

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Aug. 20 is plastic, glass and metal. Put items in blue bags and place them on the curb.



ID card section to close temporarily

The Aberdeen Proving Ground Identification Card section in building 4305 is closed for business Aug. 25 thru 27 for upgrades to the Real Time Automated Personnel Identification System, or RAPIDS.

Anyone anticipating a need for services should make plans to visit the office prior to Aug. 25. The following sites are available for urgent matters during this closure:

- Fort George G. Meade, 301-677-9568
- National Guard Headquarters, Baltimore 410-702-9050
- Air National Guard 175th Wing, Baltimore, 410-918-6698.

See article on page 5.

Back to School Safety, Self-Esteem Show Aug. 20

The Army Community Service Advocacy Program and D.A.R.E. will present a Back to School Safety and Self-Esteem Show, 9:30 a.m., Aug. 20, at the APG Main Post Chapel. Retro Bill, a nationally recognized children's safety and self-esteem icon, will perform. Children of all ages are invited to attend. Seating is limited.

For more information or to register, call 410-278-2435/7478, e-mail Lynda.Fernandez@us.army.mil.

RecruitMilitary Career Fair in Baltimore

RecruitMilitary, in conjunction with the Department of Labor, American Legion and the Military Spouse Corporate Career Network will hold a free hiring event for veterans, service members

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Health Notes

Ripken Stadium appreciates the military

Story by **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground service members shined during pre-game festivities for the annual Military Appreciation Night at Ripken Stadium Aug. 9.

Aberdeen Ironbirds director of ticket sales Lev Shellenberger started things off with a presentation to Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command. On behalf of Ripken Baseball, Shellenberger presented Robinson with a commemorative bat autographed by every member of the team. Robinson then threw out the first pitch to Aberdeen Ironbirds pitcher Josh Tamba.

Shellenberger said that this is the third year Ripken Baseball has hosted a Military Appreciation Night.

"The military is a big part of this community, and as members of the community, we feel it's important to set aside one night to



The U.S. Army Ordnance Mechanical Maintenance School's 61st Ordnance Brigade color guard exits the field at Ripken Stadium, right, as the Company B, 143rd Ordnance Battalion rifle team, left, prepares to render a salute and Spc. Erin Hollowell, a bugler with the U.S. Army Materiel Command Band, center, waits to play 'Taps' during the Military Appreciation Night pre-game ceremony Aug. 9. Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, can be seen saluting the colors on the Jumbotron.

Photo by YVONNE JOHNSON

show our appreciation for their sacrifices," he said.

As Robinson and Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, joined the team along the first-base line, the 61st Ordnance Brigade color guard, led by Staff Sgt. Christopher Johnson, marched

onto the field, stopping near the pitcher's mound for the national anthem which was played by the Forest Lake Elementary School Band. The color guard consisted of Soldiers from the U.S. Army Ordnance Mechanical Maintenance School's 143rd Ordnance Battalion, and U.S. Air Force and

U.S. Marine Corps detachments. At the conclusion of the national anthem, a rifle team from Company B, 143rd Ordnance Battalion led by Staff Sgt. James Abarca presented a 21-gun salute. Spc. Erin Hollowell of the U.S. Army Materiel Command Band closed the ceremony playing 'Taps'

as a solemn tribute to the fallen.

The APG contingent received a standing ovation from the crowd as they marched off the field.

Looking on with pride from the right field sidelines was 1st Sgt. Larry Tyson of APG's Headquarters

See MILITARY, page 2

Army launches new Web site for 'Gifts' to Soldiers

Army News Service

The "Gifts to Army" Web site, launched July 18, is an online resource developed to streamline and process gifts to the Army that benefit Soldiers and their Families.

Citizens often ask Soldiers, their Family members and Army civilians how they can support their Army. They want to know how they can help men and women in uniform. This Web site will provide the public an online resource to answer the question: "How can we help?"

"Many individuals have asked how they can help the Army," said Joyce Mor-

row, administrative assistant to the secretary of the Army. "We appreciate how generous the public is and the concern they have for the welfare of our Soldiers and Families. We've developed this Web site to provide information on how to contribute money, goods or services to benefit Soldiers and their Families."

The launch of the site centralized the many venues and paths for the public whose offers of support fall within the Army's overall Gift Program, which is managed by the Office of the Administrative Assistant to the Secretary of the Army. Contribution

options addressed on the site include support for the Army, Soldiers and their Families, wounded warriors, Army installations and more.

"This Web site is not intended as a solicitation, but merely as a way to provide information on the options and programs available to those who have expressed a desire to make a contribution," Morrow said.

The Army Gift Program has existed for many years under the authority of Title 10 United States Code, Section 2601. On Jan. 28, President Bush signed into law, the National Defense Authorization

Act for Fiscal Year 2008 (Public Law 110-181, Section 593), which expanded the Army's gift acceptance authority to include acceptance of gifts on behalf of wounded Soldiers, wounded civilian employees and their Families.

America's support of its military is not new. During World War II, tin drives, support for food rationing and canteens were common. At a train depot in North Platte, Neb., a small group of volunteers in a city of no more than 12,000 provided food, magazines and conversation to the hundreds of troop trains that stopped in their town. This

major undertaking went on for the duration of the war and was done without government support.

The people of the United States carry on the tradition of caring for and supporting their men and women in uniform.

The "Gifts to Army" Web site provides a central source of information to refer those interested in contributing to and supporting Soldiers and Army Families and offers ways for them to express that support, should they choose.

For more information, visit the "Gifts to Army" Website, <http://giftstoarmy.army.mil/>.

More FEB gold winners for APG

Story by **YVONNE JOHNSON**
APG News

The 2008 Excellence in Federal career awards program, presented by the Baltimore Federal Executive was held in May. Ten gold and 70 silver and bronze awardees were identified in the July 10 issue of the APG News. Inadvertently, three gold recipients were reported as silver recipients. The APG News regrets the error. Here are their stories.

Category 1b, Outstanding Supervisor GS-12 and Below.

The installation's highest award went to Gregory L. Mullins, the chief of the U.S. Army Ordnance Mechanical Maintenance School Base Realignment and Closure Office.

Mullins was credited with providing invaluable guidance in planning the Ordnance Corps' move to Fort Lee, Va., under the base realignment and closure law.

With 32 years on Aberdeen Proving Ground, first with the U.S. Army Material Systems Analysis Activity and then with

the former Directorate of Public Works, Mullins is tasked with managing what may be the greatest logistical challenge of his career. The strategic move of ordnance personnel and equipment to align with other Army Combat Service Support schools under the Sustainment Center of Excellence at Fort Lee, Va., will involve three years of coordination of equipment, troops, materiel and personnel. Mullins' responsibilities include coordinating with the APG and Fort Lee logisticians, construction contractors and transportation companies and a host of other elements involved in the move as well as assisting in the design of the OC&S campus and training facilities. He manages three personnel and several appointed representatives in each training department and battalion both here and at Redstone Arsenal, Ala., which also will be moving its 59th Ordnance Brigade to Fort Lee.

Initial moves begin in 2009 and
See FEB GOLD, page 16



A new pump house, irrigation pond and newly-dug wells on Ruggles Golf Course have eliminated the need to purchase water from the city of Aberdeen.

New irrigation pond makes golf course self-sufficient

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

Aberdeen Proving Ground golfers will notice a new pond on the edge of the Ruggles Golf Course where birds and geese already are making themselves at home. The pond is more than just an eye-pleaser however; it is part of what is probably the biggest money-saving project in the course's history.

Along with the irrigation pond, a new pump house, which controls three newly-dug wells nearby now, enables the proving ground to acquire its own water without having to purchase it from the city of Aberdeen.

The savings are substantial; approximately \$80 thousand a year, according to Dennis Overbay, Directorate of Installation Operations.

Overbay said that DIO, working with the directorates of Safety, Health and Environment and Family and Morale, Welfare and Recreation to construct the irrigation pond and pump house, saves APG 100,000 gallons of potable water per day.

"The use of potable water for irrigation was an expensive operation that needed to be changed," Overbay said, explaining that on a typical summer day the golf course uses approximately 100,000 gallons of water to supply the irrigation system used to water the fairways and greens and that purchased water had to be purified before use which added to the cost of the operation. He said that all parties involved – installation organizations, contractors, design engineers and construction representatives – worked closely together and did whatever it took to make it happen.

See POND, page 2

Construction continues on C4ISR



Photo courtesy of U.S. ARMY CORPS OF ENGINEERS PHILADELPHIA DISTRICT Southwest view of contractors erecting structural steel framing July 30 for building A of the C4ISR complex.

C2D Fuel Cell Team showcases technology and renovated facility

Story by **STEVE ROCHETTE**
RDECOM

The Command and Control Directorate's Fuel Cell Technology Team met with RDECOM Commander Maj. Gen. Fred D. Robinson to demonstrate technology platforms and showcase their new Aberdeen Proving Ground facility July 24.

C2D, a subordinate element of the Communications-Electronics Research, Development and Engineering Center, celebrated the opening of its first APG building June 26 during a ribbon cutting ceremony. The entire Fuel Cell Team has occupied the newly renovated C2D facility since June. The team relocated to APG from Fort Monmouth, N.J., and Fort Bel-

voir, Va., over the past eight months.

Elizabeth Ferry, Fuel Cell team leader, said the newly renovated building is critical.

"It's imperative for us to have some lab facility because evaluating and testing the fuel cell technology is our main mission," she said.

The Fuel Cell Team displayed some of the technology to Robinson, including state of the art Soldier fuel cells, which reduce the weight the Soldier must carry and allow for longer mission durations.

Additionally, the team shared with Robinson an ongoing Technology Transition Initiative Program on tactical idle reductions, which could potentially save the military millions of gallons in

fuel a year.

The team's mission is to take technology from industry, test the products and interpret what they mean for the military. Fuel cell application can provide "a distinct advantage over currently used military power sources for long mission durations," according to Ferry.

Since the first week of June, the team has conducted research at the renovated building.

Ferry credited the U.S. Army Research Laboratory for helping with the renovation process, which started in January and was completed in May.

"ARL has been supportive every step of the way from picking out the carpet, to making sure phones were working and ensuring all of the requirements in the

statement of work were met," Ferry said.

The Fuel Cell Team move has been a major success according to Edward Plichta, chief of C2D's Army Power Division. He noted some of the factors in the decision process.

"Clearly, the dedication of these employees to their work and their desire to remain working in the power mission area were key factors in their decisions....," he said. "Once these facilities were obtained, the employees were able to see where they would be working and I feel this was key in helping them make their decisions to move early."

Scott Coombe, chief of the Power Technology Branch, Army Power Division, said the team has served as an example to other

organizations planning to move. He added that the staff has been helpful to colleagues within the organization.

"The team has reached out to other CERDEC transitioning personnel to help answer questions, has served as panel members during a BRAC town hall, has prepared a BRAC transition guide and even planned the picnic and ribbon cutting," Coombe said.

CERDEC has set up numerous other BRAC related initiatives, including the formation of BRAC Execution Cells, teams which focus on early move transitions and campus design at APG.

(Editor's note: Allison Barrow of CERDEC Public Affairs contributed to this story.)

Military

From front page

ters and Headquarters Garrison, who put the presentation together. Tyson said he couldn't have been more proud.

"They were all outstanding," he said, noting that the salute team was made up of Advanced Individual Training Soldiers.

"Those privates did a great job, and the color guard was outstanding. With this being military appreciation night I was proud to see our troops out there representing the armed forces."

Speaking for Weissman, Tyson and Garrison Command Sgt. Maj. Pedro Rodriguez, Robinson praised the service

members as he presented each with an RDECOM coin of excellence.

"You made us proud to be Soldiers serving at APG," he said.

In appreciation Ripken Baseball treated the entire APG contingent to a buffet dinner.

Other military participants included members of the Maryland Army National Guard recruiting and retention team out of Towson, Md., which displayed a 'Minuteman' vehicle - a restored High Mobility Multipurpose Wheeled Vehicle from the Iraq War now used for recruiting purposes - and the 200th Military Police Command which displayed a tactical HMMWV near the stadium entrance.

The Ironbirds played the State College Spikes of State College, Pa., winning the game, 3-2.



Photo by YVONNE JOHNSON
From right, Maj. Gen. Fred D. Robinson Jr., Col. Jeffrey S. Weissman, Command Sgt. Maj. Pedro Rodriguez and 1st Sgt. Larry Tyson chat with color guard members from left, Staff Sgt. Gary Stone and U.S. Air Force Staff Sgt. Joel Wheaton after presenting them with coins of excellence.



Photo by BOB RINKER, RIPKEN STADIUM
Maj. Gen. Fred D. Robinson Jr., commander of APG and the U.S. Army Research, Development and Engineering Command throws out the first pitch to start Military Appreciation Night festivities at Ripken Stadium Aug. 9.

Pond

From front page

"There was nothing out there that could have stopped the momentum these folks had to get this done," he said.

The project had been on the table for several years, starting with the installation of an irrigation system in 2002. By 2004 plans were in the development stage with funding being the main hurdle. Other issues included environmental water allocation permits, coordination with the Maryland Department of the Environment, funding limitations, design adjustments and coordinating multiple contracts with several contractors.

The work was done in two phases: Phase 1 involved the digging of the hole for the pond by the Dixie Construction Company and Phase 2 was the input of the wells and pump station.



A computerized sprinkler system controlled by the new pump house at Ruggles Golf Course waters the greens near the new irrigation pond after being turned on for the first time Aug. 7.

Gregory Grabus, DIO project manager, oversaw both phases of the construction with DIO Construction Representatives Mike Hardwick and Dave Bertch serving as CORs for phases 1 and 2, respectively.

Grabus said that with-

out the cooperation of both

contractors, the project would not have happened. "The savings for FMWR is the biggest benefit," Grabus said. "This will pay for itself in just a few years."

"This eliminates all the manpower and technology needed to treat the

water before using it on the golf course because now the water can regenerate itself," Overbay added.

On Aug. 7, organization representatives and contractors were on hand when the pump house was made operational. Participants included Gary Phil-

lips, president of Phoenix Irrigation who led a tour of the pump house facilities; and Elizabeth Felts-Rasner, president, and Stephen Jones, vice-president of EDCO, the contracting firm that constructed the pump house and furnished the pumping equipment.

Phillips said the system, known as the Silent Storm pump station, consists of two vertical pumps with water-filtering capabilities; a 3-horsepower maintenance pump which maintains pressure and speed drive controls that maintain the speed of the turbine pumps which automatically compensate for abnormal operating ranges in the other equipment.

"A major safety point is electrical safety," Phillips said. "If the inbound electrical power is any more than ten percent out of balance the system will automatically shut down. It's protected about as well as it can be."

The system is computer controlled to automate the sprinkler system

which will be overseen by golf course superintendent Mark Burke.

Overbay expressed special thanks for their help on the project to Regina Dannenfelser, acting director, DFMWR; Linda Edwards, FMWR chief of Business Operations Division; Doug Conley, former FMWR chief of Support Services Division; Debbie Long, FMWR golf course manager; Mark Burke, golf course superintendent; Ralph Cardenuto, former chief of the Environmental Compliance Division; Richard Wiggins, environmental protection specialist and Kathy Ward and Ruth Ann Smith, U.S. Army Research, Development and Engineering Command contract specialists.

"This was one of those projects that required every team member to work closely together and to think out of the box," he said. "Without their dedication, loyalty and commitment to this project, it would not have been successful."

APG News

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

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

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WWII Panzer leaves APG for Fort Knox

Story and photo by
ROGER TEEL
USAOC&S

The U.S. Army Ordnance Museum gave up a significant "piece of hardware" in a swap with the Patton Museum of Armor at Fort Knox, Ky. -- a trade that helps both organizations fill holes in their collections.

Soldiers from the U.S. Army Ordnance Center & Schools' Advanced Automotive Recovery Division assisted workers from Boling Construction Company load the 23-ton tank onto a flatbed truck July 29.

The Patton Museum is getting a Panzerkampfwagen IV F, which had been earmarked as "surplus" to the Ordnance Museum's collection. In return, the Ordnance Museum will receive a full World War I Ordnance sergeant's uniform and accoutrements, and an M56 Contact Truck which was used to repair vehicles in the field.

Ordnance Museum Director Dr. Joe

Rainer said the truck will be displayed indoors with a mannequin dressed as a Vietnam-era warrant officer.

The Ordnance Museum has several versions of the Panzerkampfwagen IV series, Rainer said.

He added that the museum will not move all of its armor and artillery collection when it relocates to a new facility at Fort Lee, Va., in 2011. Approximately 175 macro artifacts have been designated to go to Fort Lee, and about 131 macro artifacts will remain at APG. The ultimate disposition of the artifacts that remain at APG is up to the discretion of the Center of Military History which owns the vehicles.

AARD Soldiers who helped load the Panzer were M-88 operator Sgt. Carlos Rosado-Melendez, Staff Sgt. Jason Compton, Sgt. Herber Romero and Jorge Mejias. AARD is an element of the 61st Ordnance Brigade.



Soldiers from the Ordnance Center & Schools' Advanced Automotive Recovery Division employ an M88 track recovery vehicle to assist workers from Boling Construction Company load a German Panzerkampfwagen IV F onto a flatbed truck for shipment from APG's Ordnance Museum to the Patton Museum of Armor at Fort Knox, Ky.



Mike Fedas, a contract small arms range field engineer from MIRATEK, makes final adjustments to a thermal sight before testing it in extremely cold temperatures. The new sights will allow Soldiers to identify targets day or night, even in bad weather.

Environmental testing challenges thermal sights

Story and photo by
DREW HAMILTON
Missile Range Staff Writer

New equipment is being tested in one of the harshest environments on the planet at White Sands Missile Range, N.M.

New thermal sights for use on a variety of weapons systems being tested by the Material Test Directorate's Future Force Division Unmanned Vehicle/Soldier Branch are being subjected to temperatures over 100 degrees Fahrenheit and as low as minus 40 degrees. The extreme variation in environments is used to determine how well equipment like the thermal sights will work in the extreme environments that Soldiers may be required to fight in.

The new sights allow a Soldier to see the heat produced by a live target, allowing a Soldier to operate in complete darkness, smoke, dust and other kinds of bad weather.

"For night vision you need ambient light, like moonlight, but with the thermal, it works day or night. I'd much rather have a thermal sight than night vision," said Mike Fedas, a veteran of Operation Enduring Freedom, and contract small arms range field engineer from MIRATEK.

Attaching the sights onto weapons systems that they are expected to be used with, the Future Force Division Unmanned Vehicle/Soldier Branch

can evaluate the sights to ensure that they can stand up to the standard expected of them. These standards aren't set only by the Army, but also by the manufacturers, who may not have the facilities to fully test the devices on their own.

"[The Unmanned Vehicle/Soldier Branch] are pretty thorough and because of that we've been able to uncover a lot of issues that we wouldn't be able to uncover

See SIGHTS, page 5

APG contractor turns passion into craftmaking

Story by
STEVE ROCHETTE
APG News

Walking through Terry Lough's house is like visiting an art gallery or a museum exhibit. American Indian art and craftwork line the shelves while hundreds of relics are displayed in cases.

Lough, who retired from federal service in 1995 after 35 years at APG and is now a contractor with Olgoonik working at the U.S. Army Research Laboratory, makes his crafts and collects artifacts in his spare time.

Although he has no Native-American heritage, Lough said he developed a passion for the culture at a young age.

"I grew up in Webster County, West Virginia – pretty much the woods," said Lough, who now lives in York County, Pa. "One time, I was with my grandfather and he found a handful of arrowheads. From that point on, I've been hooked."

He said he started making moccasins, arrowheads, war-bonnets and pipes shortly after the experience with his grandfather and has not stopped. His work is varied, ranging from leather work to furniture.

"I try to do lots of different types of craftwork," Lough said. "My father and grandfather were skilled craftsmen as well, but I'm the only one in the Family who is into the American-Indian work."

Lough is currently work-



Terry Lough, a contractor at the U.S. Army Research Laboratory, weaves beads into a ceremonial breast plate, a traditional native clothing piece. He has been making Native-American craftwork since childhood.

ing on a breast plate, a vest-like device made of intricate beads, bone pieces and shells that he purchased at a store in York County. Lough also plans to make a pipe from a slab of Catlinite, a rare stone from Minnesota.

The projects can take weeks or even months to finish.

While working, Lough listens to Native-American flute music to maintain concentration.

"The music just takes me back to another time period – it's very relaxing and helps me focus," he explained.

Lough's son Terry, a Havre de Grace resident,

views his father's skills with admiration.

"The work and craftsmanship necessary to produce this stuff is incredible – I have nothing but respect for his work. He has more patience than I do," he said.

Lough gives away most of his craftwork to Family, friends and co-workers. He occasionally sells moccasins, a popular item with friends and co-workers.

"His moccasins are a lot more comfortable than ones bought at a store," said Lough's son who wears a



Lough's craftwork includes bead work pieces, hand axes, moccasins and leather work.

pair around his house.

Lough's passion for American-Indian culture is not limited to craftwork. He has a collection of hundreds of arrowheads, spears, knives, stone axes, pottery and other artifacts fit for a museum exhibit.

One of his prize finds is a stone ax, a rare item in the area.

"My uncle and I went in a field after it was plowed to look for axes and arrowheads and we couldn't find anything until I kicked a rock. Sure enough, it turned out to be an ax," he said.

Lough uncovers the artifacts by walking through fields and shore lines with a trained set of eyes. Many of the finds came during lunch breaks at APG.

"I know what to look for from reading so much about the subject. I've found a great

many arrowheads at APG by Woodpecker Point and behind the clinic," he said.

Lough can recall the origin of every artifact in his collection as well as the material it's made from and probable use in the past.

"My grandfather told me after finding a tool or a weapon he wondered what the Indian looked like who once owned it. I like to try and determine what the artifact was used for – each item is a piece of history," he said.

Years ago, Lough found gun flints in the Conowingo Dam area. He has since developed a theory about the origin of the flints.

"These could have been used by either the colonists or [Native Americans] during the seventeenth century," he said. "I've heard stories that Captain John Smith had

a trading post on the Susquehanna, and I've always wondered if the gun flints had a connection to it."

Lough said patience is necessary for those interested in getting involved in craftwork.

"Never rush a project because you'll do more harm than good. Of course, read and learn as much as you can about the subject," he said.

Lough encourages people to get out and experience Native American culture. He noted the Indian Steps Museum in York County, Pa., is holding its autumn festival Sept. 27 and 28. The event features singing, dancing, drumming, craftwork and traditional cuisine.

For more information on the autumn festival, visit www.Indiansteps.org.

APG Outdoor Journal

Commentary - Bet you didn't know this!

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

Being a game warden on Aberdeen Proving Ground often necessitates the

removal of critters or wildlife from around installation housing and test areas, and as such we frequently communicate with the Maryland Department of Natural Resources or the U.S. Department of Agriculture to keep abreast of the latest methods they use to effectively control the various species.

A couple of weeks ago we were involved in a project here on post to remove a colony of beavers that

had gotten into trouble at one of the test sites and done some serious damage to the project's sensitive monitoring equipment. As a result, I got in touch with one of the fellows down at the DNR, hoping to come up with some sort of a non-lethal means to help persuade the beavers to voluntarily relocate their place of residence to another area. During my discussion with the DNR biologist I learned some-

thing quite extraordinary: Did you know that in the state of Maryland it's unlawful to "take" (and that includes "kill") a copperhead or rattlesnake, or for that matter any snake that's native to the state of Maryland? Yep, and not only that, it's punishable by a fine of up to \$500 if the person gets convicted of the offense! Wow!!

And after doing a bit of research on it, I found out that the law goes even further: "A person may not destroy or alter dens, burrows, basking sites or other refugia of reptiles or amphibians while in the act of taking."

So beware, if you happen to be out in your backyard working in the garden or hanging up clothes and you see a snake slithering through the grass, or sunning itself out on the patio, it's a violation of the law for you to kill it, or destroy it's basking site.

More on crabbing

This past weekend I saw some awfully nice crabs being caught in the Bush and Gunpowder rivers, and it seems like the folks using collapsible traps or rings baited with chicken necks are doing the best. Some of the crabs I saw were up around 8 and one-half to 9 inches and heavy.

The one thing that bothered me though was the lack of female crabs being caught by both the recreational and commercial crabbers. I sure hope that's not a sign of things to come!

And while we're talking about crabs, I'd also like to add, there were a number of recreational crabbers cited by MWE this past weekend for not obeying the time restrictions on the setting of traps and rings. Remember, the law says a recreational crabber may not set traps or rings before one-half hour before sunrise. So, a word to the wise; we are enforcing that time restriction exactly as it's written, so, if you're planning on going out crabbing, you better check the time restrictions very carefully before you go. It can get very expensive if you don't.

AUSA salutes APG during annual barbecue

Story and photo by
YVONNE JOHNSON
APG News

The Aberdeen Chapter of the Association of the United States Army thanked the installation for the role it plays in defending America during its annual Salute the Soldier barbecue at the Maryland Boulevard picnic area July 18.

With more than 30 Sol-

diers as guests, Mary Jane Jernigan, chapter president, led the festivities. The Soldiers enjoyed a meal courtesy of the chapter members that included pit ham, beef and pork, baked beans, cole slaw, macaroni salad, sodas and water.

Garrison Command Sgt. Maj. Pedro Rodriguez thanked the sponsors

for their generosity and encouraged the Soldiers to take the word back to their units that "AUSA is thriving and growing on APG."

"They are our voice on Capitol Hill and we need to support them," he said.

Jernigan encouraged members and guests to participate in a clothing drive to provide clothes to Sol-

diers and Families in need.

"I encourage all of you to look into this worthy effort," she said.

She added her thanks to the event sponsors.

"We wouldn't be able to do the things we do for our Soldiers without sponsors like the Aberdeen Proving Ground Federal Credit Union, the Atlantic City

Convention Center and others," she said.

AUSA

Since 1950, the Association of the United States Army has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve.

AUSA is a private, non-

profit educational organization that supports America's Army - active, National Guard, Reserve, civilians, retirees and Family members. Membership is open to all Army ranks and all components including Department of the Army civilians, retirees, concerned citizens and Family members.

More clarification on ID Card/CAC office temporary closure

Story by
YVONNE JOHNSON
APG News

The Aberdeen Proving Ground Identification Card section in building 4305 is closed for business Aug. 25 thru 27 for upgrades to the Real Time Automated Personnel Identification System (RAPIDS).

Anyone anticipating a need for services should make plans to visit the office prior to Aug. 25. Customers requiring service during this closure should call ahead to the following sites for service:

- Fort George G. Meade 301-677-9586
- National Guard Headquarters, Baltimore 410-702-9050
- Air National Guard 175th Wing, Baltimore 410-918-6698

With the upgrade, and as a means of increased card security, anyone seeking a military ID card will have to present two valid forms of identification with at least one ID containing a photograph.

DEERS will require the scanning of identification documents before issuing a new ID card.

Examples of acceptable forms of photo IDs are U.S. military ID card, driver's license or ID card issued by a state or outlying possession of the United States or a U.S. passport.

Customer service representatives cannot accept identification that has expired.

Additional forms of identification include U.S. Social Security card, voter's registration card, original or certified copy of a birth certificate issued by a state, county, municipal authority or outlying possession of the United States bearing an official seal, certification of birth abroad issued by the Department of State and U.S. citizen ID card. This requirement applies to all individuals seeking any military ID card.

The APG office will reopen Aug. 28. For more information, call 410-306-2348.

Dining facilities serve Customer Appreciation Specialty Meal

The Customer Appreciation Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4503 and 4219 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., Aug. 19.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.85 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$3.30 applies to spouses and other Family members of enlisted personnel in ranks private through

specialist/corporal.

The menu includes New England clam chowder, prime rib with au jus, fried shrimp, barbecue spareribs, chicken cordon bleu, baked macaroni and cheese, seasoned freedom fries, lightly buttered corn, steamed broccoli, brown gravy, cole slaw, corn pasta salad, salad bar "make Your Own," southern style corn bread, home made biscuits, doubly good chocolate cake, strawberry short cake, soft serve ice cream with assorted toppings, assorted condiments and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Fred Dill or Ernest Green, 410-306-1397/1398.

Office Eagle BSC celebrates National Disability Employment Awareness Month

Story by
ROB ENNAMORATO
Blind Industries and Services of Maryland

The Aberdeen Proving Ground Office Eagle Base Supply Center will celebrate National Disability Employment Awareness Month 10 a.m. to 2 p.m., Aug. 21. The Office Eagle store is located on 320 Johnson Road, building 320.

The summer-themed event, open to all personnel, will feature light refreshments, and Office Eagle associates will be on hand to answer any questions.

Blind and disabled associates play a pivotal role in APG store operations, customer service and maintenance. Eight out of 11 current Aberdeen Office Eagle associates are blind or disabled.

Office Eagle is a retail and e-commerce business that provides everything from office supplies to military uniforms for base personnel. Office Eagle is owned and operated by Blind Industries and Services of Maryland (BISM), a not-for-profit 501(c)(3) organization that offers training and employment opportunities for blind and visually impaired people of all ages.

BISM is celebrating its 100th anniversary this year



Formerly the Javits-Wagner-O'Day Program

by honoring supporters with Centennial Awards. Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander will receive the Centennial Award at the APG Office Eagle NDEAM event.

The entire Office Eagle product line is also available online at www.supereaglesupply.com.

Office Eagle is an active participant in the AbilityOne Program (formerly known as JWOD). Abil-

ityOne uses the purchasing power of the federal government to buy products and services from participating state and private non-profit agencies that are dedicated to training and employing individuals with disabilities.

To learn more about BISM and Office Eagle, visit www.bism.org and www.supereaglesupply.com.

For more information, call Rene Alonso, 410-299-6628.

Sights

From page 3

anywhere else," said Mike Gilzean, a program support officer from the Product Manager's Office of Sensors and Lasers.

Though the current theater of operations is better known for its high temperatures, testing a device at low temperatures can both provide insight into its abilities and help produce a system able to be used in whatever environment the next generation of Warfighters might have to operate in. Though the devices are being tested at high, ambient and low temperatures, extreme cold is the most punishing environment for both the device and its operator. "It's the worst environment to test of all... forty below is when you see the most problems, if it works at forty below, it will probably work at the other temperatures," said Paul Brown, a test officer with the Unmanned Vehicle/Soldier Branch.

Test technicians have to bundle up in clothing suitable for arctic expeditions to protect themselves from the extreme cold of WSMR's small arms range test chamber. Pulling on heavy parkas, gloves and boots, the technicians have to check to make sure that every part of their body is properly protected from the cold. On top of this, the confined space of the test chamber requires that test technicians wear an oxygen mask as the weapons fire burns off most of the oxygen in the chamber.

The use of a mask presents additional challenges.

"One of the challenges is that you have to control your breathing or your mask will fog up, and you won't be able to see," Brown said.

The Unmanned Vehicle/Soldier Branch doesn't do it all alone though, working closely with the var-

ious test groups, such as those from environmental effects, electromagnetic effects and the survivability/vulnerability analysis directorate. By coordinating their efforts and testing

new equipment fully these WSMR organizations are ensuring that the latest systems get to the Warfighter with the ability to stand up to the harsh environment of the field.

POST SHORTS

transitioning from active duty, National Guard and Reserves and military spouses 11 a.m. to 3 p.m., Aug. 21 at the M&T Bank Stadium (Raven's Stadium) in Baltimore.

Meet with representatives from government contractors, private industry, law enforcement, education, transportation and more from local, state and national organizations.

Dress for success, bring plenty of resumes and be prepared for on-the-spot interviews or applications.

For more information or to register as a job seeker, visit the RecruitMilitary Web site at www.recruit-military.com

Free Home Ownership Workshops

Army Community Service will offer free Home Ownership Workshops, 1 p.m. every Thursday, Aug. 21 through Sept. 25 at ACS, building 2754, Rodman Road. Participants may sign up for any scheduled classes: Aug. 21, 28; Sept. 4, 11, 18 and 25.

These free educational workshops are designed to guide military Families and DA civilian employees through most of the financial and administrative hurdles of purchasing or selling real estate.

Topics of Discussion include Learn Effective Ways To Buy and Sell Real

Estate; New and Exciting First Time Buyer Programs; The Four Keys to Home Ownership; Competing Successfully in Today's Market; Breaking Through the Down Payment Barrier; The Home Financing Process, Selecting an Area; and more.

For more information or to register, call the Relocation Readiness Program staff, 410-278-2464/7572.

CPR, AED classes available

Aberdeen Proving Ground Fire and Emergency Services is offering CPR and automated external defibrillator classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday

of each month.

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, Aug. 20, Oct. 15 and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater Sept. 17 and Nov. 19.

Class size will be limited to 30 participants and will be filled on a first-come-first-served basis. Pre-registration will be required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail raymond.b.campbell@us.army.mil.

FWP Women's Equality Day

The Aberdeen Proving Ground Federal Women's Program will observe its annual Women's Equality Day awards program 10 a.m. Aug. 26. at the Ball Conference Center, building 3074. The event will honor the outstanding woman of the year, supervisor/manager of the year and the organization most supportive of FWP efforts.

For more information, call Diane Siler, 410-436-2681.

Petty Racing comes to APG

The #43 General Mills race car will be at the front entrance to Dining Facility building 4503, 10 a.m. to 4 p.m., Aug. 26. There will be prizes and games. All are welcome to attend.

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Aug. 28, at the Edgewood Senior Center on Gateway Road.

The topic of the meeting will be an update on the Westwood Study Area. Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

Thrift Shop holds \$1 bag sale in August

The Thrift Shop will hold a \$1 bag sale in August for all items displayed in the parking lot.

The shop will be closed Sept. 6.

For more information, call 410-272-8572 during store hours: Wednesdays, 11 a.m. to 6 p.m., Thursdays 10 a.m. to 2 p.m. and 10 a.m. to 1 p.m. the first Saturday of the month.

Signments are taken 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. on Wednesdays and 10 a.m. to 1 p.m. on Thursdays.

FEW Membership Tea

The Aberdeen Proving Ground chapter of Federally Employed Women will host a membership tea for present and new members 2:30 to 6:30 p.m. at the home of Jareta Coyle, Aug. 27.

For more information and directions, contact Coyle at 410-278-3810 or Suzanne Schultz, 410-278-9514.

Free relationship enhancement workshop

The ACS Family Advocacy Program has scheduled a Prep Relationship Enhancement workshop, 6 to 8 p.m., Thursdays, Sept. 25 through Oct. 23. Classes offer couples practical skills and tools to enhance their relationship. Workshops include communication skills, hidden issues, expectations, dealing with stress, problem solving, sensuality and sexuality and overall relationship goals. Classes provide couples with ways of gathering essential tools to enhance their relationship. Adult couples are invited to attend. Classes are interactive, educational, fun filled. Seating is limited.

For more information or to register, call 410-278-2435/7478, or e-mail Lynnda.Fernandez@us.army.mil.

17th Signal Battalion Reunion planned

The 17th Signal Battalion Association is planning a reunion Sept. 18 to 21, at the Shilo Inn Suites Hotel, Killeen, Texas. The reunion will emphasize a military theme, and will include a memorial service and a golf outing.

The 17th Signal Battalion Association is a designated WW II commemorative Community, according to Arlo Janssen, vice president for Public Affairs of the association.

For additional information contact Janssen, by mail: 9919 Longford CT, Vienna, VA 22181, by phone, 703-281-3170 or e-mail adjanssen@aol.com.

Child care for military Families

The Military Fee Assistance Program has off-post, licensed child care for military or DoD Families assigned to Fort Meade, Fort Detrick, Walter Reed or Aberdeen Proving Ground. Child Care Military Services is a program of the Maryland Committee for Children, Inc.

For more information, call LOCATE: Child Care Military Services, 1-800-999-0120.

Volunteers needed for Retiree Council

The Aberdeen Proving Ground Retiree Council is being revitalized. The purpose of the council is "to provide the commander of Aberdeen Proving Ground, installation commander, Fort George G. Meade, Md., and the U.S. Army an insight into the problems and issues expressed by retirees residing on APG and surrounding areas."

To help accomplish this, the APG Retiree Council is seeking volunteers to serve on the council. Interested parties should send an e-mail with contact information to: ricky.godbolt@us.army.mil or jatrano@aol.com.

Bio-Threat Agents Detection Conference

The Inter-Agency Steering Committee extends an invitation to attend the Third National Conference on Environmental Sampling and Detection for Bio-Threat Agents, Dec. 2 through 4, at the Las Vegas Hilton, located at 3000 Paradise Road, Las Vegas, Nev.

The Department of Defense's Chemical Biological Medical Systems, Joint Project Manager for Biological Defense, and Technical Support Working Group, the Environmental Protection Agency, and the Department of Homeland Security have organized the conference to create a forum for dialogue between government, industry, academia, and first responders to address critical issues in environmental sampling and biological detection.

Attendees are invited to submit an abstract for oral and poster presentations. This is an excellent opportunity to share research with key decision-makers in the sampling and detection arenas.

To reserve a space, visit <http://www.lv Hilton.com/>.

For more information or to register, visit <http://www.sampling-conference.com/>

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

Chapel News

The Main Post Chapel is currently taking registrations for the 2008 - 2009 Religious Education Programs.

Protestant

- Children's Church (all year round)
- Sunday School – Pre-School to Adult
- Protestant Youth Group
- Protestant Women of the Chapel
- Protestant and Gospel Men of the Chapel

Gospel

- Children's Church
- Sunday School – Pre-School to Adults
- Gospel Youth Group
- Women of Grace (Protestant and Gospel)
- Bible Studies

Catholic

- Religious Education Classes (Pre-School to Adult)

- Sacramental Classes – Penance/Eucharist/Confirmation/Baptism
- Catholic Youth of the Chapel
- Catholic Women of the Chapel
- Prayer Group (also Prayer Chain)

Groups of all faiths sponsor retreats, pilgrimages/excursions to religious sites, music festivals, the "Halleluja Harvest" (alternative Halloween), social and fellowship events such as "Taste of Home" meal for all military, St. Patrick's meal, Hispanic dinner, German Octoberfest, Italian celebration, Seder Meal and more. Volunteers are always welcome to assist with any of the programs. Religious Education Training is available for all volunteers.

For more information, call Gerri Merkel, APG director of Religious Education, 410-278-2516 or DSN 298-2516, e-mail gerri.merkel@conus.army.mil.

Worship schedule

Aberdeen Area

Main Post Chapel, building 2485

Catholic

Confession 8 a.m.
Sunday mass 8:45 a.m.

Protestant

Worship 10:15 a.m.

Gospel

Sunday School 11 a.m.
Worship service noon

Edgewood Area

building E-4620

Catholic

Confession 10 a.m.
Sunday mass 10:45 a.m.

Protestant

Worship 9:15 a.m.

For more information, call 410-278-4333.

Community Notes

FRIDAY

AUGUST 15 PICAROONS OF HAVRE DE GRACE

Join the crew of the Skipjack Martha Lewis for adventure, fun and plunder as they learn about Pirates of the Chesapeake Bay called 'picaroons' from the Spanish picaroon, a rogue. Children ages 11 to 15 can join the crew of the Martha Lewis, 9 a.m. to noon. Cost is \$20 per person.

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

SATURDAY

AUGUST 16 BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy will be onboard to tell about the wines, the winery and to answer any questions. Reservations are required. For more information or for reservations, call 410-939-4078.

SUNDAY

AUGUST 17 ALL DAY BINGO

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, will hold All-Day Bingo, 12:30 p.m. Doors open 11 a.m., early bird games 11:45 a.m. Cost is \$25 per person and includes 50 games (all paper cards), meal and free coffee. A 50/50 raffle will be held for early birds. Players have a chance to win a \$300 jackpot. No one under 18 years of age is allowed in the Bingo Hall. No smoking is allowed. For more information, call 410-642-2771.

FAMILY NIGHT ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer Family Night on the Bay, 5 to 7 p.m. Treat the Family to a night on the Bay on the Skipjack Martha Lewis with pizza, beverages and water ice. Reservations are required. Cost is \$10 per person. For more information, call 410-939-4078.

MONDAY

AUGUST 18 LIGHTHOUSE CRUISE

The Chesapeake Conservancy, Inc. will offer a narrated lighthouse cruise, 11 a.m. to 2 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$35 for adults and \$17 for children ages 10 and under. Reservations are required. Cost includes a three-hour cruise enjoying water views of three lighthouses: Concord Point, Turkey Point and Fishing Battery Island Lighthouse. A box lunch is also included.

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

SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children ages 10 and under. The ship will cruise around the Susquehanna Flats area for a relaxing sail and a beautiful sunset. Call for times. Reservations can be made with credit card.

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

WEDNESDAY

AUGUST 20 AFTERNOON TEA

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person. Finger sandwiches, scones and savory desserts will be served. Reservations are required.

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

BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy will be onboard to tell about the wines, the winery and to answer any questions. Reservations are required. For more information or

for reservations, call 410-939-4078.

THURSDAY

AUGUST 21 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children ages 10 and under. The ship will cruise around the Susquehanna Flats area for a relaxing sail and a beautiful sunset. Call for times. Reservations can be made with credit card. For more information or for reservations, call 410-939-4078.

SATURDAY

AUGUST 23 BASKET BINGO

Basket Bingo to benefit the Port Deposit Heritage Corporation will be held at VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m., bingo starts at 7 p.m. Tickets cost \$12 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 Joane Bierly, 410-378-3320.

TUESDAY, WEDNESDAY AND THURSDAY

AUGUST 26, 27 AND 28 FREE CAREER PATH WORKSHOPS

Open Doors Career Center Women's Employment Program will hold free Career Path Workshops for women who are unemployed and age 35 and over. Workshops will be held 10 a.m. to noon, Aug. 26 (Self-Esteem); Aug. 27 (Skills Assessment); and Aug. 28 (Job Hunting and Six Areas of Readiness). Registration is required.

For more information or to register, call Linda, 410-297-6590.

WEDNESDAY TO SUNDAY

SEPTEMBER 3 TO 7 OUTWARD BOUND WAR VETERANS EXPEDITION

Outward Bound Wilderness offers veterans

expeditions for those who served in Afghanistan and Iraq.

Course Number CEC910 expedition will be held in Leadville, Colo., and includes backpacking and rock climbing in the Colorado Rockies. Under this program, all Operation Enduring Freedom and Operation Iraqi Freedom veterans, including current and former members of the active and reserve components of the U.S. military are eligible to participate. It doesn't matter what

current military status is (active, inactive, discharged, retired) as long as Soldiers deployed in support of OEF or OIF combat operations while in the military.

For more information or to call an admissions advisor, call 866-467-7651, 8 a.m. to 5 p.m., MST, or visit http://www.outwardboundwilderness.org/email_us.html.

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

SCHOOL LIAISON

Aberdeen Middle hosts tour/talk

Aberdeen Middle School students and newcomers are invited to attend a Tour and Talk 9 to 11 a.m., Aug. 15. The AMS principal, guidance counselor and the Aberdeen Proving Ground School liaison officer will be available to provide a tour and talk about school guidelines, Edline and bully prevention. Meet some new friends and get some free 'stuff!' Call the school, 410-273-5510, or APG school liaison officer, 410-278-2857 to sign up.

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

Off-post child care is within reach

Maryland Committee for Children, Inc.

Any military or Department of Defense civilian Family attached to Aberdeen Proving Ground, Fort Meade, Walter Reed or Fort Detrick who is looking for off-post child care, should contact LOCATE: Child Care at 1-800-999-0120.

Today's military Fami-

lies have several challenges in meeting their child care needs. In addition to the economic issues experienced by many non-military Families, military Families face frequent transitioning from one area to another and the possibility of deployment, resulting in separation of Families. These Families must depend

on child care that will meet their demanding schedules and provide their children with stability.

LOCATE: Child Care, the child care referral service of the Maryland Committee for Children, Inc., has been working in collaboration with the DoD and the National Association of Child Care Resource and Referral Agencies to assist military and DoD civilian Families with locating regulated off-post child care in Maryland when on post facilities have long waiting lists. The project is specifically designed to assist active duty military and DoD civilian Families attached to the four Army installations listed above.

When a military or DoD civilian Family contacts LOCATE: Child Care they receive educational information on how to identify quality child care and are provided with referrals to regulated child care providers or programs that meet their specific needs and preferences.

In addition, the child care specialists give the parents information on the Military Fee Assistance Program, which helps military Families reduce their child care costs, potentially freeing funds for other expenses.

The specialists also provide the Families with technical assistance in completing the fee assistance application, if needed.

LOCATE: Child Care has more than 25 years of experience in assisting Families in the state of Maryland with their child care needs. The child care referral service has the complete database of state regulated off-post child care providers and programs as well as experienced child care counselors who are well qualified to discuss a variety of issues related to child care.



Photo courtesy of U.S. ARMY COMBAT READINESS/SAFETY CENTER

Commentary: Safety--responsibility resides at all levels and all ranks

By
BRIG GEN WILLIAM H. FORRESTER

U.S. Army Combat Readiness/Safety Center

Over the last two or three years, we have made encouraging progress in achieving a safer Army by changing Soldiers' understanding of safety and the desires for leaders' direct engagement.

At the U.S. Army Combat Readiness/Safety Center, we see through the statistical analysis of losses, that where leaders are present and engaged - There is goodness.

Where we appear to be lacking is in the common understanding of who are leaders (are they only those who wear the accoutrements of rank?) and what actions we exact from leaders to ensure our Army operates safer and is best prepared to meet demanding requirements.

Gen. Charles C. Campbell, commanding general of U.S. Army Forces Command, professes that engaged leaders are responsible, accountable and in a solid working relationship with Soldiers. He further states engaged leaders are not detached, but rather are able to communicate effec-

tively with their Soldiers which leads to an in-depth understanding and better develops their knowledge. This allows leaders to recognize Soldiers' behaviors and influence their attitudes; clarify standards and ingrain habits of adherence to standards; infuse confidence in Soldiers, comrades and formations; and most importantly, instill Soldiers with the confidence in their leaders' abilities to enhance/ensure mission success.

Today's Army is bridging a generational, informational and cultural gap. Current leaders reach into the ranks to fill voids in knowledge, raising awareness specifically where Soldiers are not likely to have the skill sets to understand.

Look carefully at the attributes of leadership as discussed in this article and where you expect the actions that accompany this sacred honor to reside in your formations. Every Soldier is a leader on some level.

My expectations are that we all take responsibility, within our individual spheres of influence, to make this the safest Army our nation has ever had.

Army Safe is Army Strong!



Commissary News

Commentary: Five refreshing fruits to help lose weight this summer

Story by
MAJ KAREN E. FAUBER
DeCA dietitian

The heat is on in more ways than one as the dog days of summer are here. To keep cool and look good in those shorts and swimming suits, try some of the refreshing summer fruits that are in abundance at your commissary. Growing evidence shows that eating fruit for snacks and at meals can help you lose weight while providing many of the nutrients, including antioxidants, that your body needs.

Fresh fruit is low in calories and high in water, which means it helps fill you up without filling you out. Some fruits are also high in fiber, another bonus for those of us trying to win the weight battle. Here are five fruits you can find in your commissary to enjoy this summer - all at savings of 30 percent or more.

Grapes

Grapes contain vitamins C and K, calcium, along with more than 20 antioxidants found in the red, purple and black varieties. For a delicious treat, try freezing grapes and eating them with a little powdered sugar sprinkled on for color. Fifteen grapes have about 60 calories for those of us who are counting.

Papayas

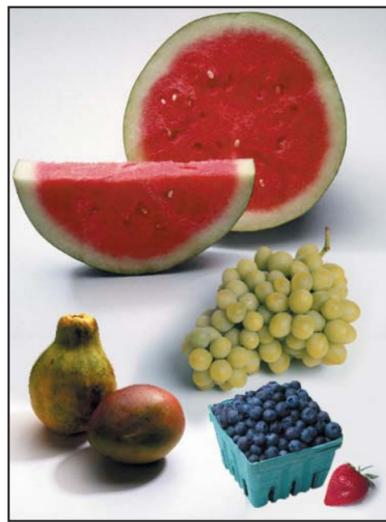
Look for papayas that have a ripe, yellow skin that yields to a little pressure. Along with being an excellent source of vitamins A and C, potassium and fiber, papayas are high in antioxidants. Eating papayas may help prevent heart disease and colon cancer. With an unripe papaya, try ripening it at home in a paper bag for a day or two. Add chunks of papaya to salads and salsa for a tropical treat.

Mangoes

Mangoes are high in vitamins A, C and B6, along with potassium. Rich in antioxidants, they are the most popular fruit in the world. With only 110 calories in one mango, you can eat a whole one for a snack without any guilt. Try adding some mango chunks to a salad, yogurt, cereal or salsa for a change.

Watermelon

A true American treat, watermelon is full of water, and only 45 calories in one cup. What it does have is vitamins A, C and B6, along with potassium and the amino acid citrulline. Eating watermelon helps the heart and arteries work well due to the amino acids found in it, according to USDA studies. Watermelon is higher in



lycopene, an antioxidant, than any other fruit or vegetable, including tomatoes. Try adding watermelon to a salad or a salsa for a refreshing treat.

Berries

Blueberries, strawberries, blackberries and raspberries are all high in vitamin C which helps the immune system. According to one major study, berries have been found to have the most antioxidants of any fruit. Both blueberries and strawberries have been found to be good for the mind and the memory. With only 80 calories in a cup, try adding them to cereal, yogurt, salad or salsa.

Choosing fresh, frozen or canned fruit instead of high-calorie foods can help with weight loss. When choosing frozen or canned fruits, choose those packed in fruit juice or light syrup to save even more calories. Try a new fruit today while enjoying the variety available this summer at your commissary.

See you in the commissary where with savings of 30 percent or more, it's always worth the trip.

For more information about fruits and other nutrition topics, go to <http://www.commissaries.com> and visit Ask the Dietitian where you can post your questions on the DeCA Dietitian Forum, https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm. Be sure to look for other useful information in the Dietitian's Voice archive https://www.commissaries.com/healthy_living/dietitian/column/index.cfm. For refreshing summer recipes, check out Kay's Kitchen https://www.commissaries.com/kays_kitchen.cfm.

Army FMWR provides 'Fitness Anywhere' kits for deployed Soldiers

Story by
TIM HIPPS
Army News Service

The Army has purchased 3,205 TRX Suspension Trainer "Fitness Anywhere," kits to help deployed Soldiers get complete-body workouts wherever they can find a beam, doorway or tree limb to anchor the resistance-training device.

Soldiers already have mounted several of the systems to high mobility multi-purposed wheeled vehicles, tanks and cargo crates.

The Force Trainer kits were bought by the Army Family and Morale, Welfare and Recreation Command.

FMWR employees at Fort Belvoir, Va., will send 205 of the combat-boot-sized systems to Iraq and Afghanistan as part of the recreation kits for deployed troops. Three thousand more were issued to Army units for a pilot program



A Soldier uses a tank as an anchor to exercise with a TRX Suspension Trainer Force Training Kit. Courtesy photo

at Fort Bragg, N.C., where about 100 Soldiers volunteered for train-the-trainer clinics with instructors from Fitness Anywhere, Inc.

Those Soldiers, in turn, will train other Soldiers in their respective units, which will be issued more of the

systems before deploying to the Middle East.

"I'm never going to walk away from free weights, but for somebody who wants to maintain, especially during deployment, it's great," Sgt. Wes Bard said after completing a three-hour, train-the-trainer session at

Fort Bragg. "I was doing the chest press, and compared to a bench press, it's working all those little stability muscles. It's a lot harder."

Bard, a 6-foot tall, 260-pound former football player, wrestler and track and field competitor who

tossed high school girls high into the air as a competition cheerleader, said he would use this system even if free weights were available.

"There's no doubt at all," Bard said. "Don't be fooled by its appearance. I walked out here and looked at it and thought: 'Yeah, I think pretty much anybody could figure out how to rig it up and use it."

"But don't think it's going to be a cakewalk. It works the core great. And because we run every day, I really liked using it for the legs because you want to keep your legs in shape but you don't want to add mass. Weight training for your legs isn't really going to help you with the distances we run," he said.

Army commanders already have requested more of the kits, which include a quick-start guide, basic training DVD, 12-week strength and cardio training manual and a mesh

carry bag. "Our missions take our Soldiers worldwide in some of the most austere environments," a mission commander wrote in an e-mail to Janet Mackinnon, the acting sports, fitness and aquatics director at FMWRC in Alexandria, Va.

"In the past we have been taking bulky equipment with the unit, or in some cases, actually building equipment from existing materials. We think the TRX will fit the bill for our command's fitness needs," she said.

Mackinnon has been down this road before. In 2004, she began issuing troops a much simpler workout tool called Army Fitness Deployed, a resistance-training kit that consisted of a strand of elastic tubing in a pocket-sized package. She sent more than 680,000 of those kits to Army units and Soldiers

See **FITNESS**, page 15

Activities/Events

Pennsylvania Renaissance Faire tickets available

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

Tickets cost \$22.50 each for adults and \$9 for children ages 5 through 11. The Renaissance Faire will be held on weekends through Oct. 26. Enjoy a marvelous trip back in time to the days of yore featuring 35 acres of Jousting Knights and Royal Delights. Tickets are good for any day entrance to either the Celtic Fling & Highland Games or the PA Renaissance Faire.

For more information or to purchase tickets, call the FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building

3326, 410-278-4011/4907 or e-mail MWR_registration@apg.army.mil.

MWR presents Stepping Up

FMWR presents Stepping Up, performed by Step Afrika, 7 p.m., Oct. 4, at the Post Theater. Step Afrika celebrates stepping, an art form born at African American fraternities and sororities, based in African traditions. As the first professional company dedicated to stepping, Step Afrika's intricate kicks, stomps and rhythms mixed with spoken word pound the floor and fill the air.

Advance tickets cost \$15 for active duty military, \$20 for all others and \$25 at the door. This event is open to the public.

For more information or to purchase tickets,

call Leisure Travel Office, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E4210 or call 410-436-7134.

York County Fair (Grandparent's Day)

Treat the grandparents to a day of midway games, local and Amish food and fun. End the day at Crack-er Barrel Sept. 7. Cost is \$37 per person. Bus departs Golden Ring Terminal at 9:10 a.m.

Contact FMWR Leisure Travel Services for more information at the AA Recreation Center, building 3326, calling 410-278-4011/4907 or e-mailing mwr_registration@apg.army.mil.

Dolphin Watch and Wildwood, N.J.

Come watch the play-

ful dolphins of Cape May, Sept. 4. Enjoy a two-hour cruise with free coffee and danish. Finish the day off with a nostalgic stroll down the boardwalk. Have lunch and do a little shopping before heading back home. Cost is \$59 per person and includes roundtrip bus transportation, dolphin watch and trip to Wildwood.

The bus will depart Best

Western at 6:45 a.m. and return at approximately 8:30 p.m.

For more information, call FMWR Leisure Travel services, 410-278-4011 or visit <http://www.apgmwr.com/trips.html>.

Cruisin' on the Atlantic and casino trip

Kick back and relax as passengers enjoy the morning sea breeze aboard a 65-foot yacht. Enjoy a

one-hour narrative cruise along the Atlantic City shoreline then head out to the casinos. Everyone will receive a \$15 slot card and a buffet coupon. The cruise and casino trip will take place Aug. 17. Cost is \$48 per person and includes roundtrip bus transportation. The bus will depart the Edgewood Best Western 7:50 a.m.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

SKIES Unlimited gymnastics program

Gymnastics classes will be held Sept. 13 through Nov. 8 on Saturdays. Class groups include ages 2 and a half to 4, 9 to 10 a.m.; ages 5 to 7, 10 to 11 a.m.; and ages 8 to 18, 11 a.m. to noon.

Youths not already enrolled in the child and Youth Services Program will pay an additional \$18 registration fee.

To register, call the Central Registration Office, building 2752, 410-278-7571/7479.

For more information or to make an appointment, call 410-278-4589, or e-mail stacie.umbarger1@conus.army.mil.

Private piano lessons

SKIES Unlimited private piano lessons will be given 3:30 to 7:30 p.m., on Fridays, Sept. 12 through Oct. 17 and Oct.

31 through Dec. 12. (No class Nov. 28.) Classes will also be given 9:30 a.m. to 12:30 p.m., on Saturdays, Sept. 13 through Oct. 18 and Nov. 1 through Dec. 13. (No class Nov. 29.)

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students are responsible for purchasing the required books for the course recommended by the instructor.

Private Voice Lessons

Ages 7 and over can register for private voice lessons, 4 to 7 p.m., Mondays, Sept. 29 through Oct. 27 (no class Oct. 13), at the Aberdeen Area Youth Center, building 2522. An award-winning singer/songwriter will instruct students. No experience necessary. Singing lessons cost \$132 per student and includes one 30 minute session per week for four weeks. Parents choose which time frame session they want to sign up for when they register their child.

Employment Readiness Program offers free classes

Computer Basics Class

Thursdays through Aug. 30, 6 to 8 p.m., this hands-on class is designed for those with little or no background in computers. Learn the basics skills needed to operate a computer.

Interviewing Techniques

Aug. 19, 11 a.m.-1 p.m. This class teaches participants how to make a positive impression in the interview, answer questions effectively, ask questions that show interest, and how to follow up after the interview in order to stay in the running for the job.

Computer Basics Class

Sept. 9 -18, Tuesday and Thursday, 6-8 p.m.

This hands-on class is designed for those with little or no background in computers. Learn the basics skills need-

ed to operate a computer

Seating is limited. Must register at ACS. For more information call Marilyn Howard, 410-278-9669 / 7572

Smart Start Your Business

All sessions 11:30 a.m. - 1 p.m. ACS classroom, Aug. 27, Sept. 24, Oct. 22, Nov. 19.

This class is sponsored by APG ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College SBDC. This 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC are also discussed.

To reserve seating, call Marilyn Howard, 410-278-9669/7572. Space is limited.

APG Bowling Center Snack Bar specials

Week of Aug. 11

Special #1: BBQ pork sandwich on hamburger bun, french fries, cookie and soda for \$6.85.

Special #2: Turkey club sub with bacon and cheese, choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips, cookie and soda for \$5.95.

Week of Aug. 18

Special #1: Chicken cheese steak sub, choice of mayonnaise, lettuce, tomato, pickles, onions, sweet peppers, hot peppers, mushrooms, potato chips, cookie and soda for \$7.95.

Special #2: Bacon, lettuce and tomato sub, cookie and soda for \$6.85.

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



The Course at APG



July 1 thru September 30, 2008

Save and Play the Golf Courses at Aberdeen Proving Ground:

Ruggles Golf Course: \$30
Exton Golf Course: \$20

Monday thru Friday (weekends after 2:30 p.m.) Includes greens fee with cart

**Must present coupon for special; coupon not valid with any other discount; cut here or go to www.apgmwr.com for coupon

Eligible patrons are: active duty military, retirees, veterans, DoD civilians, APG contractors and Harford County residents.



For more information call 410-278-4794 or 410-436-2213



www.apgmwr.com



Community and APG: Partners in Education

eCYBERMISSION competition kicks off early for 2008-2009

RDECOM

Registration for the U.S. Army's 2008-2009 eCYBERMISSION competition opened Aug. 1 at www.ecybermission.com.

Managed by the U.S. Army's Research, Development and Engineering Command, eCYBERMISSION is a Web-based competition designed to increase student interest in science, math and technology and encourage students to pursue related careers.

Former Chief of Staff of the U.S. Army General Eric Shinseki established eCYBERMISSION in 2002 with the vision of creating "a science fair for the nation." His vision became a program that has seen more than 46,000 student participants and awarded more than \$5.7 million in prize money.

"This competition allows students in sixth through ninth grade to define a community problem that they really care about and use science, math and technology to propose a solution," said Dr. Michael Doyle, eCYBERMISSION program manager. "It shows young people that they have the power to change our world for the better and



Photo by DAVID NATIONS
Gen. Benjamin S. Griffin, Army Material Command commanding general, chats with, from left, Cody Percival, Kieran Abbotts, Cameron Dolsby, Conner Johnson and Team Advisor John Adams at the National Judging and Educational Event Awards Banquet in Washington D.C. in June.

encourages them to pursue careers in science, math and engineering."

Each team of three or four students is asked to identify a problem in the community, formulate a hypothesis and conduct research and experiments to solve the problem. The students are encouraged to collaborate online using discussion forums, chat rooms and instant messaging that are administered and monitored by eCY-

BERMISSION staff members. Finally, the teams submit a Mission Folder, the official write-up of the projects, on the eCYBERMISSION Web site.

Volunteer Judges, many of whom are Army personnel, score Mission Folders and determine the regional first-place winners, second-place winners and criteria winners. The criteria categories are: Application of Science, Math and Technology; Innovation,

Originality and Creativity; Team Collaboration and Communication; and Benefit to the Community.

Each year, 96 teams win at the regional level and win between \$2,000 and \$3,000 in U.S. EE Savings Bonds per student. Students winning at both the national and regional level have the potential to receive up to \$8,000 each. The sixteen regional first place teams also receive an all-expenses-paid trip to Washington, D.C., for the

National Judging and Educational Event, where they present their projects to a panel of judges.

A snapshot of the 2008 National Winners shows a level of sophistication that combines science, math and technology with innovation and creativity:

- The sixth-grade "CFL Quadcyclers" team, from West Branch Middle School in Iowa, conducted experiments and educated its community about the harmful effects of improperly disposing of Compact Florescent Lamps.

- The seventh-grade "Sun Busters" team from Science Rocks U in Texas performed several experiments assessing the safety of tanning beds, the effectiveness of sun block, the risks of skin cancer and the use of antioxidants as an alternative to chemicals found in sun block. The students used the results of their experiments to educate the public about the dangers of adolescent tanning.

- The eighth-grade "SBS Bots" team from Stone Middle School in Florida investigated Sick Building Syndrome, a serious health condition found in

people who inhabit buildings with allergens in the HVAC systems. The team built and programmed a robot as a possible solution to the problem.

- The ninth-grade "Snacks 4 Education" team from Fort Wayne Science Club in Indiana performed experiments comparing the energy levels of students who were given nutritional snacks to those who were not. They found that the majority of students tested felt more alert after receiving a snack and they educated their community about the results.

"The 2007-2008 winning projects show the great potential and promise of America's youth as future leaders in science, math and technology, and we cannot wait to see what our 2008-2009 teams have to offer," Doyle said. "It is imperative to encourage our youth to get involved in these fields now because our nation's global competitiveness and national security depend on a workforce that is engaged and employed in these industries."

For more information, call 866-GO-CYBER (462-9237) or e-mail missioncontrol@ecybermission.com.

eCYBERMISSION needs volunteers - Who will accept the challenge?

RDECOM

U.S. Army Soldiers and civilians have been a part of the eCYBERMISSION team and an essential component to the program's success and growth since its inception in 2002. These committed volunteers are needed to recruit, engage and guide the student teams throughout the eCYBERMISSION competition.

Last year, the volunteer community helped the competition soar to new heights with 11,533 registered students.

"The 2008-2009 eCYBERMISSION competition promises to be an exciting year," said Dr. Michael Doyle, eCYBERMISSION program manager. "Will you accept the challenge to help reach more than 12,000 students?"

Volunteering is a great way to support both the U.S. Army and the local community.

One Volunteer stated, "The eCYBERMISSION program is a tremendous way to get our students exposed to the rewards of solving real applications of science and engineering that can positively affect their community while emphasizing a can-do attitude and teamwork."

There are four roles in which one can serve:

Role*	Description	Minimum Estimated Time Commitment
Ambassador	Serve as the "Face of eCYBERMISSION" by promoting the competition and recruiting other volunteers in their community. Must have an active Department of Defense security clearance.	4 10 hours/month August-December 4 2 hours/month January-July
CyberGuide	Provide on-line assistance to eCYBERMISSION teams by answering questions and providing guidance through the use of discussion forums, chat rooms and instant messaging. Must have an active DoD security clearance.	4 24 hours August-February
Virtual Judge**	Evaluate and score team Mission Folders on-line based on an interest or background in science, math technology or education.	4 20-25 hours over 4 weeks in March
Team Advisor	Assist student teams with registration, Mission Challenge selection and Mission Folder submission, and provide guidance during project development.	4 3-4 hours/week August-February

*Each role has different time commitments and security requirements.

**Virtual Judges may not have previously registered for another volunteer role in the same competition year. For more information, contact Mission Control.

Interested individuals can learn more and register to volunteer on-line at www.ecybermission.com using code SCIENCE.

For additional information about the eCYBERMISSION Volunteer Program, contact the Volunteer Program Coordinator by e-mailing volunteerprogram@ecybermission.com or by calling Mission Control, 1-866-GO-CYBER (462-9237).

Law school available to junior officers

Army News Service

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense if funding permits. Selected officers will attend law school beginning the fall of 2009 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, Army Regulation 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain and must have at least two but not more than six years of active duty at the time legal training commences. Further eligibili-

ty requirements are governed by statute (10 U.S.C. 2004) and cannot be waived.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1. Submission of the application, well in advance of the deadline, is advised.

Interested officers should contact Maj. Richard Hatfield, Deputy Staff Judge Advocate, U.S. Army Garrison, or Nora L. Farrell, paralegal specialist, 410-278-1112/1107, respectively.

End of year guidance for obtaining Army tuition assistance

APG Education Center

With the approach of a new fiscal year and to prepare for year-end close-out, the following guidance is provided concerning use of end-of-year Army Tuition Assistance for eligible active duty Soldiers.

All course enrollments with start dates through Sept. 30 must be requested in GoArmyEd on or before midnight, Eastern Standard Time Sept. 25. Attempts to enroll in courses after midnight will not be approved. This enrollment cut-off is necessary to allow for

the fiscal year "change-over." This message is to provide advanced notification on the field to minimize the impact of the enrollment cut off supporting end of fiscal year change-over.

The end of year fiscal cut off has no impact on registration for courses starting Oct. 1 or later (FY 09 enrollments). As always, FY 09 enrollments are subject to availability of funds.

For more information, contact Tressie Stout, education services specialist at the Army Education Center, 410-306-2042.

Fitness

From page 12

around the world.

"I wanted to do something that is the next evolution, if you will, that's a more intense workout for the people who really need it and just don't have access to the other things," she said.

Mackinnon is excited about this pilot program and hopes to expand its scope.

"I can only do as much as the funding allows me to do," she said. "Basically, I want to make sure this is worth it. Do the Soldiers like it? Are they getting a good workout? Are they also getting some recreation in?"

The Fitness Anywhere folks believe their system is the answer.

"This could be an unprec-

edented launch of awareness into the Army on suspension training and the TRX," said Ken Taylor, a former Navy SEAL who helped instruct the train-the-trainer clinics at Fort Bragg. He knows firsthand how difficult it is to train in the field and can't wait to see the reactions of the Soldiers using total-resistance training.

"There are hundreds and hundreds of service members that on their own have recognized the value of the suspension training and have been purchasing these via our Web site," he said.

The Soldiers at Fort Bragg were delighted to receive the training and experience the full-body effects of a TRX workout.

"It was a big surprise to just see how much stuff we could do," Sgt. Tavares Wilson said. "Not just the different exercises, but the different exercises for every body part.

I'm going to go home and show it to my wife, and we're going to work out at home. This will save us some trips to the gym."

Wilson, 23, who deployed to Baghdad in 2004-05 and Balad in 2006-07, said the TRX system could not replace working with free weights, but it could supplement his regimen. He said the gyms on developed bases in Iraq were "top-of-the-line."

"I personally love the gym, so I'm not going to stay out of it. But this definitely will give it some competition. Say I want to do a two-a-day workout: in the morning, I would go to the gym; and my second workout would be this," Wilson said. "This is definitely a gym right here."

That's music to the ears of TRX inventor Randy Hetrick, a former Navy SEAL.

"The success of the TRX

is way beyond anything I've ever envisioned that it could become, and that's pretty cool," Hetrick said.

TRX instructors have conducted orientations at Fort Jackson, S.C.; Fort Leonard Wood, Mo.; Fort Riley, Kan.; Fort Benning, Ga.; Schofield Barracks, Hawaii; and Fort Richardson, Alaska.

"This is a paradigm shift because Soldiers usually only have the ground to work out off of when they're doing something out in the field or in a remote or outdoor location, and there's not a whole lot of variety available to them when they're going to do an exercise," Taylor said.

"With this one piece of equipment, the idea that you can vary the amount of resistance you have for any exercise, do hundreds of exercises, and all do it from a single anchor point

is actually kind of overwhelming and can be daunting just trying to remember everything," he said.

"If they grasped the main principles and the main concepts of what we were trying to put out today, I have a great feeling that they're going to be really successful using the TRXs and remain injury-free at the same time. They can get some crazy strength in terms of core and functional strength," Taylor said.

Taylor said wounded Soldiers are prime candidates for using resistance training because it can help them throughout the progression of an exercise.

New Orleans Saints quarterback Drew Brees used a TRX to rehabilitate his injured shoulder.

"It's just your body weight working against gravity, so you won't get injured. Now my wife

uses one at home, and I'm addicted," Brees said.

"That would be a big reason for a wounded warrior to be able to do this injury-free," Taylor said. "And maybe one of the Soldiers' idols or sports heroes is using suspension training and it's something they can relate to."

The NHL's Carolina Hurricanes and San Jose Sharks are both using the TRX, as are the NCAA's Ohio State Buckeyes.

Mackinnon likes adding the U.S. Army to that lineup.

"I'm very proud that FMWR took the initiative to do this," she said. "It's really reaching Soldiers directly, and I know it will have a positive impact." (Editor's note: Tim Hipps works for the Family and Morale, Welfare and Recreation Command Public Affairs Office)



Health Notes

Spousal support key in PTSD recovery

U.S. DoD Military Health System

Post-traumatic stress disorder is an issue for many service members. It can be hard on the Family too. PTSD may interfere with relationships and change Family life, but with knowledge and understanding, the spouse of a service member suffering from PTSD can help him or her recover.

Knowing how PTSD affects people may help a spouse in understanding what a member is going through.

PTSD is an anxiety disorder that can occur after one experiences a traumatic event. A traumatic event is a life-threatening occurrence such as military combat, natural disasters, terrorist incident, serious accident or violent personal assault.

For most people, PTSD starts within three months of the traumatic event. For others, signs don't show up until years later. Acute PTSD lasts less than three months and chronic PTSD lasts more than three months. With delayed PTSD, symptoms first occur six or more months following the trauma. Some people get better within six months, while others may have the illness for much longer.

Many people who go through a traumatic event don't get PTSD and it isn't clear why some people develop PTSD and others don't. How likely someone is to get PTSD depends on many things, such as the intensity of the trauma; if they lost a loved one or were injured; how close

they were to the event; or how much they felt in control of events.

People who suffer from PTSD often have nightmares and flashbacks reliving the experience. Other symptoms include:

- Feeling afraid
- Feeling a loss of control
- Difficulty sleeping
- Feeling detached or withdrawn
- Substance abuse
- Memory problems

PTSD symptoms can be complicated and occur with related disorders such as depression.

The symptoms can become severe enough to significantly impair daily life. The person may lose the ability to function normally in society or Family environments. But, there are many ways a spouse

can help a member deal with PTSD.

- Offer to go to doctor visits and volunteer to help keep track of medicine and therapy. Be there for support.

- Encourage him or her to talk about the trauma and be understanding if he or she doesn't feel like talking.

- Give them space, but tell him or her that help is there when they need it. This is also critical in maintaining one's own psychological health.

- Plan activities together: take a walk, go for a bike ride, or do some other physical activity together. Exercise is important for health and helps clear the mind.

- Encourage contact with Family and close friends. A support system

will help the Family get through stressful times.

With proper treatment, PTSD effects can be minimized or eliminated. Today, there are several treatments available for PTSD. Medications may be effective; they are typically the same medications that are prescribed for depression. Get more information about PTSD treatment from a Military Treatment Facility or by contacting a local VA hospital or Vet Center. Active duty military should seek help for PTSD from a MTF.

TRICARE beneficiaries needing help making behavioral health appointments the toll-free numbers are: West Region, 1-866-651-4970; North Region, 1-877-747-9579; and in the South Region the number

is 1-877-298-3514. Hours vary according to region. The Military One Source Web site at www.military-onesource.com is also useful for resources and information on PTSD and behavioral health.

All active duty service members must have a referral from their primary care manager for behavioral health care before calling the appointment assistance line.

TRICARE Prime active duty Family members can receive the first eight outpatient behavioral health care visits per fiscal year (Oct. 1 through Sept. 30) without a referral, but they must receive the care from TRICARE network providers to avoid point-of-service cost sharing charges.

Commentary: Immunizations--effective 'body armor' for Soldiers

Story by

MARY KATHERINE MURPHY

U.S. Army Center for Health Promotion and Preventive Medicine

Wouldn't you rather get a shot than be sick for a week or more and risk compromising a mission? This is a question that Soldiers should ask themselves when facing vaccinations at basic training and before deployment.

Thanks to vaccinations, humans have the amazing ability to develop immunity to diseases without having to physically experience the disease. Scientists have been able to develop vaccinations to protect individuals from diseases which used to be commonly experienced in the past.

"Vaccinations are excellent tools in preventing serious illness in our Soldiers," said Lt. Col. Rodney Coldren, a physician and disease epidemiology program manager at the U.S. Army Center for Health Promotion and Preventive Medicine.

How vaccinations work

Vaccinations work by trying to simulate infection by either bacteria or a virus. If a Soldier has immunity against a certain disease, he may not develop that disease if exposed to it, or may get

less sick because of the immunity the vaccination helped form.

Risks

There are known adverse reactions to some immunizations. The most common reactions are minor, temporary pain at the injection sight, swelling, fever and flu-like symptoms.

Soldiers may experience minor reactions to immunizations because the immune system is stimulated and releases chemicals into the body, "as it would during an actual infection," Coldren said. He said this is what causes the Soldier's body to have minor symptoms (such as a fever) similar to those that would be experienced with the actual disease.

More severe reactions are rare, but they do occur.

"There are very rare, serious complications to any vaccination, and different vaccinations have higher complication rates than others," Coldren said. More rare complications can include neurological reactions and allergic reactions, which can range in severity.

Soldiers should know the signs of negative reactions (trouble breathing, hives, rash, fever, muscle weakness) so they can report them to their healthcare

provider immediately and receive treatment, he said.

Coldren considers vaccinations to be a better route than experiencing the actual diseases they protect against.

"Any disease for which a vaccine is being given poses a far greater threat to a Soldier's health than the very small risk associated with a vaccination," he said. With rare exceptions, vaccines given to Soldiers are approved by the U.S. Food and Drug Administration.

Vaccinations for adult protection

Vaccinations are given to Soldiers based on the diseases they are at risk of acquiring. Soldiers are given the same vaccinations as any member of the population that might be living in close quarters, such as college students, according to Coldren. These vaccinations include tetanus-diphtheria-pertussis, measles, mumps, rubella meningococcal, pneumococcal, polio, influenza (flu shot), Hepatitis A and B, varicella (chicken pox), and the HPV (human papillomavirus virus) vaccination, which is offered to all women under 26 years.

Soldier medical records are reviewed before basic training.

Soldiers who cannot provide evidence of previous immunizations needed for adult protection are administered the appropriate vaccinations at the start of basic training unless a Soldier shows any contraindications (potential for negative reactions).

Other vaccinations such as anthrax, Japanese encephalitis, typhoid and yellow fever are given based on deployment location and potential risk due to mission requirements.

The newest immunization available is the HPV vaccination. HPV is one of the most common sexually transmitted infections and can cause cervical cancer.

"Our young female Soldiers are at the age that is being targeted nationally with this vaccination," Coldren pointed out.

The vaccination, which is optional, protects against HPV 6, 11, 16 and 18. HPV 16 and 18 have been found to cause 70 percent of cervical cancer and HPV 6 and 11 cause 90 percent of genital warts.

"Developing a vaccine for one of the most common sexually transmitted infections is a real breakthrough," according to Col. Michael Custer, a public health nurse who heads CHPPM's directorate of Health Promotion

and Wellness. Custer said the vaccine can greatly reduce the risk of female Soldiers developing cervical cancer and other reproductive disorders throughout their lives.

"The Department of Defense and Army continually strive to do everything we can to protect our military from diseases at home and abroad," Coldren added.

Soldiers and civilians should do the same by keeping their vaccinations and boosters up to date.

Immunizations protect more than Soldiers; they help protect our way of life and mission readiness. This makes them one of the most cost-effective and successful public health strategies for the Army.

So, instead of moaning and groaning the next time the doctor wants to give you a vaccination, welcome the shot.

For more information, visit:

- Military Vaccine Agency, <http://www.vaccines.mil/Default.aspx>

- U.S. Food and Drug Administration, information about the HPV vaccination, Gardasil, <http://www.fda.gov/CBER/products/hpvmr060806qa.htm>.

FEB Gold

From front page

will be completed in 2011. A further challenge is that the OC&S must remain operational throughout the transition. Almost daily, Mullins must brief OC&S leaders on a myriad of details that include construction timelines, move milestones, funded and unfunded construction, floor plans, audio visual capabilities, expected operating capability dates and a host of other subjects.

His office walls are lined with poster boards of charts, graphs, statistics and other calculations, much of which has to be constantly upgraded.

According to Dr. Aileen Tobin, deputy to the OC&S commander who nominated him for the award, Mullins, "consistently demonstrates extraordinary foresight, technical proficiency and unparalleled commitment to the Ordnance Corps and its Soldiers."

"His extraordinary technical expertise, critical thinking skills and ability to identify and develop well conceived courses of action are recognized throughout the organization," Tobin said.

In brief, his goal is to ensure that future Ordnance Soldiers will have the state-of-the-art training facilities necessary for them to meet the expectations of their unit commanders, and the quality of life that we would expect for each of our sons and daughters, and he has motivated each of his staff members to go the extra mile to accomplish these objectives.

In addition, they have saved the Department of the Army more than \$12 million by identifying excess high bay space and numerous errors in the draft Request for Proposals that would have required costly modifications to the contracts once they were awarded.

Mullins said he was honored to receive an award for doing a job he loves.

"I'm just trying to make it happen," he said. "We're all doing the best we can to create a new home of ordnance we can be proud of."

He expressed his thanks to his staff and representatives in the school's various training departments.

"They're the ones who did all this," he said. "I just orchestrate the action."

Category 1c, Outstanding Supervisor, Trades and Crafts

Sgt. Maj. Chancey Lee Alderman III

Alderman is the sergeant major for the Tactical Support Equipment Department of the U.S. Army Ordnance Mechanical Maintenance School. He is responsible for the Advanced Individual Training and professional military education provided to more than 4,000 Soldiers, Marines, non-commissioned officers and warrant officers on an annual basis.

Alderman oversees a diverse staff of 135 personnel, military, government and contractors, involved in various aspects of technical training associated with Military Occupational Specialties 52C, Utilities Equipment Repair-HVAC; 52D, Power Generation Equipment Repair; and 63J, Quartermaster and Chemical Equipment Repair. This includes training provided via Mobile Training Teams to deploying units.

According to Gary Neuser, director of the OMMS TSED, Alderman was instrumental in providing a safe and secure training environment to the extent that out of 11 training departments – six at APG, four at Redstone Arsenal, and one at Fort Gordon, Ga., – his department was presented the Commanding General's Outstanding Training Department in Safety and Occupational Health award and the Commanding General's Environmental Award earlier this year.

The vast majority of Soldiers and Marines trained in the TSED deploy to Iraq or Afghanistan within weeks of their graduation, Neuser said.

"He has directed and positively impacted the nation's war effort by providing the Army and Marine Corps with Soldiers and Marines that are safely and properly trained to perform their combat missions," Neuser said. "I've had the privilege of working with him for the past four years, and this department has accomplished a

lot due to his professionalism."

A career Soldier with more than 26 years in the Army, Alderman said that while he is honored to be an FEB gold award recipient, he is even more proud of the commander's awards and those who worked to earn them.

"We have great instructors, civilians and contractors who make my job easy," he said. "They love what they do and they do it well. I owe it all to them."

He thanked "the entire department" and said that their main focus is to prepare Soldiers and Marines for future assignments and possible combat.

"We have to make sure they know their [Military Occupational Specialty]," he said. "Within months they could be in the combat zone."

"I constantly talk to Soldiers and thank them for joining while the nation is at war," he added. "That takes courage. We don't sugar coat anything. They know it will be hard and they're motivated to do well."

Category 7b, Heroism, Group Heroic Act

The FEB gold heroism award went to Glenn H. Sheckells and Scott M. Kostowski, police officers with the APG Garrison's Directorate of Law Enforcement and Security, Marine, Wildlife and Environmental Division. Sheckells and Kostowski, who has since moved out of the state, were commended for rescuing several boaters in APG Waters July 3, 2007.

Although other elements, including the U.S. Coast Guard and other DLES officers responded to two boats that ran aground near Bear Point, Sheckells and Kostowski were recognized for the role they played in the rescues, which lasted several hours after their shifts ended and included braving a thunderstorm with 25 mph winds and driving one rescued Family to their Perryman home.

Special Agent Ralph Plummer, chief of the Marine, Wildlife and Environmental Law Enforcement Division, said that Sheckells and Kostowski had just finished their tour of duty when a request for search and rescue from the U.S. Coast Guard came in. After locating the boat

with four people onboard they began rescue operations when a thunderstorm blew in. They then received word that a second boat carrying nine passengers, including a 10-week old baby and a pregnant woman had also run aground. After securing the first boat and its passengers, Kostowski jumped overboard to stay with the second boat while Sheckells stayed on the police boat coordinating rescue efforts. Sheckells said Kostowski's decision to stay in the water was the only way to get to the boat and assess injuries. "The boat wasn't far away, the problem was it was on rocks in an unstable, marshy area," Sheckells said.

Matters became even more complicated when the boat's anchor line broke, blowing it farther into the rocks," he added.

After 3 a.m. a CG helicopter was dispatched from New Jersey and Kostowski and the boaters were safely lifted from the area.

Sheckells credited Kostowski with keeping the Family calm.

"He made sure they understood that they were being helped," he said.

He said that panic, hypothermia and the length of time it took to complete the rescue could have negatively impacted the operation and that those factors and more were taken into consideration during the decision-making process.

"I think unless people experience it it's hard to understand how to reach decisions under those kinds of circumstances," he said. "But it all comes down to training and preparation."

"We appreciate the recognition but it kind of takes the light away from the rest of the division," he added. "We do this all the time."

He thanked his Family, "because I don't always have the chance to call and say I'll be late," and Plummer, "for encouraging training and providing me with this opportunity."

He also thanked DLES Director Robert Krauer, "for making sure we have the best available equipment to do our jobs."

Sheckells has been with DLES since 1996 and with the Marine and Wildlife Division since 1998.