, page 14

## APG 90th Anniversary Open House Nov. 9

MWR

To commemorate the 90th Anniversary of Aberdeen Proving Ground, all active-duty military, civilian employees, retirees and family members are invited to visit your garrison or tenant organization Nov. 9. Visit leaders, employees and former employees to discuss the past, present and future of APG. Reservations are necessary. Lunch is available at Top of the Bay and the MWR Recreation Centers with musical entertainment by the 389th Army Band (AMC's Own). After lunch, tour the U.S. Army Ordnance Museum for a unique, up close look at weapons of the past and present.

Contact your activity's point of contact listed below no later than Oct. 29 to make reservations.

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

### Schedule of events

**9 a.m.**  
Premier of the APG 90th Anniversary video and APG 2012 briefing at the Post Theater, building 3254 APG North or the Edgewood Conference Center, building E4810 APG South.

**9:45 a.m.**  
Depart on buses for garrison or tenant activities.

**10 a.m. to noon**  
Attend garrison or tenant activities.

**Noon to 1 p.m.**  
Pay-as-you-go lunch at Top of the

Bay; the APG South Recreation Center, building E4140; or the APG North Recreation Center, building 3326.

**1:30 p.m. to 4 p.m.**

Ordnance Museum open house.

### Participating activities' POCs:

- U.S. Army Research Development and Engineering Command, Michael Doyle, 410-436-0587

- Edgewood Chemical Biological Center, Joan Michel, 410-436-3610

- Army Research Laboratory, Sheryl Coleman, 410-278-5964

- U.S. Army Environmental Command, Robert DiMichele, 410-436-1651

- 20th Support Command, Capt. Dan White, 410-436-6200

- U.S. Army Aberdeen Test Center, Crystal Maynard, 410-306-4010; restrictions apply; for more information call or e-mail ATCPAO@atc.army.mil.

- U.S. Army Ordnance Center and Schools, Paul Tressler, 410-278-5614/2205

- Kirk U.S. Army Health Clinic, Deborah Dodsworth, 410-278-1724

- DENTAC, Mary Billiet, 410-278-1794

- U.S. Army Chemical Materials Agency, Renee Sawyer, 410-436-3629

- U.S. Army Center for Health Promotion and Preventive Medicine, Jane Gervasoni, 410-436-5091

- U.S. Army Garrison APG, Sheryl Speerstra, 410-306-4522

## Army to offer college credits for training

Story by **LISA BURGESS**  
Stars and Stripes

An Army program set for next year will allow Soldiers to use their military experience to earn professional credit from colleges and technical institutes, according to Lt. Gen. Ben Freakley, commander of the U.S. Army Accessions Command.

Under the program, "every Soldier who comes in [to the Army] will be afforded the opportunity to pursue either a technical certification — say, a welder — or a college degree," Freakley told defense reporters in Washington on Tuesday.

"The idea would be, by the time you're a staff sergeant, somewhere between six and ten years in the Army, you're going to have your associate's degree," Freakley said.

"And by the time you get ready to retire, as a master sergeant or sergeant major, you'll have your bachelor's degree, so you'll be ready to re-enter the work force with the discipline, with the Army values, with the leadership training you got in the Army — plus a degree."

The program, dubbed "The College of the American Soldier," will be administered through the Army's Training and Doctrine Command at

Fort Monroe, Va., Freakley said.

The Army is now "working with colleges to get our training programs certified," and the program will "probably start about February 2008," Freakley said.

The way the program would work, Freakley said, is for colleges to grant Soldiers semester credit hours toward a degree for certain levels of regular Army training.

For example, he said, Soldiers going through basic training would get 17 hours of college credit, given "for the leadership, for the first aid, for other things they're learning in basic training," he said.

At the Sergeants Major Academy, meanwhile, Soldiers could get up to 45 hours of college credit, because "they have to write, they have to do literature work, they have to do public speaking, they have to do leadership," Freakley said.

The number of semester hours it takes to earn a degree at accredited universities and colleges varies by the degree earned. The typical minimum number of hours required for a bachelor of arts degree is 120.

(Editor's note: Used with permission from Stars and Stripes. © 2007 Stars and Stripes.)

## APG South gate closes for UXO removal

Due to unexploded ordnance screening and removal efforts, the APG South gate (Route 24) must close for one week for safety purposes beginning 4 a.m., Oct. 27. Visitors and commercial vehicles must use the Magnolia Gate.

The Magnolia Road Gate (Route 152) will be open 24 hours a day. Due to the area configuration, traffic patterns will be different from the Route 24 gate. In order to support visitor and commercial vehicle traffic, the Magnolia Gate will be designated for inbound traffic only from 6 to 9 a.m. each workday, similar to current Route 24 gate daily operations.

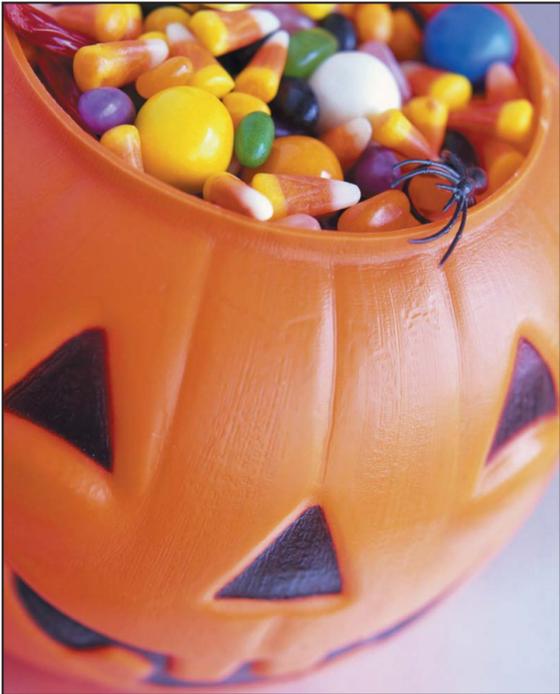
The Wise Road gate (Route 755) will remain the same and will be restricted to government ID holders only. Wise Road gate hours are 4 a.m. to 8 p.m., Monday through Friday and closed on Saturdays, Sundays and federal holidays.

Motorist safety is paramount, as is driver awareness to the difference in gate configurations. The Directorate of Law Enforcement and Security reminds motorists to be attentive to the voice and signal directions of police officers at the Magnolia gate. Motorists are reminded to remain alert, flexible and patient to the changes in traffic patterns.

Vehicle and personnel cannot be in the immediate proximity of the UXO operations.

The Route 24 gate will reopen 6 a.m., Sunday, Nov. 4.

# Ensuring a safe harvest of candy



ity and Law Enforcement also has safety and security concerns.

"Halloween night has become one of the most popular nights for gang recruitment and gang initiations," said Detective Mike Farlow, DLES. "Parents need to discuss this issue with their children so that they can avoid any involvement with a gang."

Other concerns include making sure children know to never enter a stranger's house or car even for the promise of candy.

"If this happens, make sure your children know to tell a trusted adult immediately and then notify the police," Farlow said. "Parents should also go over the possible dangers with older children."

Parents should go over the route that they will be walking and give children a specific time to return home.

The APG Police will be in the housing areas during trick or treat time, which this year is 6 to 8 p.m., and will have plenty of candy to pass out at the McGruff House located at 3847-E Flag Court.

"If you get a chance, stop by and say hello to your police officers, Chopper the Crime Stopper and maybe catch a glimpse of McGruff the Crime Fighting Dog," Farlow said. "Always remember, you are our eyes and ears, so report suspicious activity in your area

to the police immediately."

"Following a few safety tips can ensure safe fun for kids and the candy-givers alike," Johnson said.

#### Costumes

- When purchasing costumes, masks, beards and wigs, look for flame-resistant fabrics such as nylon or polyester, or look for the label "Flame Resistant." Flame-resistant fabrics will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

- Purchase or make costumes that are light, bright and clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape. This is usually available in hardware, bicycle and sporting goods stores.

- Children should carry flashlights to see and be seen.

- Costumes should fit well and not drag on the ground to guard against trips and falls.

- Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.

- Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.

- If the child is wearing a

mask, make sure it fits securely, provides adequate ventilation, and has eye holes large enough to allow full vision.

- Swords, knives and similar costume accessories should be made of soft, flexible material.

#### Treats

- Warn children not to eat any treats before an adult has examined them carefully for evidence of tampering.

- Carefully examine any toys or novelty items received by trick-or-treaters under three years of age. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use and present a choking hazard.

- Candy can present unexpected problems for children if they have allergies. Parents need to check all candy first before it's consumed, because many of the most common food allergens are found in candy. Eight foods account for 90 percent of all food-allergic reactions in the United States: milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish. To obtain more information on food allergies, go to the [www.foodallergy.com](http://www.foodallergy.com).

#### Decorations

- Keep candles and jack-o'-lanterns away from landings and doorsteps where costumes could brush against the flame.

- Remove obstacles from

lawns, steps and porches when expecting trick-or-treaters.

- Indoors, keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could be ignited. Do not leave burning candles unattended.

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets.

- Don't overload extension cords.

#### Around the Home

- Clear the yard and sidewalk of any obstacles or decorations that may be hard to see in the dark. Keep the house well lighted, both inside and out.

- Ask your Neighborhood Watch or local citizen's group to patrol your community.

- Report any suspicious or criminal activity to the APG police.

To report a dangerous product or a product-related injury, call the Consumer Product Safety Commission's hotline, 800-638-2772, or CPSC's teletypewriter, 800-638-8270, or visit CPSC's Web site, [www.cpsc.gov/talk.html](http://www.cpsc.gov/talk.html). To join a CPSC e-mail subscription list, go to [www.cpsc.gov/cpsclist.aspx](http://www.cpsc.gov/cpsclist.aspx). Consumers can also visit the CPSC Web site, [www.cpsc.gov](http://www.cpsc.gov).

DSHE/DLES

It's that time of year when little bright colored costumed ghosts and goblins go through the neighborhoods trick or treating.

Within the Aberdeen Proving Ground community children look forward to the fun of trick or treating in their ghoulish garb.

Although children and

adults alike have a lot of fun, Halloween can be a stressful time for parents.

"Candy given to their kids by strangers and a legion of masked and costumed trick-or-treaters at the door create concerns for parents," said Overton R. Johnson, chief, Safety Office, Directorate of Safety, Health and Environment.

The APG Directorate of Secu-

# D.A.R.E. dancers step out for APG youths

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

Employing the art of dance creativity while combating the lure of illegal drugs, a group of dancers demonstrated what youths who enroll in the D.A.R.E. Dance classes, which soon will be offered at the APG North Youth Center, can expect to learn.

The program is under the direction of Mike "Big Mike" Farlow, Directorate of Law Enforcement and Security investigator and community policing and D.A.R.E. officer.

Led by Adrienne Clancy of the Clancy Works Dance Company, six dancers performed a variety of dances, from flamenco to a style known as 'modern physical theater,' for the center's youths.

Clancy and her dancers explained the origin of each dance style as well as its purpose.

"Physical theater focuses on partnering to get the dancers to do something they couldn't do on their own," Clancy said, adding that the style demonstrates the importance of partnering to overcome life's hurdles.

In one demonstration the dancers used step ladders.

"This focuses on experiencing different cultures, which military children are more likely to do," Clancy said.

"This type of exposure makes you stronger and better in terms of whatever your goal is."

She said the overall goal of the program is

to give youths "a way to build teamwork and cohesion which makes them more positive."

"When you are done you can look around and see who your friends are who will be there for you to help you do right when you don't want to," Clancy told the youths. "You can dance as a way to find yourself in a healthy situation."

The dancers took turns sharing their stories with the youths and agreed that the program has helped them.

Crystal Fernandez, an Army reservist from New Mexico said that she dances "to challenge myself and to stay active."

"I also enjoy the positive influence it has on [children]" Fernandez said.

"It's something that's kept me out of trouble," added dancer Jesse Wintermute.

Mika Royster of Baltimore said she has only been with the company a couple of weeks.

"Adrienne came to do a show at my school and then I contacted her a few weeks later to ask about a career in dancing," Royster said. "I see it as a positive way to reach out to [youths] that not only influences creativity but a positive direction in life."

Farlow said that several youths signed up for the class after the demonstration.

"This is far beyond our expectations," he said. "We had six or seven before and now the response is overwhelming."

He said he heard about the program through D.A.R.E. colleagues who used it in their



Dancers from the ClancyWorks Dance Company, from left, Mika Royster, Jesse Wintermute, Crystal Fernandez, Christina Klonowski and Anthony Femath perform a D.A.R.E. Dance Class demonstration for youths at the Aberdeen Proving Ground North Youth Center Oct. 17.

distracts.

"I thought it would be a good opportunity to do something other than sports," Farlow said. "If we have enough interest we'll be able to do back-to-back sessions and also take the pro-

gram to APG South."

The D.A.R.E. Dance program will be held at the APG North Youth Center in December.

For more information, contact Farlow at 410-278-3609.

## Quick tips - Ten things all car and truck drivers should know about motorcycles

- Look for motorcycles, especially when checking traffic at an intersection. There are more cars and trucks than motorcycles on the road and some drivers don't "recognize" a motorcycle therefore they ignore it (usually unintentionally).

- When checking traffic to turn at an intersection or into (or out of) a driveway, predict a motorcycle is closer than it looks. Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed.

- Take an extra moment to thoroughly check traffic, whether changing lanes or turning at intersections. Because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc.).

- Don't assume all motorcycles are speed demons. Because of its small size, a motorcycle may seem to be moving faster than it really is.

- Allow more following distance, say three or four seconds. At intersections, predict a motorcyclist may slow down without visual warning. Motorcyclists often slow by downshifting or merely rolling off the throttle, thus

not activating the brake light.

- Make sure a motorcycle's signal is for real. Turn signals on a motorcycle usually are not self-cancelling, thus some riders, (especially beginners) sometimes forget to turn them off after a turn or lane change.

- Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off or to allow you to share the lane with them. Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles, and wind.

- Don't expect a motorcyclist to always be able to dodge out of the way, even though maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions.

- Allow more following distance behind a motorcycle because it can't always stop "on a dime." Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement can make stopping quickly more difficult.

- When a motorcycle is in motion, don't think of it as a motorcycle; think of it as a person.

## Protecting personally identifiable information

DOIM

Computers and the Internet offer great benefits, but it is also increasingly being used as a tool for organized crime.

With the greater deployment of new technology, cyber crime has become a growing worldwide problem and has become a major concern for the global community.

Security experts estimate annual losses from computer crime total in the billions, but there are actually no valid statistics on the losses from this type of crime because no one knows how many cases go unreported.

Complaints about online fraud nearly doubled from 2003 to 2004, according to a December 2004 report by the FBI and the National White Collar Crime Center. Research firm Gartner estimates that nearly 10 million Americans were hit by online fraudsters in

2005--largely due to a wave of phishing e-mails seeking to steal users' identities.

Personally identifiable information, or PII, is the U.S. government's focus on identity theft protection measures. It is any information about an individual maintained by an agency, including, but not limited to, education, financial transactions, medical history, criminal history, employment history and any information which can be used to distinguish or trace an individual's identity.

"We must stay educated as users of Army information systems on the proper procedures for protecting personally identifiable information," said Leonard Blake, Directorate of Information Management. "The best way to protect your PII is to encrypt your data."

TO find out how to do this, contact Blake at 410-278-4282.

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

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## APG News

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## Red Ribbon Week focuses on drug-free living

ASAP

The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation reaching millions of Americans during the last week of October every year.

By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena.

### Life and work of agent Camarena

Enrique (Kiki) S. Camarena was born on July 26, 1947, in Mexicali, Mexico. He graduated from Calexico High School in Calexico, Calif., in 1966, and in 1968 he joined the U.S. Marine Corps. After serving in the Marine Corps for two years, he joined the Calexico Police Department as a Criminal Investigator in 1970. In May of 1973, Kiki started working as a Narcotics Investigator with the El Centro Police Department.

In June of 1974 he joined the Drug Enforcement Administration. His first assignment as a Special Agent with DEA was in a familiar place - Calexico, Calif. In 1977, after three years in Calexico, he was reassigned to the Fresno District Office in Northern California. Four years later, Kiki received transfer orders to Mexico, where he remained on the trail of the country's biggest marijuana and cocaine traffickers. And in early 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline. However, before he was able to expose the drug trafficking operations to the public, he was kidnapped on Feb. 7, 1985. On that fateful day, while headed to a lunch with his wife, Mika, Kiki was surrounded by five armed men who threw him into a car and sped away.



[www.preventionpartners.com](http://www.preventionpartners.com)

That was the last time anyone but his kidnapers would see him alive.

### History of Red Ribbon Week

Shortly after Kiki's death, Congressman Duncan Hunter and Kiki's high school friend Henry Lozano launched "Camarena Clubs" in Kiki's hometown of Calexico. Hundreds of club members pledged to lead drug-free lives to honor the sacrifice made by Kiki Camarena.

These pledges were delivered to First Lady Nancy Reagan at a national conference of parents combating youth drug use. Several state parent organizations then called on community groups to wear red ribbons during the last week of October as a symbol of their drug-free commitment.

The first Red Ribbon Week celebrations were held in La Mirada and Norwalk, Calif.

In 1988, the National Family Partnership coordinated the first National Red Ribbon Week with President and Mrs. Reagan serving as honorary chairpersons.

### How to celebrate Red Ribbon Week

The NFP estimates that more than 80 million people participate in Red Ribbon events each year.

The campaign is a unified way for communities to take a stand against drugs and show intolerance for illicit drug use and the consequences to all Americans. Schools, businesses, the faith community, media, families, and community coalitions join together to celebrate Red Ribbon Week in many ways, such as: sponsoring essay and poster contests; organizing drug-free races;

decorating buildings in red; handing out red ribbons to customers; holding parades or community events; and by publicizing the value of a drug-free, healthy lifestyle.

DEA joins with community coalitions and prevention groups to plan and carry out Red Ribbon activities, ranging from classroom events to stadium-sized rallies.

To support Red Ribbon Week, participate in local events; be an advocate for a healthy, drug-free living; talk to sons and daughters about dangers of drugs; wear wrist bands and T-shirts with a "I am drug free" theme.

# Re-enlist for composite score points

Story by

**STAFF SGT KIMBERLY LEONE**

MCAS Miramar

Headquarters Marine Corps has added 60 reasons for first term active duty Marines to consider re-enlistment.

Effective Oct. 1, qualifying lance corporals and corporals who re-enlist for 48 months could rate 60 bonus points for their composite score.

The change retroactively impacts Marines who re-enlist-



ed prior to Oct. 1, 2007.

Those Marines who qualify will see the bonus points on

their composite score for the fiscal year 2008 second quarter composite score calculations.

Marines like Cpl. Brandy Petty, an air traffic controller in Germany, looking to re-enlist soon, sees the bonus points as an awesome incentive.

"This gives a little push to the next rank," Petty said. "It's a great way to reward Marines who choose to stay in the Marine Corps."

The bonus points will raise Petty's composite score to more than 1,600, putting her just above the six-month aver-

age cutting score for sergeants in her MOS, 1591.

Composite score bonus points generated by recruiters assistance and re-enlistment can not contribute more than 160 points to a Marine's cutting score.

For Marines receiving the points retroactively, the date of action is Oct. 1, 2007. Those re-enlisting after Oct. 1, 2007 will have an action date based on their date of re-enlistment.

The changes do not apply to Marines serving on reserve duty.

## ACAP forges new links between employers, transitioning Soldiers

Story by

**LT COL KEVIN V. ARATA**

U.S. Army Human Resources Command

Since its very beginning in 1990, The Army Career and Alumni Program has worked hard to help employers connect with transitioning Soldiers.

Large and small companies across the country recognize the training, skills, experience and solid work habits that Soldiers bring to the workplace and are eager to recruit transitioning Service Members.

In the past, ACAP gave employers the opportunity to list their jobs on the ACAP On-Line

Web site [www.acap.army.mil](http://www.acap.army.mil).

Employers, however, found that the effort required to enter each job listing into the ACAP jobs database was too cumbersome and instead asked the Army to provide a more efficient way to make job opportunities available to transitioning Soldiers.

"Where each employer

might have listed a dozen or so jobs on the ACAP Web site under the old system, the new direct link to the employer's page exposes the transitioner to literally hundreds of jobs with the click of a mouse," said Jim Hoffman, director of ACAP.

On Aug. 1, the Army unveiled a dramatic change to the ACAP On-Line Web site that reduces the work required by employers seeking to recruit veterans.

The revised Web site allows Soldiers to search quickly and easily for companies that routinely hire new employees in their geographical and occupational areas of interest. ACAP On-Line users can then click on the companies that interest them to jump directly to the company's hiring Web site. In many cases, the employer's Web site will allow Soldiers to apply on line.

The new Web feature dramatically increases the number of jobs that Soldiers using ACAP On-Line can explore.

"And with eight hundred employers signed up and several hundred more applying per month, the number of job listings available to the transitioning Soldier is growing exponentially," Hoffman said.

More importantly, the new feature helps Soldiers connect with the very employers who have shown that they want to hire veterans.

# Holiday deadlines rapidly approaching for troop support

**AAFES**  
Army News Service

While the holidays may still seem far away, Americans hoping to show their support to deployed troops must be aware of some rapidly approaching deadlines set by the Military Postal Service Agency - mail going parcel post must be sent by Nov. 14 while first-class mail must be sent by Dec. 10 to arrive by Dec. 25.

In addition to deadlines, several other factors must be considered when sending mail downrange. For example, each country has customs regulations that apply to all incoming mail pertaining to everything from food items to reading materials.

Furthermore, military units may also have additional restrictions concerning incoming mail imposed by unit commanders relative to size and weight to ensure logistics support can handle the heavy mail load.

Finally, all packages and mail must now be addressed to individual service members as required by Defense Department regulations.

In order to help facilitate the mailing process and avoid many of the obstacles that come with the traditional care packages, the Army & Air Force Exchange Service created "Gifts from the Homefront," a campaign that allows anyone to make a direct and tangible contribution to military morale with a gift certificate that can be redeemed for nearly anything a specific service member wants.

"A package from home is certainly nice, but cookies get stale and fragile electronics can break," said AAFES' Chief of Communications Lt. Col. Dean Thurmond. "A 'Gift from the Homefront' gift certificate can alleviate a great deal of burden for the post office and sender

while ensuring Soldiers, Airmen, Marines and Sailors are able to get exactly what they desire or need."

AAFES currently operates 53 facilities in support of Operations Iraqi and Enduring Freedom. While inventories can vary from location to location, most facilities carry a full assortment of health and beauty items, toiletries, snacks and drinks.

"Gifts from the Homefront" can be sent to deployed troops by logging on to [www.aafes.org](http://www.aafes.org) or calling 877-770-4438. From there, the gift certificates are sent to individual service members (designated by the purchaser) or distributed to "any service member" through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Navy-Marine Corps Relief Society,

Operation Homefront, Operation Interdependence® or USO. "Gifts From the Homefront" gift certificates can be redeemed at exchange facilities worldwide.

Recent reports indicate troops shopping their contingency exchanges are reaching for beauty items, soft drinks, snacks, Military Exchange Global prepaid calling cards, magazines, movies and more.

As of Sept. 30, approximately 92,900 "Gifts from the Homefront" gift certificates have been sent since DoD approved the exchange support campaign in March 2003.

More than 23,500 of these have been delivered to service members and their Families via AAFES' ten charitable partners.

*(Information provided by AAFES Public Affairs.)*

## POST SHORTS

contact Jim Rivera, APG EEO, 410-278-1161 or Roxanne Conley, 410-278-1131/4764.

### Celebrating Halloween on APG

Halloween and the traditional "trick or treat" activities will be celebrated at Aberdeen Proving Ground on Wednesday, Oct. 31, specifically limited to 6 to 8 p.m.

Children under 12 years of

age must be accompanied by an adult.

Personnel driving in the housing areas during the "trick or treat" period are cautioned to exercise extreme care, and to be especially watchful for young children who may not be readily visible or attentive to moving vehicles.

It is strongly recommended that children wear reflective markings on their costumes or carry a flashlight.

The cooperation of all concerned is being solicited to ensure a safe and happy Halloween at APG.

For more information, call Mike Farlow, Directorate of Law Enforcement and Security, 410-278-3609 or Overton Johnson, chief, Safety Office, Directorate of Safety, Health and Environment, 410-306-1100.

### Christian alternative to Halloween

There will be a Hallelujah Harvest 6 p.m., Oct. 31, at the APG Chapel. All are welcome to join in this Family Christian alternative to Halloween. Activities include games, food and prizes.

For more information, call 410-278-4333/3976.

### Comedy Night Explosion

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

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

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

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

### RecruitMilitary career fair in Baltimore Nov. 1

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

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

For directions or more information visit [www.recruitmilitary.com](http://www.recruitmilitary.com) or call John McCahan, national account executive, Baltimore region, at 410-747-2033 or e-mail him at [john.mccahan@recruitmilitary.com](mailto:john.mccahan@recruitmilitary.com).

### 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](mailto:DTIC-CoComWorkshop@dtic.mil).

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

*(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 25 2ND ANNUAL BURN CENTER FUNDRAISER

Hook and Ladder Brewing Company and its local distributors will hold its 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 its trademark Golden Ale and Backdraft Brown, and, along with its distributors, will donate \$4 from every barrel as part of the "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.

## 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.

For more information or for reservations, call 410-939-4078.

### GHOST AND LEGENDS CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Ghost and Legends Cruise, 5:30 to 8 p.m. on the Skipjack Martha Lewis. Come out and enjoy an adult costume party onboard the Skipjack with ghostly stories told by a storyteller.

Tickets cost \$35 per person. Reservations required. Light dinner and refreshments are included. Credit cards will be accepted.

For more information or to make reservations, call 410-939-4078.

## FRIDAY

### OCTOBER 26 HALLOWEEN FULL MOON PONTOON

Come out for an evening of spooks, spirits and legends. This program will be held 8 to 9:30 p.m. for children weighing 30 lbs. to adult with a contribution of \$6 for adults and \$4 for ages 13 and under.

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

## SATURDAY

### OCTOBER 27 ELECTRONICS RECYCLING EVENT

A Community Electronics Recycling event will be held 10 a.m. to 2 p.m. for electronic equipment at two locations: St. Ignatius Church located on 533 East Jarrettsville Road, Forest Hill, and the Office Depot Store located on 618 Bolton Street in Bel Air.

Computers contain hazardous materials that should not be mixed with regular trash.

The public is invited to donate their old computers, CPU's, speakers, fax machines, scanners, printers, keyboards, cell phones, mice and microwaves free of charge. A contribution of \$10 per monitor will be requested. Do not bring television sets. Tax donation receipts will be provided.

For more information, call 443-866-5101 or e-mail computers@ispwest.com.

## BASKET BINGO

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

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

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

### HAUNTED HALLOWEEN HIKE & CAMPFIRE

Spend a spooky evening at the park on a haunted hike through the woods to discover the creatures of Halloween. Meet real "scary" critters up close and listen to tales spun by Halloween characters. After the hike, enjoy s'mores, music and cider down by a cozy campfire. Choose a start time: 7:15, 7:30, 7:45, 8, 8:15, 8:30 p.m. The program, which takes about an hour and a half, is for any age able to handle a somewhat spooky 3/4 mile hike in the woods at night. Cost is \$5 per person or \$15 per Family (Family: limit of five people) 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.

## SUNDAY

### OCTOBER 28 DISCOVERY WALK

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park. This program begins at 10:30 a.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.

## WEDNESDAY

### OCTOBER 31 FREE HALLOWEEN CANDY X-RAYS

Patient First, located on 560 West McPhail Road, Bel Air, will offer free Halloween candy x-rays, 6 to 9 p.m. To ensure a safe Halloween, children accompanied by an adult can pick up a safe-

ty strobe light at the center starting Oct. 23, while supplies last. Limit one strobe per child.

For more information, call 410-638-6480.

## FRIDAY

### NOVEMBER 2 BASKET BINGO

Meals on Wheels of Central Maryland will host a Fall Basket Bingo, at Rosedale Gardens located on 8037 Philadelphia Road, Rosedale, Md. Doors open 6 p.m., bingo begins 7 p.m. Tickets cost \$20 for 20 games. Proceeds to benefit Meals on Wheels of Central Maryland. Reservations are required, no tickets sold at the door. Make checks payable to Meals on Wheels-Bingo Tickets and mail to Meals on Wheels of Central Maryland, Bingo Tickets, 515 S. Haven St. Baltimore, Md. 21224.

For more information, call 443-573-0929 or visit [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org).

### RAACE ANNUAL BULL AND OYSTER ROAST

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

For more information or to purchase tickets, call 410-893-1001 or visit <https://www.raace.org/NETCOMMUNITY/SSLPage.aspx?&pid=250&srcid=192>.

## SATURDAY

### NOVEMBER 3 TRAIL TREK: SUSQUEHANNA STATE PARK

Enjoy a day hike with volunteer Eugene Burg along the banks of the Susquehanna for 3 to 4 miles. This free event will be held 9 a.m. to 1 p.m., for ages 10 to adult. Registration is required.

For more information, to register or for directions to the

Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

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

# RDECOM participates in HENAAC's 8th Annual College Bowl

Story by  
**ANDRICKA THOMAS**  
RDECOM

A room filled with Hispanic music and décor welcomed participants for the 8th Annual Hispanic Engineer National Achievement Awards Conference College Bowl Competition in San Diego Oct. 11.

The U.S. Army Research, Development and Engineering Command served as an ambassador-level sponsor to the 19th Annual HENAAC Conference Oct. 11 to 13.

Students from all over the country filled the room with excitement, energy and healthy competition as they took part in the College Bowl Competition, a high energy competition that showcased future leaders of corporate America. Focusing on creativity, motivation and teambuilding, the competitions provided leadership and professional development training.

RDECOM placed fourth out of 28 teams, and won four out of five student competitions during the conference.

"This is my second year participating and I love it," said Gloria Hubner, a senior at the University of Texas-Pan American and RDECOM student team member. "I'm in a very fortunate group this year." Hubner will graduate as an electrical engineer in December.

The College Bowl began with the first competition, an accelerated job fair where students had one minute to sell themselves to company representatives. The companies then choose their top candidates to compete on their teams.

RDECOM's team was comprised of 10 students. Cheers and chants filled the remainder of the event.

Teams were given five challenges, including a resume writing competition, workshops and various scenarios and quizzes. All challenges required a group effort and emphasized teamwork and time management skills. The event culminated with a career fair full of big name compa-



Photo courtesy of RDECOM  
Kashia Simmons, RDECOM representative, conducts one-minute interview with RDECOM team member Norberto Rivera during an accelerated job fair challenge as part of the 8th Annual HENAAC College Bowl Competition.

nies in the science and engineering fields.

The energy and excitement among the students was amazing, said RDECOM College Bowl Coach Kashia Simmons.

"It was exciting to see the personal leadership qualities that emerged while working on projects in the workshops," Simmons said.

One student said the resume workshop was very helpful.

"I haven't used resumes before, but being in this workshop helps a lot. It was definitely a stepping stone in the right direction," said Ian McNicholas, a student at Purdue University at Calumet.

The event helped students get to know the industry they hope to join, and what it will take to get a job.

RDECOM also participated in a career fair at the end of the conference, where the command collected over 200 resumes from prospective student hires.

"This [college bowl] gives companies a chance to get to know us [students]," said

Norberto Rivera, a student at the University of Illinois-Champaign Urbana.

Many students have a misconception about what it means to work for the Army, said Jose Gonzalez, U.S. Army Research Lab, chief, Modeling and Simulation Support Branch and RDECOM College Bowl coach.

"Do I have to enlist?" is the question I get most asked when interacting with college students," Gonzalez said. "This event enabled us to clarify what it means to work for the Army as a civilian."

"I thought you had to join the Army to work for the military," Hubner said. "It turns out that you don't and that was an eye opener."

RDECOM wants the best and the brightest working for their organization, said Katie Everett, RDECOM Corporate Communications.

"No matter what type of engineer you are, we have a place for you in RDECOM," she said.

## RDECOM AMSAA engineer deemed most promising by HENAAC

Story by  
**ANDRICKA THOMAS**  
RDECOM Public Affairs

The doctors who brought Katryna Segovia into the world told her mother Wendy, her new daughter would never function normally because she had been starved of oxygen at birth. Segovia proved the doctors wrong Oct. 12 when she

was named "Most Promising Engineer with an Advanced Degree" by HENAAC during its 19th Annual Awards Competition in San Diego, Calif.

Segovia competed against applicants from all over the country, including engineers from top companies such as this year's HENAAC title host, Lockheed Martin.

Segovia was judged on her resume, relevant work experience and milestones reached in the engineering field. She works as a general engineer with the U.S. Army Research, Development and Engineering Command's Army Materiel Systems Analysis Activity Intelligence and Chemical Biological Radiological and Nuclear Team.

Segovia's win was also cause for rejoicing at the com-

mand where she works.

"This is a great day for RDECOM and AMSAA," said David Shaffer, RDECOM deputy to the commander. "We are very happy for Katryna, she's worked very hard for this honor. This is a great day for our command."

Shaffer explained that Segovia works in a very specialized field and upon hiring, there were no senior scientists in her field to provide guidance.

"We were thrilled to get Katryna as an employee," he said.

Shaffer said he never realized how competitive this competition was until he served on the committee.

"When you see the scope and depth of the competitors, it makes us especially proud of Katryna's achievement," said Shaffer.

Winners of the 19th Annual Awards Competition represent the nation's best and brightest scientists and engineers. Among them, Segovia, a graduate of the University of Maryland and Johns Hopkins University, said she felt honored to be acknowledged in a nationally recognized competition.

Segovia submitted a package to compete last year but was unsuccessful. Never giving up, she resubmitted her package this year and won.

"The Army has treated me very well and has provided me with a lot of opportunities to take on a leadership role at work," Segovia said. "Working for RDECOM and AMSAA allows me to work on exciting projects and do work that is appreciated. Our whole purpose is to protect the Warfighter. I have many Family members who serve in the Army so it's good to know that my work helps the Soldiers."

HENAAC, known as the Hispanic Engineer National Achievement Awards Conference before adopting its acronym as the official name of the organization, was established in 1989 as a means of identifying, honoring, and documenting the contributions of outstanding Hispanic American science, engineering, technology and math professionals. Corporations, government agencies, academic institutions, the military and the business community-at-large have submitted thousands of nominees over the last 17 years for recognition.

Segovia volunteers at Aberdeen Middle School and has served in the Protégé program with HENAAC. Serving in a mentorship capacity, she encourages children to follow their dreams.

"I always reach out to the community. As those who came before me helped open the doors, I must be sure to help others rise to the challenge," Segovia said. "I feel honored to speak to kids interested in the sciences."

With tears in her eyes, Segovia listened to her mother speak of how she has overcome struggles and said, "My parents have been very supportive to me. Kids should listen to their parents. They pushed me to do great things, never give up."

Segovia looks forward to her next step in pursuing a Ph.D., in biomedical engineering at Johns Hopkins University.

# RecruitMilitary firm links veterans to jobs

Story by  
**YVONNE JOHNSON**  
APG News

RecruitMilitary, a nationwide military-to-civilian recruiting firm, has been scoring high marks with veterans and spouses who are transitioning from the military or seeking new careers. Linked with the American Legion, HireVets-First and MSCCN, the Military Spouse Corporate Career Network, RecruitMilitary will hold more than 40 career fairs nationwide this year and recently announced plans to increase that number to 104 in 2008.

Larry Slagel, RecruitMilitary senior vice president, said the company was "incredibly excited" about the increase.

"Our career fair schedule went from thirteen [in 2006] to forty-five [in 2007]," Slagel said. "The success these events have provided our clients and job seekers has justified the hard work we put into our efforts."

RecruitMilitary typically locates its fairs within large venues that are easy to get to and offer plenty of free parking, according to John McCahan, RecruitMilitary national account executive.

On Oct. 4, it hosted a fair aboard the Battleship New Jersey on the Delaware River, across from Philadelphia in Camden, N.J.

"This is a fun one because it really is a military venue," McCahan said.

He said that RecruitMilitary career fairs typically attract 450 to 700 job seekers and that the companies that sign on are "very receptive to veterans and their spouses largely due to their strong work ethic."

"The best part is we are all veterans," McCahan said of RecruitMilitary executives and staff, "And we're very good at coordinating efforts for our fellow veterans."

A former Army reservist who spent eight years in the service, McCahan said he trained at Aberdeen Proving Ground as a young captain in the Ordnance Corps before heading to Korea.

"I had a great time in the Army," he said. "I met some of the most professional people and employers understand that."

They consider veterans higher quality candidates who exceed the standards."

The fair featured more than 40 state, local, federal and national organizations, including GEICO, CSX, Six Flags, the U.S. Border Patrol, FedEx Ground, Bally Total Fitness, DeVry University, Pennsylvania State Police and the Montgomery County (Maryland) Police Department.

Attendees signed in and received program guides containing information about the organizations in attendance as well as other "veteran friendly" organizations not in attendance.

Job seekers and organization representatives agreed the fair offered great exposure.

"RecruitMilitary career fairs give us the chance to get the word out about who we are and what it is we do," said Erica Slaton, local representative for MSCCN.

Slaton said that MSCCN is a first-of-its-kind, non-profit corporate direct hire program dedicated to providing career opportunities and job portability for military spouses through a nationwide network of employers.

"We offer online services to match employers with employees through our Web portal which is exclusively for military spouses," Slaton said, adding that the organization also assists active duty, veterans and even caregivers of active duty personnel.

"MSCCN is all about placing military spouses with the best employers," she said.

For more information, visit the MSCCN Web site at <http://msccn.org/>.

Collette Coe, an Army veteran from Philadelphia with a "diverse background," said she was curious about what the fair had to offer.

"I can do everything from electronics to truck driving," she said, as she looked over the CSX Railroad display hosted by recruiting manager P. Danny Ferguson.

Ferguson said that CSX is "in every state east of the Mississippi," and that its largest need is for conductors on its passenger trains.

"We've hired more than thirteen hundred this year and still need more as well as mechanical, electronic and signal specialists," Ferguson said.

U.S. Marine Corps 1st Sgt. Matthew Corwin said he was nearing retirement and "looking at possibilities for my second career."

"I'm hoping for an online teaching position or something in finance," he said, adding that he liked what he learned at the DeVry University display.

Retired Sgt. 1st Class Pedro Oliveras said he attended the fair out of frustration with "trying to get into government service."

"I've been trying since April, I have the perfect background and security clearance, but as far as I can tell veterans preference doesn't even exist," Oliveras said, adding that he obtained several promising leads for possible employment at the career fair.

"I shouldn't have to come to a career fair to get that kind of exposure," he said. "I'm just glad something like this that really helps veterans exists."

Upcoming RecruitMilitary Career Fairs for the Mid-Atlantic region include Nov. 1 at M&T Bank Stadium (Ravens Stadium) in Baltimore and Nov. 15 at Dover Downs Hotel and Casino, 1131 DuPont Highway, Dover, Del., 11 a.m. to 3 p.m. Dress to impress, bring at least 20 resumes and be prepared to fill out applications and for on-the-spot interviews.

To register online or for more information visit [www.recruitmilitary.com](http://www.recruitmilitary.com).

RecruitMilitary is a veteran-owned, veteran-operated, and veteran-advised nationwide, full-service, military-to-civilian recruiting firm. It uses advanced online and offline products to connect employers in all industries with men and women who are transitioning from active duty to civilian life, veterans, members of the

National Guard and Reserve, and military spouses.

RecruitMilitary serves all ranks, rates and branches of the armed forces and services are free to everyone with a military background.

RecruitMilitary's online services include job postings on its Web site, [www.recruitmilitary.com](http://www.recruitmilitary.com) and subscription licenses entitling employers to search its database of registered job candidates, now numbering more than 175,000.

Visit the site to register for upcoming career fairs or to receive the Incoming! a 6-page quarterly newsletter with a circulation of more than 53,000 that is mailed to more than 230 military installations for distribution to transitioning personnel.

RecruitMilitary career fairs are presented in cooperation with the President's National Hire Veterans Committee (HireVets First).

# Hire A Hero launches Military Fantasy Football League

## Enabling the Hire A Hero community to network through sports

Story by  
**SARAH HAYES**  
Hire a Hero

Hire A Hero, a non-profit organization that helps the military community network back into their civilian lives, has partnered with RotoHog.com to create the Military Fantasy Football League (<http://promo.rotohog.com/hah>).

This unique online football league is especially tailored for members of the Hire A Hero community to help them better connect with one another through their shared interest in fantasy football. Whether they are overseas serving in the Global War on Terror or back in their hometowns across America, the MFFL will be another unique networking feature that they can use to strengthen their relationships in the Hire A Hero community.

"We are always looking for new ways to help our military community network," said Dan Caulfield, executive director of Hire A Hero. "Putting people together with a shared interest is often a great way for them to make a connection. That connection can last a lifetime to help our members network back into their civilian lives and find quality jobs. The more people you know and talk to, the better chances you have of finding what you are looking for. RotoHog is ideally suited to support this type of networking because, unlike traditional fantasy sports, there are no limits to the number of people in a league."

Basic membership in the MFFL is free. Once an individual becomes a member of MFFL, there is an opportunity for them to buy a premium membership. One hundred percent of revenues generated from premium memberships

See HERO, page 13



# MORALE, WELFARE & RECREATION

## APG fitness center classes stress whole-body health

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

The Aberdeen Proving Ground Fitness Center, located in building 320 on Tower Road, invites service members, Department of Defense civilians, retirees, contractors and Family members to take advantage of its lunch-time and early evening classes focused on whole-body fitness.

Convenient lunch-hour classes are offered 11:30 a.m. to 12:30 p.m. daily as well as a body-strengthening class on Monday and Wednesday, 5 to 6 p.m., according to Fitness Center manager Jeff Pettway.

"A lot of people don't realize we have experienced trainers and instructors who will work with you to help you achieve your fitness goals," Pettway said.

Instructors include Barbara Wolfe, an operations research analyst with the U.S. Army Research Laboratory who is a certified aerobics instructor and April Newton a yoga instructor with more than 11 years experience.

Wolfe said she teaches all age groups and ability levels.

"Whenever they start is their beginning," Wolfe said. "It doesn't take long to catch on and my students who have to return to work say they go back ready for the afternoon – more relaxed and ready to handle it."

Newton said that Yoga is another key to gaining overall fitness.

"We work things like the abdominals, flexibility and breathing which also aids in stress relief," Newton said. "When you're focused on holding your breath, you're not stressing."

She added that the exercises can be modified

to fit physical limitation.

"Don't think that if you have back or knee problems you can't do aerobics because you can," she said.

Customers agreed that their lunchtime routines are working.

Staff Sgt. Gina Aceves, a TAC Sergeant with the 16th Ordnance Battalion, said she works out at the Fitness Center daily.

"I do [Physical Training] with them to teach them the standards but I come here for my own physical workout," Aceves said.

Terri Racine, an ARL chemical engineer said she takes both the aerobics and Yoga classes.

"It makes my afternoon much more productive," she said. "I go back to work feeling fresher and more alert."

"I've been coming here off and on for years," added Dave Scribner, ARL Human Engineering and research technologist.

"I do Yoga twice a week and it's done wonders for my lower back problems," Scribner said.

Beverly Hartgrove, a retired civilian, said she's been taking advantage of "whatever they have to offer" the past 14 years.

"The best part is having something like this that breaks up your day," Hartgrove said. "It's something that you look forward to that makes you feel good about yourself."

"And the price is right," she added.

In addition to classes, staff members like Fitness Center recreation aide, Jessica Raymond, are available to give one-on-one training tips for customers who come in to use the training apparatus.



From left, aerobics instructor Barbara Wolfe and Yoga instructor April Newton lead Gina Aceves, kick boxer Ray McDermott, Terri Racine and Beverly Hartgrove in warm-up exercises during a lunch hour class at the Aberdeen Proving Ground fitness center in building 320.

Roseanne Edwards, a contractor with Kirk U.S. Army Health Clinic, said she her boyfriend, Brad Taylor, an engineer with the U.S. Army Developmental Test Command, got her started working out regularly on her lunch hour just a few weeks ago.

"He brought me to Jessica and she's had me walking [on the treadmill] and working on body-strengthening exercises ever since," Edwards said. "I will absolutely keep coming back."

"The cost for these classes is minimal com-

pared to what you pay outside the gate," Pettway said. "It doesn't take much time or effort to get in the habit of doing something good for your body."

Membership, which is open to all service members, DoD civilians, contractors and Family members. Class fees are \$44 and individual classes are \$4 per session for October through December sessions. For more information, visit the Fitness Center, building 320 or contact Pettway at 410-278-9725/9759.

### Activities/Events

#### Disney High School Musical on ice

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

For more information, call MWR Leisure Travel Services, APG North Recreation Center, building 3326, 410-278-4011/4907, or e-mail [mwr\\_registration@apg.army.mil](mailto:mwr_registration@apg.army.mil).

#### Comedy Night Explosion

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

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

Keep the ticket stubs for admission into the after party.

Refreshments will be available.

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

#### Dog Obedience for Beginners

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, 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.

#### Discount tickets for Madam Tussaud's Wax Museum

MWR Travel Leisure has discount tickets available for the new Madam Tussaud's Wax Museum, Washington, D.C. Visit the Spirit of Washington D.C. and travel through history from the founding fathers to modern day politics with hands-on exhibits featuring George Washington's inauguration, Abraham Lincoln's assassination and the Watergate scandal. The museum opens 10 a.m. and is open 365 days a year. Tickets cost \$17.75 for adults (\$26.44 at the door); \$16 for seniors ages 60 and over (\$24.32 at the door); and \$12.75 for children ages 4 through 12 (\$19.04 at the door). Open to all DoD ID card holders.

Madame Tussaud's is locat-

ed in the historic Woodies Building, located on F and 10th Streets, 1025 F Street NW, Washington, D.C.

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

#### Basic Auto Mechanics

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

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

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

#### Radio City Christmas Spectacular

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

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

- Dec. 1, 11:30 a.m. show costs \$173 each (orchestra seating); bus departs 7:10 a.m.
- Dec. 2, 11:30 a.m. show costs \$130 each; bus departs 7:10 a.m.

- Dec. 9, 5 p.m. show costs \$130 each
- Dec. 14, 4 p.m. show costs \$130 each

- Dec. 15, 5 p.m. show costs \$143 each
- Dec. 16, 5 p.m. show costs \$130 each.

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

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

#### Baltimore Blast Military Appreciation Night

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

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

#### 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.

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

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

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

### 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.

### Upcoming Civilian Welfare Fund events/trips

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

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

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

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

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

### 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.

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.



### APG Bowling Center Snack Bar specials

Building 2342

#### 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

#### Week of Oct. 29

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

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

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



# Local group helps Soldier after injury

VME

Volunteers for Medical Engineering, Inc. helps many people with disabilities, but none as athletic and determined as Sgt. 1st Class Jacque Keeslar.

Keeslar, who lost both of his legs in Iraq just one year ago, has been receiving medical attention at Walter Reed Hospital. He is still getting used to his new prostheses, but he is already climbing, rock climbing that is.

Keeslar tested a model of a new

“foot” on a Baltimore rocking climbing wall Oct. 2.

VME volunteer Lee Mantelmacher (President of Maryland Orthotics and Prosthetics) contacted Walter Reed’s chief prosthetist to let him know that VME would be available if any veterans or active duty soldiers needed customized or special design and engineering assistance. Not long after, Mantelmacher got a call from Walter Reed to request VME’s assistance for Keeslar with his rock climbing interests.

VME volunteer John Staehlin (a recently retired Northrop Grumman engineer and VME’s founder) led the engineering effort to strengthen or redesign a specialized “foot” that can be attached to a prosthetic leg for rock climbing. Lee Mantelmacher worked with Staehlin and Keeslar to modify and perfect a design idea that Keeslar had developed for rock climbing.

“I’m happy to be alive and able to climb, and I hope that this special prosthetic foot will help many

disabled people enjoy rock climbing,” says Keeslar. VME volunteers helped refine Keeslar’s design by making it stronger, more flexible and giving it the capacity to swivel to fit a niche and then lock in place when a climber puts weight on it.

VME volunteers have created customized devices for hundreds of disabled people over its 25-year history to help them become more independent. For information on how to help VME or become a volunteer, please call 410-554-9134.

# Natural disaster victims helped through CFC

Story by

**PETE LEON GUERRERO**

CFC Chairman

Aberdeen Proving Ground is conducting the 2007 Combined Federal Campaign through Dec. 15.

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

All contributors are able to designate money to specific charities they choose to support.

Everyone has seen the horrendous devastation of the Atlantic and Caribbean coasts caused by hurricanes and earthquakes.

Families have been displaced and their lives have been ripped apart by one of America’s deadliest natural disasters. While many families fled to safety, unfortunately, many lives were lost. The destruction can destroy lives of entire families.

However, many charitable organizations are ready to provide assistance to the victims of hurricanes and other natural disasters.

The following charities support victims of hurricanes and other national disasters.

The Contributor’s Guide contains these and more national/international organizations, and is available through your organization’s key worker, at the APG CFC Office and at the Web site <http://www.cfcmd.org>. Contributions to the 2007 CFC can be made through your organization’s key worker.

For more information, visit the APG CFC Office, building 2752, room 206, email CFC@apg.army.mil or call 410-278-1399/5320.

- **10654** Adventist Development & Relief Agency International, 800-424-ADRA, [www.adra.org](http://www.adra.org)
- **10655** Air Serv International, 540-428-2323, [www.serv.org](http://www.serv.org)
- **11108** American Jewish World Service, 800-889-7146, [www.ajws.org](http://www.ajws.org)
- **10266** American Red Cross, 202-303-4520, [www.redcross.org](http://www.redcross.org)



- **82781** American Red Cross of the Delmarva Peninsula, 302-454-0619, [www.redcrossdelmarva.org](http://www.redcrossdelmarva.org)
- **96686** American Red Cross of the National Capitol Area (DC, Fairfax, Montgomery, Prince George’s Co.) 703-584-8400, [www.redcrossnca.org](http://www.redcrossnca.org)
- **38155** American Red Cross of the Susquehanna Valley, 717-299-5561, [www.sqvalleyredcross.org](http://www.sqvalleyredcross.org)
- **51888** American Red Cross, Frederick County Chapter, 301-662-5131, [www.frederickredcross.org](http://www.frederickredcross.org)
- **98270** American Red Cross, York County Chapter, 717-637-3768, [www.hanoverredcross.org](http://www.hanoverredcross.org)
- **10735** AmeriCares, 800-486-HELP, [www.americares.org](http://www.americares.org)
- **10870** Ananda Marga Universal Relief Team, Inc., 301-984-0217, [www.amurt.net](http://www.amurt.net)
- **12194** Catholic Relief Services – USCCB, 800-235-2772, [www.crs.org](http://www.crs.org)
- **11862** Christian Relief Fund, 800-858-4038, [www.christianrelieffund.org](http://www.christianrelieffund.org)
- **12518** Disaster Psychiatry Outreach, 212-598-9995, [www.disasterpsych.org](http://www.disasterpsych.org)
- **11185** Federal Employee Education and Assistance Fund (FEEA), 800-323-4140, [www.feea.org](http://www.feea.org)
- **10185** Global Impact, 800-836-4620, [www.charity.org](http://www.charity.org)
- **10846** International Association of Fire

Chiefs Inc, 703-273-0911, [www.iafc.org](http://www.iafc.org)

- **11680** International Relief Teams, 800-638-8079, [www.irteams.org](http://www.irteams.org)
- **11114** Lutheran World Relief, 800-lwr-lwr2, [www.lwr.org](http://www.lwr.org)
- **11474** Matthews 25 Ministries, 513-793-6526, [www.m25m.org](http://www.m25m.org)
- **11469** Medical Teams International, 800959-4325, [www.nwmedicalteams.org](http://www.nwmedicalteams.org)
- **10914** Mercy-USA for Aid and Development, Inc, 800-556-3729, [www.mercyusa.org](http://www.mercyusa.org)
- **12155** National Organization for victim Assistance, 703-535-6682, [www.try.nova.org](http://www.try.nova.org)
- **10530** Operation Blessing International Relief and Development Corp, 800-730-2537, [www.ob.org](http://www.ob.org)
- **10393** Operation USA, 800-678-7225, [www.opus.org](http://www.opus.org)
- **10738** Pan American Development Foundation, 202-458-3969, [www.pdf.org](http://www.pdf.org)
- **10351** PetSmart Charities, 800-738-1385, [www.petsmartcharities.org](http://www.petsmartcharities.org)
- **12132** Rescue Task Force, 619-328-6511, [www.rescuetaaskforce.org](http://www.rescuetaaskforce.org)
- **23152** Salvation Army – Frederick MD Corps, (301) 662-2311, [www.uss.salvationarmy.org](http://www.uss.salvationarmy.org)
- **42921** Salvation Army, Baltimore City Command, 410-783-2920, [www.tsabaltimore.org](http://www.tsabaltimore.org)
- **10532** Samaritan’s Purse, 800-528-1980, [www.samaritanspurse.org](http://www.samaritanspurse.org)
- **11654** Search Dog Foundation, National Disaster, 888-4K9-HERO, [www.searchdogfoundation.org](http://www.searchdogfoundation.org)
- **11116** United Methodist Committee on Relief, 800-841-1235, [www.umcor.org](http://www.umcor.org)
- **11612** Wheelchair Fountain, 877-378-3839, [www.wheelchairfoundation.org](http://www.wheelchairfoundation.org)
- **12270** World Missions Possible, Inc, 281-352-3975, [www.woworldmissionspossible.org](http://www.woworldmissionspossible.org)



## Channel 21 features Pentagon Channel programming

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

<p><b>Monday</b>                      Around the Services, 8 a.m.                      Focus on the Force, 10 a.m.                      Army Newswatch, 11 a.m.                      Freedom Journal Iraq/AF Prime Time, 1 p.m.                      AFN Europe, 6:30 p.m.                      Around the Services, 8 p.m.                      Focus on the Force, 10 p.m.</p> <p><b>Tuesday</b>                      Around the Services, 8 a.m.                      Freedom Journal Iraq/AF Prime Time, 10 a.m.                      Focus on the Force, 1 p.m.                      Around the Services, 5:30 p.m.                      Army Newswatch, 7 p.m.                      Freedom Journal Iraq/AP Prime Time, 10 p.m.</p> <p><b>Wednesday</b>                      Around the Services, 8 a.m.                      Army Newswatch, 9:30 a.m.                      Focus on the Force, 2 p.m.                      AFN News Europe, 6:30 p.m.                      Around the Services, 8 p.m.                      Army Newswatch, 9:30 p.m.</p> <p><b>Thursday</b>                      AF Prime Time/Freedom Journal Iraq, 10 a.m.                      Around the Services, Noon                      Focus on the Force, 1 p.m.                      AFN News Europe, 1:30 p.m.                      Around the Services, 8 p.m.                      Focus on the Force, 9:30 p.m.</p> <p><b>Friday</b></p>	<p>Around the Services, 8 a.m., Noon                      Freedom Journal Iraq/AF Prime Time, 2:30 p.m.                      Army Football, 4 p.m.                      AFN News Europe, 6:30 p.m.                      Around the Services, 8 p.m.</p> <p><b>Saturday</b>                      Freedom Journal Iraq/AF Prime Time, 4 p.m.                      Army Newswatch, 7:30 p.m.                      Focus on the Force, 9 p.m.</p> <p><b>Sunday</b>                      Focus on the Force, 11:30 a.m.                      Army Healthwatch, 2 p.m.                      Army Newswatch, 4:30 p.m.</p> <p>Army Newswatch – Bi-weekly report on the men and women of the Army                      Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from top defense officials and the military services from around the world                      RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. military men and women.                      Your Corps – Monthly view of the men and women of the Marine Corps                      Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations</p>	<p>and U.S. military forces in Iraq                      Navy Marine Corp News – A weekly look at the men and women of today’s sea service                      Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force                      The American Veteran - A half-hour video news magazine designed to inform veterans, their Families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service                      Battleground - Every weekend, this series features historic films from World War II, Korean War and the Vietnam War. A Pentagon Channel Original Series                      Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.                      Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.                      ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps viewers updated on information that’s important to them.</p>
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## Hero

From page 9

purchased by the members of the MFFL will be donated by RotoHog to the Hire A Hero cause. Weekly prizes will also be given to MFFL members.

“The MFFL will provide the military community with a fun and exciting way to build upon their existing bonds and create new ones,” said David Wu, CEO of **RotoHog.com**. “We believe in the vision that Mister Caulfield has created with Hire A Hero, and want to do our part in supporting this great cause.”

Hire A Hero is a non-profit Web-

based military community with a mission to help its members network in order to find quality training and career opportunities. The program is open to every American who wants to take action and give back to those who have served.

Hire A Hero seeks volunteers who can work in a variety of roles from their hometowns across the country and the program is in need of donations to help keep the program free for everyone to use. A recent internal survey revealed that jobseekers who networked with more than six other users on hireahero.org had a success rate of more than 30 percent.

To register with the MFFL, visit <http://promo.rotohog.com/hah>.

### About the Armed Forces Support Foundation Hire A Hero Program:

The Armed Forces Support Foundation was established in 1998 and is organized as a non-profit entity under Section 501(c)(3) of the United States Internal Revenue Code. Through the foundation’s Hire A Hero(TM) program, active and transitioning military personnel, Veterans, National Guard members, Reservists and their spouses have access to a unique online community that helps them network into quality job opportunities and training. The Hire A Hero online community is powered by volunteers who have connections to jobs and training in their hometowns. Although AFSF was made a

legislative priority by NGAUS and was officially noticed in Senate Bill S3833, the foundation relies on the generosity of the American people to support it. For more information, visit [www.hireahero.org](http://www.hireahero.org).

**About RotoHog.com**  
 RotoHog.com, a product of Sports Composite DE, seeks to revolutionize the way Fantasy Sports are played. Combining a traditional points scoring system with an innovative player trading floor, RotoHog will crown the best fantasy manager in each sport within a game that is more fun and fair than traditional fantasy sports. Privately held Sports Composite DE, Inc. is headquartered in Inglewood, Calif., and was founded in 2006.



Your health is KUSAHC's goal



# Vaccine developed to prevent cervical cancer

Story by  
**COL. MICHAEL CUSTER**  
Army Public Health Nurse  
CHPPM

January is National Cervical Health Awareness Month. According to the National Cancer Institute, in 2007 there were 11,150 cases of cervical cancer in the United States, resulting in 3,670 deaths. Late-stage cervical cancer is often fatal. This is tragic because cancer of the cervix is preventable, and recent breakthroughs may nearly eliminate this particular cancer in the near future.

The cervix is the narrow, bottom portion of a woman's uterus or womb connecting to the birth canal. The uterus itself is a pear-shaped organ in the lower abdomen where an infant is nourished and protected during pregnancy.

#### Who is at risk for cervical cancer?

Women over 40 years old and women who do not have regular screening for cervical cancer have higher rates. The screening test for cervical cancer is the Papanicolaou (Pap) test. Women over the age of 21 or women younger than 21 who are sexually active should be screened every three years according to the U.S. Preventive Services

Task Force. If the test is abnormal more frequent screening is needed.

#### How is it prevented?

The Pap test has been one of the main preventive measures in the fight against cervical cancer, but now there is a relatively new and exciting breakthrough to prevent cervical cancer. Infection with a family of viruses called human papilloma viruses (HPV) is a huge risk factor for cervical cancer, as well as for genital warts. HPV is the most common sexually transmitted infection in the United States. In June 2006, a new vaccine, Gardasil®, was approved for human use. Gardasil® protects against four types of HPV. HPV-16 and HPV-18, which account for 70 percent of cervical cancer, and HPV-6 and HPV-11, which account for about 90 percent of genital warts.

#### Vaccine offers promise

To provide protection, Gardasil® is given three times in a six-month period. After the initial dose, a second dose is given two months later, followed by a third dose at six months. At this time the vaccine appears to be effective for at least five years. It isn't known yet if the protection wanes

over time and if a follow-up shot or booster shots are needed. The vaccine will not protect people from a strain of the virus if they are already infected with that strain. Additionally, those who are immunized still need a Pap test because there are other HPVs that cause cancer and warts.

The vaccine is considered safe, and the U.S. Centers for Disease Control and Prevention (CDC) recommends that the vaccine be used to immunize girls and women ages 11 to 26 years. Immunization at early ages is recommended so individuals are protected long before their first sexual contact.

This recommendation affects most young, active-duty women and many of our family healthcare beneficiaries. The vaccine holds so much promise that currently there are clinical trials testing its effectiveness among males.

Soldiers and other military health system beneficiaries interested in getting the vaccine should talk to their primary care managers.

The CDC also provides answers to frequently asked questions at <http://www.cdc.gov/vaccines/vpd-vac/hpv/hpv-vacsafe-effic.htm>.



Illustration by CHPPM VISUAL INFORMATION DIRECTORATE

# MEDCOM launches pneumonia vaccination campaign

Story by  
**HARRY NOYES**  
Army News Service

The Army Medical Department is launching a concerted effort to reduce the needless suffering, death, and waste of medical resources that stem from widespread failure by older beneficiaries to get their pneumonia vaccinations.

Military medical facilities are being pressed to stay on their toes about offering the shots to all their older patients.

Also known as the pneumococcal shot or Pneumococcal Polysaccharide Vaccine or PPV, the pneumonia vaccine is safe and highly effective, according to medical authorities - provided it gets out of the bottle and inside somebody's body.

To encourage that to happen more often, military medical leaders are stressing these facts:

- Pneumococcal disease can kill you. It is the sixth leading cause of death in the U.S. (40,000 deaths annually).
- Pneumonia symptoms cause people to feel miserable and extensively ill. There are 100,000

- 130,000 hospitalizations annually in the U.S. It can affect your lungs, blood, and brain. It usually causes fever, cough, and shortness of breath.

- Pneumococcal disease can affect people of all ages, but older adults ages 65 and over are at higher risk for complications from both the flu and pneumococcal disease. The shot can help protect individuals from getting a serious infection in their lungs, blood and brain.

- Individuals age 65 or older; the shot should protect them for the rest of their life. Individuals can get it any time of the year; the shot is safe and most people have no side effects. For maximum safety, medical officials also encourage beneficiaries to take the flu vaccine annually.

#### Why we need pneumonia shots

Anyone can get pneumococcal disease, but some people are at greater risk from the disease. These include people 65 and older, the very young, and people with special health problems. The pneumonia vaccine protects from getting serious infection in your blood or brain that can cause dangerous health problems, hos-

pitalization, and death.

Pneumococcal disease can lead to serious infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis). About one out of every 20 people who get pneumococcal pneumonia dies from it, as do about two people out of 10 who get bacteremia and three people out of 10 who get meningitis. People with the special health problems are even more likely to die from the disease.

Drugs such as penicillin were once effective in treating these infections; but the disease has become more resistant to these drugs, making treatment of pneumococcal infections more difficult. This makes prevention of the disease through vaccination even more important.

#### Who should get the pneumococcal shot?

- All adults 65 years of age or older.
- Anyone over 2 years of age who has a long term health problem such as: heart disease, lung, disease, sickle cell disease, diabetes, alcoholism, cirrhosis, or leaks of cerebrospinal fluid.
- Anyone over 2 years of age who has a

disease or condition that lowers the body's resistance to infection, such as: Hodgkin's disease, lymphoma, leukemia, kidney failure, multiple myeloma, nephrotic syndrome, HIV infection or AIDS, damaged spleen, or no spleen, organ transplant.

- Anyone over 2 years of age who is taking any drug or treatment that lowers the body's resistance to infection, such as: long-term steroids, certain cancer drugs, radiation therapy.
- Alaskan Natives and certain Native American populations.

#### How can I learn more?

Ask your doctor or nurse. Visit the National Immunization Program website at <http://www.cdc.gov/nip/default.htm> Department of Health And Human Services Centers for Disease Control and Prevention National Immunization Program

For more information, visit <http://www.cdc.gov/nip/vaccine/pneumo/pneumo-pubs.htm#to>. (Harry Noyes writes for the U.S. Army Medical Command.)

# Outreach effort ensures Guard, Reserve members stay covered

Story by  
**TRICARE RESERVE SELECT**  
U.S. DoD Military Health System

Monumental outreach efforts are ensuring that nearly all of the 11,000 TRICARE Reserve Select members under the restructured program. As of Oct. 1, approximately 90 percent had either switched over to the new program - or were in the process.

The restructured TRS has also attracted interest from members of the Selected Reserves not previously covered under the tier program and nearly 10,000 have begun the process of qualifying for TRS.

On Sept. 30, all current members in the tier program were dis-enrolled as the restructured TRS went into effect October 1 under changes mandated by the 2007 National Defense Authorization Act. Despite an instruction letter sent out in early August, less than half had transferred to the restructured program by mid-September.

"All of our TRS partners made a monumental effort

to reach out and touch the National Guard and Reserve members who rely on TRS for their health care needs," said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "We did not want to see anyone dis-enrolled without doing everything possible."

"Monumental" means up to three separate contacts via direct United States mail, a major military media campaign and even phone calls to TRS members from Reserve Component personnel and TRICARE managed care support contractors.

The few remaining Tier TRS members who still have not heard about the need to make the switch will not be left out in the cold. They have a 60-day window to qualify for the new program with coverage retroactive to October 1 under a new provision called continuation coverage.

"But it was important to try and get everyone switched over before September thirty to avoid putting beneficiaries through the inconveniences

that can result from dis-enrollment," said Granger.

The number of new TRS members represents a moving target as it climbs daily.

"TRICARE and all of our partners have an ongoing media and outreach campaign to let Selected Reserve members know about TRS," Granger said. "Already, the number of Selected Reservists purchasing coverage is nearly double the average number of members in the old TRS."

With the end of the complicated tier program and its many qualifications, the majority of National Guard and Reserve members in the Selected Reserve are now eligible for TRS at a monthly premium of \$81 for the service member only and \$253 for the service member and their Family. Coverage is comparable to TRICARE Standard and Extra. The restructured TRS also features continuously open enrollment.

National Guard and Reserve members must be in the Selected Reserve to be eligible for TRS.

There is an important exclusion: Selected Reserve members cannot be eligible for Federal Employees Health Benefits, or currently covered under FEHB (either under their own eligibility or through a Family member).

Members of the Selected Reserve can find out about TRS costs, what's covered, and how to purchase coverage

through the "My Benefit" portal at [www.tricare.mil](http://www.tricare.mil).

Selected Reserve members who wish to see if they are qualified to purchase TRS coverage under the restructured program should go to the TRS Web application at <https://www.dmdc.osd.mil/appj/trs/> and follow the instructions.

If qualified, the member

can print out the TRS Request Form; attest that they are not eligible for or covered by an FEHB plan; then send the form with one month's premium to the appropriate TRICARE regional MCSC.

National Guard and Reserve members may also contact their Reserve Component if they have additional questions about eligibility for TRS.

## LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail [rondamckinney@usag.apg.army.mil](mailto:rondamckinney@usag.apg.army.mil).

### Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas	(benign paroxysmal positional vertigo)	Cindy Orwig
Karen Blades	Wayne Doyle	Gloria Scott
William Bond	Carolyn Johnson	Donna Sexton
Debra Bonsall (daughter has brain tumor)	Beverly King (caring for husband)	Dianne Simmons
Barbara Crossley	Gloria Morales	Louis Winters
John Daigle	Margaret Nahrgang	Sharon Woods
Shelia Davison		Charles Young

## Family

From front page

different than anything I expected we would ask," Casey said.

"It struck me that the best wasn't good enough. We have not, until this point, treated Families as the readiness issue that they are," he said last week when he announced the covenant during the Association of the United States Army Annual Meeting.

Casey said the Army wants to provide Soldiers and their Families with a level of support commensurate with their level of service, and the covenant is in direct response to concerns from Army Families. They are concerned about funding and support for Family programs, physical and men-

tal healthcare, housing, education and childcare and employment opportunities for spouses.

While Casey admitted last week that in the past the Army could have supported Families better, he did point out that things have improved dramatically in his 59 years as an Army son, officer and father. The covenant represents a \$1.4 billion commitment in 2008 to improve quality of life for Army Families. He said Army leadership is working to include a similar level in the budget for the next five years.

In the last two to three years alone, the Army has privatized and improved almost 80,000 homes on 36 installations and opened 40 new childcare centers, with another 22 on the way. The Army also recently spent \$50 million to hire new healthcare providers for Soldiers and their Families,

and is working with lawmakers to help Army spouses gain priority for civil service jobs. There are also now Family Readiness Support Assistants at the battalion level.

When you're talking about what keeps Soldiers in the Army, said SMA Preston, one of the important factors is the quality of life, "not just for the Soldier, but for the Family. And it's more than just a Soldier's pay, it's medical, dental, housing, barracks for the single Soldiers, youth services, education, it's the things we provide for all the Families."

On hand to witness the signing were four Army Families: the Browns, the Lights, the Roberts and the Linders. The Army Family Covenant just confirms what she already knew, said Kathryn Light. "Being an Army spouse, I was taken care of during two deployments

to Iraq, almost back-to-back. I actually served as a Family Readiness Assistant with one of the programs ... I'm a proud Army spouse."

"It was such a weight lifted off my shoulders to know my Family was taken care of; sometimes I would joke to her that I had the easy part," said Sgt. 1st Class James Light, with the Fort Knox Headquarters Company. He added that the care the Army gave his Family helped him decide to re-enlist.

#### The Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their Families.

We are committed to providing Soldiers and Families a Quality of Life that

is commensurate with their service.

We are committed to providing our Families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army families that enhances their strength and resilience.

We are committed to improving Family readiness by standardizing and funding existing Family programs and services; increasing accessibility and quality of healthcare; improving Soldier and Family housing; ensuring excellence in schools, youth services, and child care; and expanding education and employment opportunities for Family members.

(Editor's note: Look for more on the Army Family Covenant and APG in a future issue.)



# Army News

## Army to expand BCT to 10 weeks

Story by  
**JOHN HARLOW**  
Army News Service

In early November, Basic Combat Training will expand from nine to 10 weeks at all five Army BCT sites: Fort Jackson, S.C., Fort Sill, Okla., Fort Leonard Wood, Mo., Fort Knox, Ky., and Fort Benning, Ga.

"We're going to do ten weeks of basic training, starting on November second," said Gen. William S. Wallace, the commanding general of the U.S. Army Training and Doctrine Command. "It will be a pilot during this fiscal year. We're going to do it for the first third of the year. The last ten-week course will be complete somewhere around the twenty-first of March, and then we'll go

back to our normal nine-week basic training for the rest of the fiscal year."

A reason for conducting a pilot program is to see what effect expanding BCT by a week has on Advanced Individual Training, known as AIT.

"We're doing it as a pilot to make sure we understand the second and third-order of effects of doing ten weeks of basic training," Wallace said. "We anticipate a surge in our training population during the second half of the fiscal year which we couldn't get around in terms of scheduling."

The expansion doesn't add more tasks to be trained during BCT.

"We are not going to add tasks and I have been very specific - we are not going to add

any tasks," said Wallace. "What we're going to add is time, and give that time to the drill sergeant so that he can ensure that the individuals have mastered those tasks that they need to master, before they go on to AIT. That is the sole purpose."

As in all of Basic Combat Training, drill sergeants will play a key role in the tenth week.

"We want to make sure we have enough time to review and retrain the things that are required of the Soldiers by the units in the field," said TRADOC Command Sgt. Maj. John Sparks.

"For instance, a Soldier might learn one of the warrior tasks and battle drills in week two or three. By extending BCT, it gives us the opportunity to review those types of skills and retrain and retest them to ensure that the

Soldier ... has the kinds of skills necessary to assimilate into his unit."

In the nine-week BCT the Army currently conducts, Soldiers learn 40 warrior tasks and go through 11 battle drills. With a 10-week BCT, Soldiers will be able to refresh on what they learned and also get an extra week of physical fitness training.

"We do need to add a little bit of extra time and give it to the drill sergeant," Wallace said. "In my judgment, it will provide to the AIT commander a better physically fit, more mature, more disciplined Soldier who understands the tasks to master better than he does right now." (Editor's note: John Harlow writes for the TRADOC News Service.)

## Army shows Congress FCS 'spin-out' technologies



Photo by MASS COMMUNICATION SPC 3RD CLASS KENNETH G.

The Micro Air Vehicle is shown here during an operational test flight with a military Explosive Ordnance Disposal team at China Lake, Calif. A similar UAV was shown to members of Congress Sept. 16 during a House Armed Services Committee hearing.

Story by  
**GARY SHEFTICK**  
Army News Service

Army Chief of Staff Gen. George W. Casey Jr. showed members of Congress equipment now being used in Iraq that incorporates technologies developed under the Future Combat Systems program.

Gen. Casey and Secretary of the Army Pete Geren spoke to the House Armed Services

Committee Sept. 26 about the need to reset and modernize the Army to improve its overall readiness.

"We are ultimately working toward an agile, globally responsive Army that is enhanced by modern networks, surveillance sensors, precision weapons and platforms that are lighter, less logistics-dependent and less manpower-intensive," Gen. Casey said.

Research and development of such systems

is well underway with the FCS program, Gen. Casey said, but he added that the Army needs the support of Congress to keep up the momentum. While major new FCS systems may not be fielded until 2012 with the new FCS Brigade Combat Teams, Gen. Casey pointed out that a number of new technologies "spun out" of the research are already helping Soldiers today in Iraq and Afghanistan.

"I'd like to give you a quick show and tell here," Gen. Casey said at the end of his opening statement to the committee.

First he pointed to the Micro Air Vehicle or MAV unmanned aerial vehicle, of which 50 are currently in Iraq with the 25th Infantry Division (Light). Soldiers have nicknamed it the "beer keg UAV" or the "scrubbing bubble" because of its appearance, he said.

"It's a squad or platoon-level unmanned vehicle that you can run down an alley, look around a corner or look on a roof and see what's up there," he said.

Then he showed the lawmakers a Small Unmanned Ground Vehicle or robot that has already defused about 11,000 improvised explosive devices in theater. Close to 5,000 of these robots are currently fielded in theater, he said.

"Sending a robot up to defuse an IED is much safer than having a Soldier do it," he said.

Further demonstrating Soldier safety, Gen. Casey showed the Unattended Ground Sensor that is being used in the Iraq theater to detect enemy activity.

"These are critical for us," Gen. Casey said. "A Soldier can take this and put it in a building or along a road and watch it back at his base."

Several variants of the Joint Tactical Radio System, which have not yet been fielded, were also on display, to include the man-pack version that can be carried in a rucksack and a larger Ground Mobile Radio with multiple units designed for vehicles.

The JTRS will use new wave forms and be tied into a wide-band network of surveillance systems that bring unprecedented situational visibility to the battlefield, said Nikolich Graciano, deputy product manager for the Ground Mobile Radio, after the hearing.

Also on display in the hearing room were Rapid Fielding Initiative items such as the Advanced Combat Helmet and RFI clothing being issued to troops deploying to Iraq and Afghanistan.

Gen. Casey noted that the one millionth set of RFI equipment had been issued this week to a Soldier at Fort Polk, La.

Sgt. Joshua Cantrell of the U.S. Army Trial Defense Service then demonstrated the rapid-release feature of the new, lighter Interceptor Body Armor. The feature can be used in such emergencies as a vehicle rollover, fire or when a Soldier faces potential drowning.

"This system is now the second generation of individual body armor that we've fielded," Gen. Casey said. "So we're continuing to improve what we're giving to Soldiers over time."

## All new Soldiers to become combat-lifesaver certified

Story by  
**MIKE A. GLASCH**  
Army News Service

The Army is about to change the way it ensures Soldiers injured on the battlefield receive access to life-saving techniques.

"Soldiers who were recently redeployed, and those who are currently deployed, told us that the first ten minutes are the most critical for keeping a wounded Soldier alive," said Fort Jackson's Deputy Commander Col. Kevin Shwedo.

Beginning Oct. 1, Soldiers entering Basic Combat Training will receive Combat Lifesaving Training and be CLS certified before graduation. The change adds seven-and-a-half hours to the current curriculum.

Soldiers will learn how to perform advanced first aid and conduct potentially lifesaving procedures - from controlling bleeding, conducting CPR and reintroducing fluids into the body - to keep a serious injury from worsening until professional medical help arrives.

"That means you are going to have to start an IV in your buddy, and your buddy is going to have to start one in you," Shwedo said.

The deputy commander said the change has two benefits.

"One, we are training Soldiers on mission-essential tasks that will keep them and their buddies alive in combat," he said. "Not only will they be able to save a life, but they will have the confidence that their buddies can do the same for them."

The second benefit is stress inoculation.

"There are very few things in life more stressful than watching a medical help arrive put



Photo by STAFF SGT. MARK WOJCIECHOWSKI  
Staff Sgt. Paul Briscoe instructs an Iraqi army soldier how to properly monitor a casualty's pulse during Combat Lifesaver Training.

a catheter in your arm," Shwedo said. "Almost as stressful is introducing a catheter into your buddy's arm because you don't want to get it wrong."

Introducing artificial stress in BCT is thought to prepare Soldiers for the stressors of war, but Shwedo said that stress should be directly related to what Soldiers endure in war.

"Yelling at a person at the top of your lungs for five minutes does virtually nothing. Human nature says 'I will shut you down in the first thirty seconds,' so I've just wasted the last four-and-a-half minutes of my life," Shwedo said. "Whereas, if I put a Soldier in a stressful environment that has

something to do with keeping him or her alive in combat, or killing the enemy, it makes him that much more successful."

Previously, only 20 percent of Soldiers in each unit were required to be Combat Lifesaver certified.

"At the end of the day we want to make sure we have a Soldier who is proficient in a few critical tasks - weapons proficiency, discipline, being physically fit, confident he or she can save a life on the battlefield and equally confident that their buddy can save their life," Shwedo said.

(Editor's note: Mike A. Glasch writes for the Fort Jackson "Leader.")