

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for March 5, is plastic, glass and metal. Put items in blue bags and place them on the curb.



Road closure announced

Deer Creek Loop near Maryland Boulevard will be closed to thru traffic through Friday Feb. 29 due to construction. Detour signs will direct traffic around the construction.

For more information, call Greg Kuester, 410-306-1145.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Carroll Island and Graces Quarters Study Areas. Board meetings are open to the public. All APG employees and citizens are invited.

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

JETS, USO-Metro host job fair for military tomorrow

The Joint Employment Transition Services and the USO of Metropolitan Washington will host a job fair, 10 a.m. to 2 p.m., Feb. 29, at the Spates Community Club, located at 214 McNair Road, Fort Myer, Va.

Employers include area police and fire departments, federal agencies, health care agencies, defense and government contractors and will discuss job openings with candidates. All military I.D. card holders are eligible to attend. Military personnel should bring resumes and be prepared for on-site interviews. No children please.

For more information, call Dawn Fincham, 703-805-2464 or e-mail Dawn.M.Fincham@us.army.mil.

Recruiting team to visit APG tomorrow

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will present a briefing, 10 a.m., Feb. 29 at the Janet Barr Building, building 4305, room 243, Side A.

The briefing will include qualifications and application procedures to applicants interested in becoming U.S.

See **SHORTS**, page 7

Issue Highlights

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Lean Six Sigma leads ARDEC to national award

Story by **ANDRICKA THOMAS**
RDECOM Public Affairs

Receiving the 2007 Malcolm Baldrige National Quality Award has magnified the new standard for the U.S. Army Armaments Research, Development and Engineering Center, a subordinate element of the U.S. Army Research, Development and Engineering Command.

ARDEC's Enterprise Excellence system has started to reshape the ARDEC culture at Picatinny Arsenal in New Jersey. Focusing on elements such as listening to the voice of their customers, Lean Six Sigma business practices and adhering to a Quality Management System, ARDEC, a government organization, has found itself contending with the best in private industry.

Enterprise Excellence is an initiative developed by the ARDEC Director Dr. Joe Lannon and former Deputy Director Col. John Merkwon, as part of a black belt Lean Six Sigma project. Enterprise Excellence integrates practices such as the Capability Maturity Model Integrated, and the International Organization for Standardization 9001. Enterprise Excellence integrates the

Quality Management System, 'Voice of our Customer' concept and Lean Six Sigma to accomplish the mission and strategic objectives.

Through in-house business practices such as strategic workout sessions, Lean Six Sigma and Enterprise Excellence, ARDEC demonstrates a long-standing commitment to performance excellence and improvement in business practices. LSS project disciplines include engineering, production, business and management. The innovation in these areas has resulted in a number of significant successes.

ARDEC's LSS project successes include the Combat Ammunition Systems Provisional Evolutionary Restructure, which merged two program management offices while integrating business practices. This merge saved ARDEC \$210,000, by eliminating redundant positions. The Demil Enterprise Management Plan, another LSS project, saved an estimated \$517,000 a year through the more efficient use of resources.

In 2000, ARDEC's initial burning platform involved a need to improve the quality of products, thus decreasing

the number of critical defects that were escaping to the battlefield. Keeping the Warfighter in mind, a program manager began to implement Lean Six Sigma practices in his area of expertise. It worked.

The ARDEC leadership jumped aboard the Lean Six Sigma train in April 2001. The focus shifted from a reactive approach to business practices to a pro-active approach. ARDEC began renovating its business processes from the top down, through conducting black belt training for senior leaders.

"The key to the ARDEC culture change is getting the management buy in," said Bob Scott, deputy director of Quality Engineering and System Assurance to who the ARDEC Lean Six Sigma Competency Office reports to.

By June 2004, senior management was black-belt trained, and the Lean Six Sigma Competency Office was established. With leadership making an investment in the LSS thrust, this office began the process for the implementation of an in-house training system to green belt train each and every employee in the ARDEC Family.

The LSS training program at ARDEC

consists of three levels; green belt, black belt and master black belt.

The in-house green belt training consists of 72 hours of class instruction. At the green belt level, one must demonstrate knowledge of LSS methodology and tools through the successful completion of an approved project after the formal class instruction phase. This project should be work-related and approved by a supervisor.

Green belt training provides instruction in identifying opportunities where LSS can be helpful, improvement project execution, process control and improvement, Design for Six Sigma, and the tools of the Lean Enterprise.

To date, more than 40 percent of the ARDEC community is green belt trained, according to the LSS Competency Office.

Black belt trained personnel are capable of managing and leading improvement projects, coaching and mentoring green belts and providing just-in-time training on LSS tools and techniques. At this level, black belt students should have knowledge of advanced statistical techniques and

See **LEAN SIX**, page 13

Army to launch new program for Wounded Warriors

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

The Army is ready to launch a new phase in caring for wounded warriors, the assistant surgeon general for Warrior Care and Transition told Soldiers and Army civilians during an Army Leader Forum at the Pentagon Feb. 19.

Brig. Gen. Mike Tucker announced that the Comprehensive Care Plan is scheduled to begin March 1, and will focus on healing the whole person - body, mind, heart and spirit - and not just physical well-being.

The program will include educational, vocational and life-skills development, leadership and mentoring, relationship coaching and behavior-health



treatment in addition to medical treatment and physical and occupational therapy.

Also as of March 1, Tucker said, Soldiers in Warrior Transition Units will not be allowed to waste time playing video

games or watching mindless cartoons during duty hours.

They are still Soldiers in the Army, Tucker said, and their one mission is to heal: to go to their appointments, take their medications and now participate in cognitive-enhancing activities or a structured-work program, if able.

"We want them to return to duty or return to be a citizen in society and be successful," he said. "If we're not careful, we'll raise a generation, ten to fifteen years from now, that will be panhandling because they don't have any life skills. It's important that we give these kids life skills. They all want to be something in life, other than what they are right

now. They have to aspire. We have to allow them to achieve all they can be and provide them the structure at a time in their lives when they need it the most."

The Warrior Transition Unit return-to-duty rate is over 70 percent he added, the equivalent of two brigade combat teams each year. Eighty-eight percent of those Soldiers are between the ranks of corporal or specialist and sergeant first class, an incredible amount of experience, Tucker said. The Army hasn't denied one continued-on-active-duty applicant since the beginning of the war.

To ensure they make their appointments and take medications, each Soldier in the Army's 35 WTUs has a squad leader (one per 12 Soldiers), a nurse-case manager (one per 18 Soldiers) and a primary

care manager (one per 200 Soldiers), who communicate frequently.

Squad leaders and other WTU cadre are selected based on their leadership abilities and receive training on leading wounded Soldiers. They're there to help Soldiers with orders, pay, housing concerns - any logistics problems.

All of this is part of Tucker and the Army's crusade to break down the bureaucracy that the Washington Post exposed in February 2007. Outdated regulations, dwindling resources, fewer hospitals and an unprecedented-survival rate created what Tucker calls a "perfect storm" that no one knew existed.

"People we should be caring for the most, we were caring for the least, institutionally,"

See **WOUNDED**, page 10

New radio system might affect garage door openers

Story by **RACHEL PONDER**
APG News

A new radio system is being installed at Aberdeen Proving Ground, and it may affect nearby garage door openers.

The new system being installed is the Land-Mobile-Radio, or LMR, and this has been found to interfere with the operation of some garage door remote controls.

When a nearby military radio system operates on the same frequency as the remote controls on the garage door opener, the remote controls may not work.

Wired controls, such as a wall pushbutton, should continue to operate the garage door opener with no problems.

The areas that will be affected are Churchville, Aberdeen and Edgewood.

According to the Federal Communications Com-

mission, "garage door openers operate at very low power on an 'unlicensed basis,' and have been permitted to operate on frequencies that have been reserved for the federal government since World War II for air/ground communications systems, but received limited use by the government for many years. As unlicensed devices, there is no right to protection from interference. In response to the increased needs of homeland security, the Department of Defense now must make more use of these frequencies to deploy new mobile radio systems on and around military bases."

"All the portable radios on post will be replaced from the analog system to the digital system," said Alex Bodnar, the LMR manager. "We are replacing this system because the Department of Defense mandated that all military bases change to narrow band operation."

He added that when they are replaced, they will be at 99.9 percent digital. The radios will be replaced

within the next few months.

The FCC recommends that anyone that has problems with their garage door opener contact the manufacturer or their local installer for information on immediate solutions. They might have a replacement transmitter and receiver that will operate on a different frequency that is not used by the new radio systems.

"Replacing the radios will make the installation safer, allowing better communication especially between emergency responders. We are concerned, and we understand that this may cause some inconvenience and some cost," said George Mercer, APG Public Affairs Office. "I recommend that you call your garage door manufacturer if you have any problems with your garage door opener."

For information specific to Aberdeen Proving Ground's deployment of this system and its impact on community residents, contact Mercer, 410-278-1147.

PIE participants feel the heat of battle

Story and photos by **ROGER TEEL**
USAOC&S

Administrators from schools near Aberdeen Proving Ground hunkered down with local Soldiers during a field training exercise conducted for their benefit Feb. 7.

They also dug in to some Army chow, took part in a fire fight surrounded by attacking insurgents, and became familiar with 9mm pistols and 50-caliber machine guns during some "Hooah!" training with Soldiers from the U.S. Army Ordnance Center & Schools.

The exercise was the quarterly get-together of Partners In Education, or PIE, a loose-knit group of area educators and administrators held together by a memorandum of agreement between the schools and organizations on the installation, according to Eileen Campbell, the APG school liaison officer.

"This is a partnership event," she said, explaining the day's training. "The group

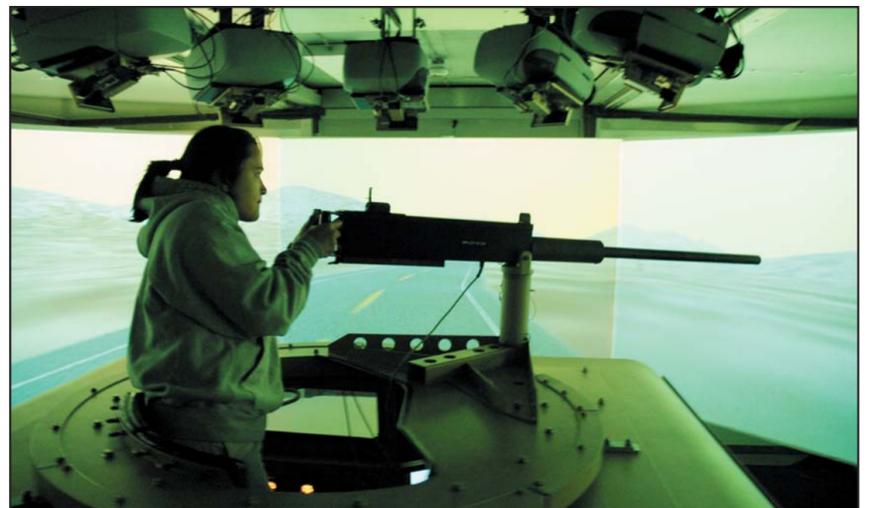
holds quarterly meetings to discuss needs and concerns. While the educators support the "no child left behind" program and other state and federal educational initiatives, this local program helps them develop action plans for their schools.

"We have many military children enrolled in area schools," Campbell added. "The Partners in Education committee's goals include working toward greater understanding on the part of educators when working with military Families."

Col. Bobby Towery, 61st Ordnance Brigade commander and host of the day's event, said the aims of PIE are a win-win for everyone involved.

"It is a link to the local community for the education of our Family members -- our first link," Towery said.

"We participate in a variety of things -- we do the Patriot reading program; we do color guards for the schools. One of our battalion commanders goes to the schools and reads to classrooms."



Larissa Santos fires the 50-caliber machine gun as educators went on patrol in high mobility multi-purpose wheeled vehicles during a simulated exercise at the Virtual Combat Convoy Trainer.

The colonel said the partnership program has evolved during his tenure here.

"It has expanded exponentially since 2006. There are a lot of great folks out there getting involved, many who are not military, such as Army Research Lab, Edgewood

Chemical and Biological Command, and we support them as well. For example, a school may be supported in math and science by people from one of these organizations and that school may need a color guard, which we will provide. It's all a team effort," Towery added.

On their first stop Feb. 7, the educators were put on patrol at the Virtual Combat Convoy Trainer. They manned high mobility multi-purpose wheeled vehicles [HMMWVs or humvees] and 50-caliber machine guns and

See **PIE**, page 15

APG employee reminisces about the black experience

'Stand up for what is right and what you believe in. In doing so, few may stand with you but you can stand yourself,' Phil Hunter said.

Story by
LARRY MCCASKILL
RDECOM

Many people use Black History Month as a time to reflect on the accomplishments and struggles of the black experience as part of the national fabric.

Not Phil Hunter. Hunter uses it as a time to reminisce about friends, family and others he met during the cultural revolution known as the civil rights era.

Hunter and his family witnessed the injustices of racism regularly living in Selma, Ala., in the '40s. In a town of approximately 28,000, with the majority of the residents being black, Hunter and many of his generation were no longer willing to sit back and let things be.

"Back then, the local whites expected a thirteen-year-old black boy to be obedient and subservient to their wishes, whatever that may have been. I and my contemporaries were anything but that," said Hunter, the team leader of the Acquisition/Business Law Team and contract attorney for the U.S. Army Research Development and Engineering Command's Office of Chief Counsel.

"My generation didn't go along with that mentality. A core group of us did things differently, a little bit ahead of our time," said Hunter, a soft spoken man who doesn't look his age of 61. "While others were very fearful, we were attending mass meetings and rallies."

Armed with a firm foundation in right and wrong and the courage to speak out, Hunter didn't back down in his quest for equality.

His grandparents were raised in rural communities where they were self-sufficient land owners, and as such they had a certain amount of independence. They passed their ways to Hunter's parents and they to him.

"That sense of independence combined with their religious beliefs made them fearless and unafraid of the consequences of their actions," he said. "They acknowledged the danger in their actions [rebellious against the system]. My father wasn't a loud mouth rabble rouser, but he was outspoken and very diplomatic."

Hunter's father was a local minister and the editor of the "Selma Citizen", the only local black newspaper. Hunter and

his brothers had the responsibility of selling papers and often were kicked out of local establishments for doing so.

"I started selling those papers back when I was in the fourth grade," he said. "I had no idea of how important they were and didn't realize until later that they didn't want us to pass along information about blacks and their rights to other black people."

Hunter's father also served as the president of the local National Association for the Advancement of Colored People chapter in addition to his pastoral duties.

"You have to remember, back in the forties, it was not a popular organization to be a part of. I often wonder why my father wasn't killed as he was outspoken and very active," he said.

His father and others in the community fought for equality on numerous issues but the most important one was the right to vote. In later years, his father would serve two terms on the Selma City Council.

The black population in Selma and Dallas County was more than 50 percent at that time. Many of the black farmers in the area were prosperous. Hunter said that combined to create a desire for local whites to keep voting rights from blacks.

"If you have the numbers, and you have the finances, you would have the power to affect the vote and put into office those you want to elect. They did not want that to happen," he said.

According to Hunter, in order to ensure blacks were not part of the voting process, local whites would administer literacy tests Harvard Law School graduates could not pass; the "jelly bean" test [guessing the number of jelly beans in a jar] or require a poll tax or other illegal method to reduce the number of registered African-American voters. They were successful: there were less than 100 registered black voters out of approximately 14,000 African Americans.

"My father was having meetings in Mr. Doyle and Mr. Shannon's Barbershop planning strategies. I knew they were doing something secretive, and at the time I didn't appreciate the magnitude of what they were doing."

What they were doing was laying out the groundwork for Hunter and his fellow

demonstrators.

"We marched and demonstrated all the time, picketing and boycotting stores that didn't treat blacks fairly. There were a lot of friendly merchants who were still boycotted because they were part of the system. There were many white merchants who were empathetic to our cause but we had to show economic strength," he said. "We weren't just marching for voting rights; it was for every facet of the society that we were demonstrating against."

Mental images of billy clubs, water hoses and barking dogs developed as Hunter described what he called his most damning experience.

"A bunch of us spent two weeks at Camp Thomasville in Alabama. We were demonstrating for the right to vote, and after we were arrested, the judge wanted us to sign a statement of probation saying we would not participate in any demonstrations for five years. If we violated it we could be put in jail. Our leader said not to sign it and we didn't. So they put us in jail," he said. "We were never charged with an offense, and we were never found guilty of violating any law." Stroking the grey hairs on his chin, he continued.

"Jail might not have been so bad. Because there were so many of us, we were held in a cow pen. It was winter time and we slept on the floor. The only thing we had were the clothes on our backs -- no blankets, quilts, nothing. We never took a bath during that two-week period either. You can only imagine how we smelled when we got out. The food wasn't worthy of a hog. A lot of folks refused to eat but after a couple of days hunger took over. I wasn't a big guy when I entered but when I got out my belt moved a couple of notches to the right," he said.

The threat of imprisonment, the harsh sting of billy clubs and the physical abuse from law enforcement officers, the Ku Klux Klan and other hate groups were not enough to keep Hunter and others from continuing on their path.

"Back then it was unpopular in the black and white communities to be involved in civil rights," Hunter said. "Now most everyone is pro civil rights. Back then because of the danger of being involved you had to, in essence, be clandestine until later in the 'sixties with the mass rallies and meetings."

"Every time you went to march, demonstrate or move around, your life was on the line. There were a lot of people killed that we don't even know their names because they stood for what they believed in," he said. Hunter bowed his head and was silent a moment before continuing.

"I participated in most of the marches and demonstrations in Selma during the early sixties. The most famous one was the March from Selma to Montgomery. There were two attempts and a third successful one," he said. "We were tear-gassed and beaten with clubs, cow prods, chains, etcetera, on the first attempt, generally referred to as 'Bloody Sunday.' The second occurred on March 9, 1965.--we crossed the Edmund Pettus Bridge, prayed and returned to Brown Chapel AME Church. The third one occurred March 21 and we walked to Montgomery [over a five-day period], a fifty-mile trek." Less than 100 marchers were allowed to march the full distance, due to traffic issues, possible snipers



Photo by DAN BUDNIK, COURTESY OF www.fiftycrows.org
Eighteen-year-old Phil Hunter, second from left, marches with civil rights leaders during the march from Selma to Montgomery, Ala., in 1965. Hunter is currently the team leader of the Acquisition/Business Law Team and contract attorney for the U.S. Army Research Development and Engineering Command's Office of Chief Counsel.

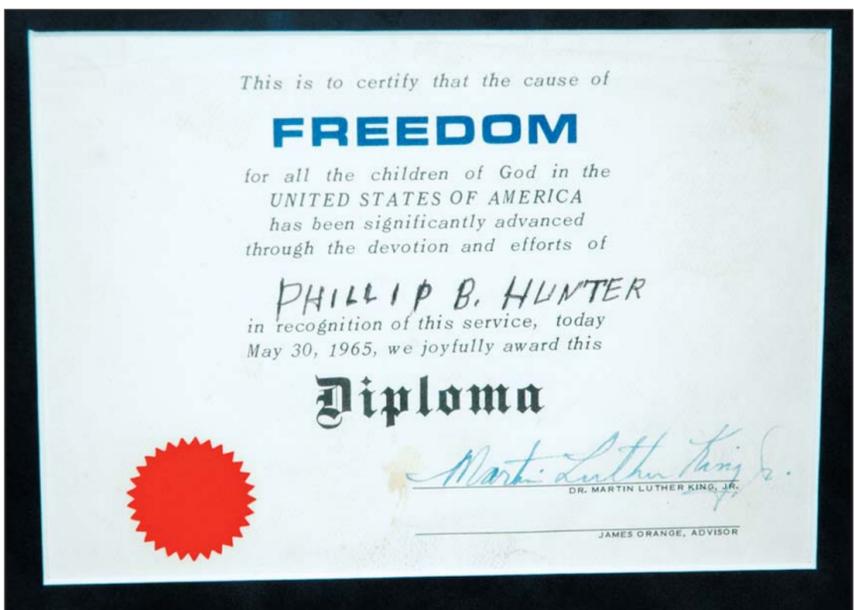


Photo by LARRY MCCASKILL, RDECOM
One of Phil Hunter's prized possessions is his "Freedom Certificate" signed by Dr. Martin Luther King Jr. Participants at the various marches received ceremonial certificates in recognition of their devotion and service to the civil rights movement.

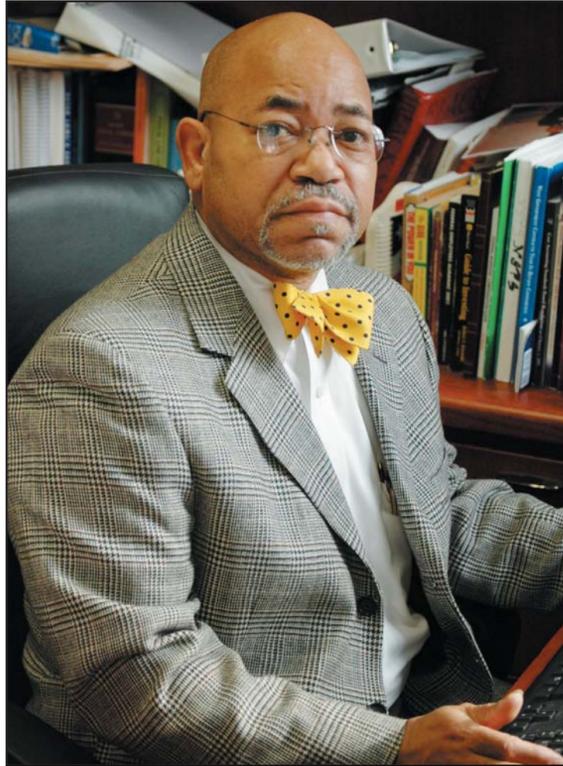


Photo by LARRY MCCASKILL, RDECOM

and limited police protection, Hunter said.

At this point Hunter was attending mass rallies and meetings, pushing the issue of equality and justice along side the likes of Hosea Williams, John Lewis, James Farmer, James Bevel, Andrew Young, Julian Bond, Jesse Jackson, Ralph Abernathy, Fred Shuttlesworth, Dr. Martin Luther King Jr., and many more unsung heroes.

"As a young person, I stood in awe of Dr. King because of his presence, popularity and great oratorical skills—I was very shy in his presence and didn't ask him a single question. He did however, sign my Freedom Diploma," he said pointing to the framed docu-

ment between black and white photographs from the 60s that adorn his office walls today.

A government lawyer for almost three decades, Hunter is proud of his past and present accomplishments.

"I've had to move around to move up in my federal career but it's been a blessing, the moves have been a positive experience. I've outpaced a lot of my contemporaries, and I consider myself blessed. The thing now is to make sure those coming up behind us have the tools they need."

"It's critical for us to share our knowledge and information with younger employees. Mentoring is not about race or gender. There's an obligation on all of us to help those

coming up as we interface with them. Whether it's a letter of recommendation, sound advice or steering them to the right college, profession, etc., it's the right thing to do. Here in 2008, I try not to look at color. I can't avoid it, but it doesn't determine if I help you or not. I'll help anyone. That's how it's always been. You help everyone you can. You can't be an advocate of hate."

"I was, am and will always be an advocate for fair and equal treatment of all people—irrespective of color, race, gender, etc.—it's in my blood and I can't help it. Stand up for what is right and what you believe in. In doing so, few may stand with you but you can stand yourself," Hunter said.

APG News

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African Americans pioneered change at Edgewood Arsenal

Story by
STEVE ROCHETTE
RDECOM

Black History Month is often celebrated by recognizing the civil rights leaders who revolutionized America and protested in places like Montgomery, Birmingham and Washington. But it's also important to examine black history at the local level and honor those who made a difference in the Aberdeen Proving Ground community.

The installation's history is filled with African-American pioneers who broke barriers during times of racial inequality. They are the Soldiers and civilians, the researchers and technicians, who transformed the status quo at APG.

"There are many significant African-American figures throughout the history of this post," said Jeffery Smart, the U.S. Army Research, Development and Engineering Command historian. "We are fortunate to have information on some individuals from the 1940s and 50s to properly remember them."

During World War II and the Korean War, African Americans had a significant impact on what was then known as Edgewood Arsenal. Some set employment and professional milestones, while others spurred integration with post facilities and housing.

One of the first African-American women to work at the installation, the late Aurora Bransford, was a chemical technician at Edgewood Arsenal for 35 years. Bransford began her career as a civilian employee during World War II after her husband was deployed.

When interviewed by the Catholic Review of Baltimore in 1990, she said there were eight to 10 other African-American women working at the installation at the time.



Photo courtesy of JEFF SMART, APG HISTORIAN
Aurora Bransford, a chemical technician at Edgewood Arsenal, was among the first African-American women to work at the installation.

"We all worked in different labs," she said. "I like to think we laid the groundwork for some others."

Bransford experienced both racism and gender inequalities, but by relying on faith, she overcame.

"Turning Catholic really helped me deal with it ... I just put it aside," she said.

In the 1990 interview, Bransford also spoke about Black History Month being an important vehicle to educate society about the achievements of African Americans.

"Things like Black History Month help. You learn things you never knew before. I think white children should learn about black history too," Bransford said.

During the Korean War, a greater number of African Americans worked at Edgewood Arsenal, but had limited or no access to some facilities on post.

Known for his protest, the late Alfred Woolridge, a civilian section chief, was instrumental in the integration of cafeterias and restrooms at the installation.

In 1989, the Edgewood Historical Office interviewed Robert Dorsey, a civilian who worked under Woolridge. Dorsey recounted the conditions on post for African Americans, "The blacks could not go down to the cafeteria to eat," Dorsey said. "[They] could go down to the cafeteria and get the food, but they had to take it somewhere else to eat."

Woolridge protested the rules by sitting down to eat in the cafeteria and refusing to move.

"He said 'why should I take my food out when the whites are sitting here,'" Dorsey said. "So [the issue] went all the way up to the post commander ... and that's how Edgewood came to be integrated."

Segregation issues affected all aspects of life, including housing for Soldiers and civilians.

When the late Lt. Col. Milford Vaughn came to Edgewood in 1950, housing was insufficient for African-American personnel.

In a 1986 interview with the Edgewood Historical Office, Vaughn said, "Blacks lived in World War II sub-standard housing, not [just] officers, but everyone. There were no black officers in on-post housing during the Korean War."

Vaughn and his family soon became the first African-Americans to live in an off-post hous-

ing complex on Jacob Street in Edgewood.

A veteran of World War II, and later the Vietnam conflict, Vaughn was also not allowed in the officers club.

"When I first arrived in Edgewood, a black officer ... was not truly welcomed at the main officers club," Vaughn said. "They actually had white and black separate service clubs, even in 1950."

Because of the segregation, African-American Soldiers and civilians formed a tight knit group on post.

"We sort of ran together ... [we] were almost drawn together and became rather close," Vaughn told the historical office.

Whether changing the status quo with housing, protesting segregation practices or breaking employment barriers, Vaughn, Woolridge and Bransford are some of the African-American pioneers who blazed a trail for the future of APG.

"It took great sacrifices and courage to contribute to the nation's defense while experiencing segregation, on and off post," Smart said. "In different ways, each individual is a pioneer, along with many others, and their legacies should be celebrated."

Bransford said she and her co-workers helped lay the groundwork for their predecessors.

Equal Employment Opportunity Officer James Rivera echoed her sentiments.

"For many years, diverse groups have made significant contributions to the Army with their achievements at Aberdeen Proving Ground," Rivera said. "People like Bransford, Vaughn and Woolridge helped make it possible. They redefined the opportunities at APG and created a foundation for the future."

(Author's note: Special thanks to Smart for his contributions to this article.)

ARL engineer honored at 2008 Black Engineer of the Year Awards Conference

Story by
ANDRICKA THOMAS
RDECOM Public Affairs

A U.S. Army Research Laboratory engineer was honored for her dedication in community service during the 2008 Black Engineer of the Year Awards Conference Feb. 14 through 16 in Baltimore.

Yolanda L. Hinton is a mechanical engineer with ARL's Vehicle Technology Directorate located at NASA Langley Research Center in Hampton, Va. ARL is a subordinate element of the U.S. Army Research, Development and Engineering Command located at Aberdeen Proving Ground.

Maj. Gen. Fred D. Robinson Jr., commanding general, RDECOM, honored Hinton during a "Special

Tribute to Education" during the 2008 BEYA Awards Gala Feb. 16.

"We are proud to honor her for her exceptional engineering contributions, her pursuit of excellence, influence and devotion to the role of education in the Army and for her recruitment efforts in growing the RDECOM scientific staff," Robinson said.

At the Historically Black College and Universities Engineering Deans' Breakfast the same morning, Command Sgt. Maj. Hector G. Marin, RDECOM, presented Hinton with a "Special Recognition Award" for her extensive work in community service.

Hinton has a rich history of serving her surrounding community, whether

young or old, she finds a way to serve.

"I started doing community service when I was in high school," Hinton said. "Since then, I've just continued to stay involved with the community."

Hinton said she enjoys being a part of the process of learning.

"Seeing young people realize what they can do; or when a child gets a concept he has been struggling with in school...that is why I do this, to help light their path as they realize their goals," she said.

Hinton tutors and participates in a variety of community service organizations such as the National Technical Association and working with area schools to help open the minds of young people to the world of science

and mathematics. She also has an interest in the preservation of the legacy of the Tuskegee Airmen, as she is an active member of the Tidewater Chapter of Tuskegee Airmen, Inc.

Students remain a focus for Hinton, as she worked at the career fair co-sponsored by RDECOM and the Department of Defense. Here, students had a chance to participate in activities related to the RDECOM mission and hone their professional development skills.

Being part of an Army organization, Hinton believes her work makes a real, tangible difference.

"Working for ARL gave tremendous focus to my engineering career," Hinton said. "I know I'm here to support the Soldier in the field; I know

that the techniques and products that I help develop and improve go towards a very critical cause--our nation's defense."

Robinson appreciates Hinton's dedication and heart as she continues to serve the Warfighter and her community. Having Army representation at a national awards conference speaks volumes about the quality of engineers working for RDECOM.

"She represents the tremendous talent that the Army has to offer through the brilliant engineers who dedicate their lives to something other than themselves. For her, it's not about the money, but because she just wants to serve," Robinson said. "She is as much a Warfighter as any out there."

Combative Soldiers compete on the mat

Story and photos by
ROGER TEEL
US Army Ordnance Center & Schools

Move over, WWE! Step back, Ultimate Fighting Championship!

Soldiers at Aberdeen Proving Ground now engage in quarterly "combatives" tournaments, conducted by the 61st Ordnance Brigade, offering up a spectacle of hand-to-hand, physically grinding engagements between two evenly weighted contestants.

Witness 1,000 uniformed spectators bellowing encouragement to their faves, dissing the opposition, and fueling a white-hot intensity for the Feb. 9 finals in the APG Fitness Center.

On the mat, the Advanced Individual Training Soldiers morph into modern-day gladiators, wearing ACUs as well as the passions of their peers.

Consider Pvt. Shane Thomas, Company A, 16th Ordnance Battalion, a 160- to 169-pound fighter from Tacoma, Wash., whose only previous experience was wrestling in middle school.

"[It's] the rush – the fighting. Getting smashed," he says bluntly of the exhilaration of his first tournament. "I like the training. I like my instructor [Staff Sgt. Ferdinando Gandy]. For two weeks we had two-a-days, but it was bad last week because [Gandy] was in the field and we didn't train."

For Pfc. Jennifer Garth, from Atlanta, said fighting helps her even the score.

"It's exhausting, but you get to choke girls out. I like that," Garth said. "They get on my nerves sometimes. (Laughs.) You know what I'm talking about!?"

Garth placed third in her division. "I had five fights and lost one, which put me in third. I was so tired, I almost conked out. But it's fun," she said.

"It's a human chess game," explained Pfc. Wayne Bogard, winner in the 180- to 189-pound division. "If you have the right strategy and don't make a mistake, you're gonna win. You make a mistake, more than likely your opponent is gonna catch it and that'll be the end."

What kind of mistake?
"Putting your arm across their chest, breathing out at the wrong time -- it could be anything. Just moving your hips slightly when you shouldn't could be enough to reverse a fight, even against amateurs," he said.

Bogard knows about amateurs. For



Pfc. Wayne Bogard, Company A, 143rd Ordnance Battalion, applies leverage to his hold on Pfc. Esera Poasa, Company B, 16th Ordnance Battalion., in a tightly contested 180- to 189-pound final.

the past nine years he's been fighting professionally. From Kokomo, Ind., the 29-year-old joined the Army on 9-11 last year.

"I joined for my Family and figured 9-11 was the time to do it."

Bogard knows what he wants.

"I'll end up on the Army Combatives team. That's my ultimate goal," he said.

Curiosity brought him to the cage. "I was working at a bar and my boss wore a T-shirt that I liked. I asked what I had to do to get into something like that and he got me started. I've never looked back," he said.

"The [Army] training is not as intense as outside, but it's a good idea. You start doing Combatives and, in my opinion, it's good discipline. [Soldiers] think, 'I don't want to get in trouble, because if I get in trouble I won't get to do Combatives.'"

"I also think Soldiers ought to be in two tournaments while they're here," he added, "maybe one within the battalion. There should be more matches, because those medals mean

a lot more than people think."

Pfc. Stephen Young, also a mixed martial arts fighter on the outside, said combatives is different than anything he's done before.

"I'm not used to all this [tugging on his uniform top]. I'm used to a pair of shorts," Young said. "When they grab your collar and throw it across your neck, I don't know what's going on."

The 22-year-old Philadelphian is following his dream.

"I always wanted to be a Ranger – it's my passion, my love," he said, detailing his plans to attend Airborne training and Ranger school.

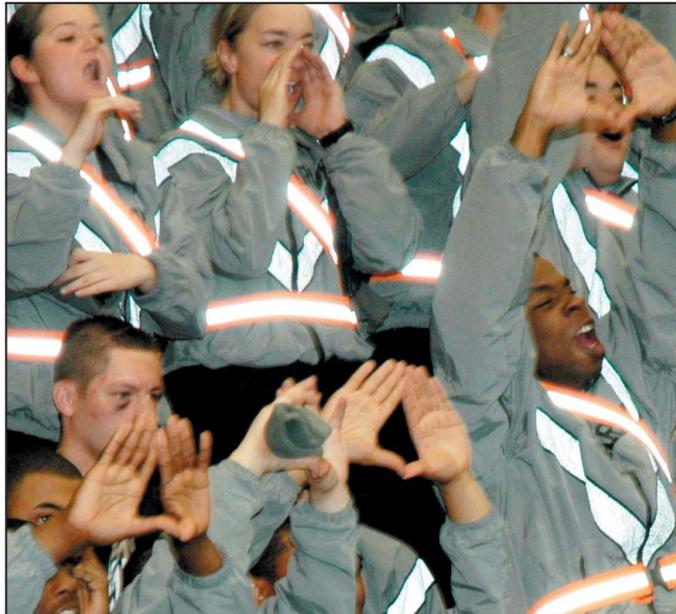
What advice does he have for other combatants?

"Keep your head down," Young said.

Leadership sees the motivational value of Combatives. Lt. Col. Karen Jordan, commander, 16th, said competition makes the sport attractive to Soldiers.

"They love competition," Jordan said. "Seeing their peers compete

See **COMBATIVE**, page 5



Soldiers from Company C, 16th Ordnance Battalion raise their "Charlie Rocks" in support of their fighter.



Referee Brian Sarjeant awards four points to Pfc. Schola Chambers in her win over Pfc. Elizabeth Mansur. Sarjeant was hired by the 61st Ordnance Battalion to develop the combatives program at APG.



Pvt. Breanna Suttle flashes her "Charlie Rock" to her compatriots after forcing a submission from Pfc. Samantha Ryan for the 134-pound and Under title.

Winners

Men's Advanced Individual Training

Pvt. Jacob Rascon, Co B, 16th
 Pvt. Nicholas Phillips, Co B, 143rd
 Pvt. 2 Daniel Osguera, Co B, 16th
 Pvt. Michael Vinson, Co A, 143rd
 Pfc. Christopher Rosalas, Co B, 143rd
 Pfc. Wayne Bogard, Co A, 143rd
 Pvt. Jamael McQuilkin, Co A, 16th
 Pfc. Daniel Davis, Co C, 143rd
 SPC Bryce Veith, Co A, 16th

Women's Advanced Individual Training

Pvt. Breanna Suttle, Co C, 16th
 Pvt. 2 Jessica Connell, Co C, 16th
 Pfc. Schola Chambers, Co B, 143rd

Advanced

Staff Sgt. Hunt, HHC, 16th
 Sgt. Herman Baker, Marine Det
 Staff Sgt. Jay Denton, ANCOG

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 online at

www.
 apgnews.
 apg.army.mil

Combative

From page 4

against one another -- us [16th Ord Bn] against the 143rd -- there's definitely bragging rights at stake."

Col. Bobby Towery, commander, 61st, assisted in the birth of the quarterly combatives tournament.

"We started in 2006 when Brian Sarjeant, who used to be Sergeant First Class Brian Sarjeant, was brought on as a contractor," Towery explained. "He and a couple other great martial artists in the area [Ronald Seldon, for example, the top-ranked thirty-five-year-old in the North American Grappling Association] allowed us to expand.

"This time we had eighty-two fighters -- the largest we've ever had," he said.

"Combatives in the Army began around 2003, when the war broke out," the colonel continued. "We used to do hand-to-hand combat with a lot of judo throws. Well, experience shows that most fights end up on the ground, so instead of hand-to-hand we went to "submission" fighting, similar to UFC fighting, based on Brazilian jujitsu. Your opponent either submits or you force them to give up by isolating a joint or having them tap out."

Does he fear injuries to the young, novice Soldier fighters?

"One would think there would be a lot, but as our instructors have progressed and as our safety measures have been phenomenal, we don't see that," Towery said. "We may see a couple hyper-extended elbows, a couple stitches, but nothing more severe than you'd see in a high school wrestling match."

Capt. Marcus Davis, commander of Company E, 16th, has been central in coordinating and conducting the quarterly event.

"We turned the tourna-

ment over to Echo Company, our Officer Basic Course students," Towery explained. "I make it part of their training to plan, resource and execute this

thing. They go through all the steps and they all come under Captain Davis.

"It's a heck of a lot smoother than it used to be," he added.

Community Notes

THURSDAY FEBRUARY 28 BUSINESS AND PROFESSIONAL WOMEN OF MARYLAND

The Business and Professional Women of Maryland Harford County Chapter will meet 6 to 8 p.m. at the Edgewood Public Library, located on 629 Edgewood Road. Guest speaker will be Karen Zhushanbay, U.S. Department of Veterans Affairs. The event is free and open to the public. For more information, contact Manuela Perez, 410-306-2354, or e-mail mperez@dllr.state.md.us.

FRIDAY FEBRUARY 29 SENATOR ROBERT HOOPER SCHOLARSHIP BENEFIT

The Highlands School will host a dinner reception, 6:30 p.m., at the Resident's Club at Bulle Rock in Havre de Grace. All proceeds will benefit the school's newly established Senator Bob and Shirley Hooper Scholarship. Contributions to the scholarship fund may also be sent to The Highlands School, 2409 Creswell Road, Bel Air, MD 21015. Senator Barry Glassman (R-District 35), will serve as the master of ceremonies.

For more information or to purchase tickets, call The Highlands School, 410-836-1415.

SATURDAY MARCH 1 CRITTER DINNER TIME

Come watch turtles, fish and snakes eat and learn more about these fascinating creatures. This free program will

be held 10:30 a.m. for all ages. No registration is required.

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

THE EYES OF MARCH

Come explore the wonders of sight in the natural world. Learn the difference between predator and prey eyesight and then go on a sight scavenger hunt. The program will be held 1 to 2:30 p.m. for all ages (Families). Cost is \$5 per Family and registration is required. For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY MARCH 2 NATURE TALES

Explore nature through a story. Listen to a tale about an animal or a habitat. Story time may include meeting a live critter, a simple craft or acting out the story. This program will be held at 2 p.m. and is free for all ages. No registration required.

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

WEDNESDAY MARCH 5 U.S. POLICY IN WEST AFRICA PRESENTATION

The Baltimore Council on Foreign Affairs will present the topic, "United States Policy in West Africa," 6 p.m., at The World Trade Center, Constellation Room, located 401 East Pratt Street, Baltimore. Guest speaker will be Dr. Todd J. Moss, deputy assis-

tant secretary of the Bureau of African Affairs.

Cost is free for members and \$15 for non-members. Membership is open to the public. Registration is required.

For more information, to register, to purchase tickets or for membership, call 410-727-2150, write to the Baltimore Council on Foreign Affairs, World Trade Center, 401 E. Pratt Street, Suite 1611, Baltimore, MD 21202 or e-mail bcfaprograms@verizon.com.

THURSDAY MARCH 6 LARVAL FISH SURVEY

Find out what the larval fish survey taught about the Bush River in 2007. Anyone can be a part of the 2008 survey. This workshop is for returning and new volunteers. If participants are willing to volunteer their time to study fish and streams, then join the Estuary Center — no experience necessary. All equipment and training is provided. Dinner will be served. This free program will be held 6 to 8 p.m. for ages 12 to adult; ages 12 to 16 must be accompanied by an adult.

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

FRIDAY AND SATURDAY MARCH 7 AND 8 VOLUNTEER RECRUITMENT OPEN HOUSE

Opportunities to volunteer abound at the Anita C. Leight Estuary Center, from desk aide to teen marsh mucker to wildlife population monitor to education volunteer. Individuals looking for a meaningful volunteer opportunity should attend an overview of the program and talk to volunteers and staff about specific volunteer projects. Try some of the jobs. Attendees will receive a goody bag and there will be a drawing for a free T-shirt. This free program will be held 10 to 11:30 a.m. on March 7 and 1 to 2:30 p.m. on March 8 for ages 11 through adult; ages 11 to 13 must be accompanied by an adult. Registration is required.

For more information, to register or for directions to the center, call 410-612-1688

SATURDAY MARCH 8 17TH ANNUAL MARSH CLEANUP

Join the Izaak Walton League of America, Harford Coun-

ty Chapter, for their annual spring marsh clean up. Wear boots, gloves and bring a trash bag. Adult leaders are needed. A great opportunity for scout troops and school community service hour credits. Troops are welcome to sign up as a group. The event will be held rain or shine. Meet at the Bosely Conservancy. This free program will be held 9 a.m. to noon for ages 8 through adult; ages 8 to 13 must be accompanied by an adult. Registration is required.

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

2008 EXPO FOR TRANSITIONING YOUTH

The 2008 Expo for Transitioning Youth will be held 8:30 a.m. to 1 p.m. at the New Life Center located at Mountain Christian Church, 1824 Mountain Road, Joppa. The expo will be held for teens and young adults with special needs facing the challenges and opportunities of transition into adulthood. The event is free.

Workshops include Picture Yourself in College; So You Want to Drive?; Building a Better Relationship with Your Money and more.

The expo is sponsored by the Harford County Commission on Disabilities, the Harford County Public Schools' Office of Special Education, the Arc Northern Chesapeake Region, Abilities Network, the Bel Air Office of the Division of Rehabilitation Services, the Office of Mental Health and the Harford County Local Management Board.

For more information or to register, visit www.harford-countymd.gov/services/disabilities, call Sharon Grzanaka, 410-638-3373 voice/TTY or e-mail disability@harford-countymd.gov.

NATURALLY COLORFUL EGG DYING

Learn to use some naturally occurring dyes while coloring the six hard-boiled eggs brought from home. This program will be held 2:30 to 4 p.m. for ages 8 through adult. Cost is \$3 per person. Registration is required.

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

SUNDAY MARCH 9 AUXILIARY OFFERS SUNDAY BREAKFAST

The Ladies Auxiliary of VFW

Post 5337, 3706 Pulaski Highway in Abingdon offers breakfast the second Sunday of each month, 8 to 11 a.m. The cost is \$6. The menu includes choice of eggs (any style), bacon, sausage, chipped beef gravy, home fries, toast, pancakes, French toast sticks, grits, cereal, fresh fruit, coffee, juice, milk and orange juice. Proceeds benefit VFW programs.

For more information, call Linda MacArthur, 410-676-4456.

HAND PAINTED UMBRELLA

Shower creativity on a plain Jane umbrella and be prepared for those April rains in high style. An umbrella and all materials are supplied. This program will be held 2:30 to 4 p.m. for ages 8 to adult, 8 to 12 must be with an adult. Cost is \$5 per person. Registration is required.

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

MONDAY MARCH 10 BRAC TOWN HALL MEETING SET FOR ABERDEEN

Harford County Executive David R. Craig and the Harford County Office of Economic Development will host a BRAC Town Hall Meeting, 6:30 p.m., at the Aberdeen High School Auditorium.

Topics will include an APG update by Col. Jeffrey Weissman, APG Garrison commander; transportation; education and workforce development; Harford County Sheriff Jesse Bane will speak about public safety, health and community; James C. Richardson, director of Economic Development, will give a briefing on what his office is doing to reach out to incoming organizations and individuals as they prepare for their move to the area.

Craig will conclude the evening with a question and answer forum to personally address the most-asked BRAC-related questions from the public.

The meeting is free and open to the public.

For more information, call the Harford County Office of Economic Development, 410-638-3059 or visit web site, www.harfordbusiness.org.

TUESDAY MARCH 11 AUSA

The Susquehanna Chapter of the Association of the United States Army will hold its monthly meeting 11:30 a.m. at Top of the Bay.

The guest speaker will be

Staff Sgt. Gary Heffernan, an Iraq War veteran from Fort Hood, Texas, who is currently serving with the Army's 'Why We Serve' speakers program.

AUSA members and prospective members are encouraged to attend this, the first meeting of the year.

For more information, call Mary Jernigan, chapter president, 410-569-7313, ext. 13, or e-mail mjernigan@quantum-intl.com.

SATURDAY MARCH 15 ST. PATRICK'S DAY DINNER AND DANCE

American Legion Edgewood Service Post 17, located on 415 Edgewood Road will hold a St. Patrick's Dinner and Dance, 6 to 11 p.m.

Dinner will be served 6:30 to 8 p.m. Tickets cost \$20 per person or \$35 per couple. Dinner includes corned beef/ham, cabbage, potatoes, green beans and dessert.

WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth, and not just with humans.

Help determine if the deer population of Leight Park and the Bosely Conservancy is a healthy size.

Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the park home. This program will be held 9 a.m. to noon for ages 16 to adult. The program is free but registration is required.

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

HERP SURVEY AND COVERBOARD STUDY

Become a citizen scientist at Leight Park. Learn to identify reptiles and amphibians found locally, and practice survey techniques using coverboards and study quadrants.

Sign up for a survey team that will check the sites once a month, March through October. Twelve volunteers are needed for two hours a month.

This free program will be held 1 to 3 p.m. for ages 11 to adult; ages 11 to 13 must be accompanied by an adult. Registration is required.

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

BASKET BINGO

The Level Volunteer Fire Company, located on 3633 Level Village Road, will host a Basket Bingo, 7 p.m. Doors open 6 p.m. Tickets cost \$10 per person in advance and \$12 at the door.

Cost includes 20 regular games, raffles, baked goods, refreshments and a 50/50 cover will be offered. Proceeds will benefit the "Play it Safe" Safety Camp hosted each summer by the fire company.

For more information, to purchase tickets or to offer a donation, call Rhonda, 410-272-3771, or e-mail livesaver911@comcast.net or Patty, 410-378-3903, or e-mail Pattykakesrn@aol.com.

SUNDAY MARCH 16 DISCOVERY WALK

Join a naturalist on a nature walk to discover what creeps, crawls and flies around Leight Park.

This free program will be held at 10:30 a.m. for all ages. No registration required.

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

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

POST SHORTS

Army warrant officers.

For more information, call Sgt. 1st Class Rosalyn Grayson, Career Counselor, Ordnance Center and Schools, 410-306-2769, DSN 458-2769 or e-mail rosalyn.i.grayson@apg.army.mil; or call the Warrant Officer team, Chief Warrant Officer 4 Carlos L. Negron, 502-626-0458, DSN 536-0458 or e-mail carlos.negron@usarec.army.mil.

NCO Academy holds 8th Annual Anniversary Dining Out

The Noncommissioned Officer Academy will hold its 8th Annual Anniversary Dining Out Feb. 29 at Top of the Bay. The evening will honor past NCOA commandants from 1987 to present.

Tickets cost \$35. Call to make a reservation by Feb. 25.

For more information or to RSVP, call Sgt. 1st Class Francis Cruz, 410-278-9129 or e-mail francis.cruz@apg.army.mil or lilly.dillon@apg.army.mil.

Annual FWP training program

The APG FWP committee will sponsor its annual Women's History Month Training Program. The program will take place 8 a.m. to 4 p.m., March 5, at the Edgewood Conference Center, building E-4810. The training is open to all active duty military, DoD civilians and contractors located at APG.

Topics for this year include Writer's Workshop, Budget Workshop (Ways to Find Hidden Cash), The Peak Performance Commitment, The Benefits of a Mentoring Relationship and Emotional Intelligence and are available in the morning and afternoon.

Deadline for registration with supervisor approval, is Feb. 28.

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

Women's artwork wanted

The theme for Women's History Month is "Women's Art: Women's Vision." The Federal Women's Program Committee is looking for artwork by local female artists to display at the FWP Conference, March 5 at the FWP Training Conference. Art must be 'workplace appropriate.'

All artwork will be the responsibility of the artist, to include setup.

Placement time is 11 a.m. to 1 p.m. Artist should also include a brief narrative explaining the piece(s) and why the medium was chosen.

Artists interested in displaying up to two pieces of their original art in any medium (to include painting, photography, quilts, jewelry, etc.), should contact Diane Simmons, 410-436-8479, or e-mail diane.simmons1@us.army.mil or Diane Siler, 410-436-2681, or e-mail janet.siler@us.army.mil, for more details.

GEMS accepting student applications

Registration for the summer 2008 Gains in the Education of Mathematics and Science program at the U.S. Army Research Laboratory is now open for students currently in grades 6 through 10. Students currently in grades 11 and 12 will be considered for the program only if they have not previously participated in GEMS.

The GEMS program gives a diverse group of middle and high school students the opportunity to do hands-on experiments with scientists and mathematicians in a government laboratory. The goals of the program are to motivate students in their study of math and science and to inspire them to consider careers in those fields.

The program is limited to 112 students (28 per week).

Registration will close March 22. Letters of acceptance will be sent out by April 25.

For more information or to register, visit the U.S. Army Educational Outreach Program Web site, <http://www.usaeop.com>. GEMS is listed under "High school programs."

Look for the location link for the ARL-APG program) - or contact Krissy Turner, 410-306-1008, or e-mail krissy.turner@us.army.mil.

Free American Sign Language class offered

A free American Sign Language class will be held 11:30 a.m. to 12:30 p.m. every Tuesday through March 11.

The class will be held at the Gunpowder Club, building E-4650 (January through February) and at the Edgewood Area Conference Center, building E-4811 (February through March).

To receive credit for the class, students may submit form DD 1556. Students must complete at least 10 classes in order to receive credit.

For more information or to register, call BethAnn Cameron, 410-436-7175.

Free PTSD seminar

A free Post Traumatic Stress Disorder seminar will be held March 30 at the Lisner Audi-

torium, George Washington University located at 2121 I Street NW, Washington, D.C.

The Uniformed Services Branch of the American Psychiatric Association, The American Psychiatric Association, National mental health non-profit NARSAD and the Washington Psychiatric Society will also co-sponsor the event. The symposium is appropriate for both the layman and expert.

Speakers include retired Gen. Gordon Sullivan; Robert Ursano, M.D., chief of Psychiatry at the USUHS; Gen. Loree Sutton, a psychiatrist and the new director of the DOD Center for Psychological Health and Traumatic Brain Injury; and Yuval Neria, Ph.D., associate professor of Clinical Psychology, Department of Clinical Psychology, Department of Psychiatry, Columbia University.

Reservations are recommended.

For more information or for reservations, call Trish Veatch, 703-535-1577 or e-mail tveatch@narsad.org

ROA scholarships

available

The Reserve Officers Association offers \$500 merit-based scholarships for both undergraduate and postgraduate study at accredited colleges and universities. Undergraduate scholarships are available for children and grandchildren of ROA members; and graduate scholarships are available to ROA members. Sponsors must be ROA members and membership is available to any active, reserve, retired, or former Officer who served in the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or NOAA. Application deadline for the 2008-09 school year is April 10. ROA membership and scholarship applications are available at www.ROA.org.

For more information, e-mail questions to grallen@comcast.net.

MCSC accepting welfare requests

The APG Military and Civilian Spouses' Club is currently accepting requests for welfare funds.

Throughout the year, the club raises funds to provide scholarships and welfare monies to local schools, organizations, non-profit agencies, etc.

In order to be considered for the welfare funds (which will be distributed in May), a letter, postmarked by April 15 should be mailed to MCSC-Welfare Chairperson, 2806-A McCloskey Road, APG, MD 21005.

The request letter should include: purpose of the funds, amount being requested and point of contact.

For more information, e-mail Susan Burnett, rhetor-swb@aol.com.

Annual Army Science Conference Dec. 2008

The 26th Army Science Conference will be held Dec. 1 through 4, at the JW Marriott Orlando Grande Lakes, Orlando, Fla., www.asc2008.com. The theme is Transformational Army Science and Technology-Harnessing Disruptive S&T for the Soldier. The conference agenda will

focus on Autonomous Systems, Biotechnology, Immersive Technology, Nanotechnology, Network Science, Neuroscience and Quantum Information Science.

For more information, call Jayne Ashe, CMP, TMP Design Corporation, 757-357-4011 or fax 757-357-5108.

Thrift Shop holds \$2 bag sale

The Aberdeen Proving Ground Thrift Shop, located in building 2458, is holding a \$2 Bag Sale during regular business hours the second and third weeks in March. Sale items are mainly men, women and children's clothing.

The Thrift Shop hours are Wednesday, 11 a.m. to 6 p.m., Thursday, 10 a.m. to 2 p.m. and the first Saturday of the month, 10 a.m. to 1 p.m.

The shop will be closed March 26 and 27.

For more information, call 410-272-8572 during business hours.

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



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

Do-it-yourself New York City tours

MWR has scheduled several day trips to New York City – eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more March 15, April 19, May 17, June 21,

July 19, Aug. 16, Sept. 20, Oct. 18 and Nov. 15.

Cost is \$40 per person. The bus will depart 7:55 a.m. and will return 10 p.m. Open to all DoD card holders.

For more information or to register, call or visit MWR Leisure Travel Services, Aberdeen

Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_LeisureTravel@apg.army.mil.

New York City Liberty Tours

MWR Leisure Travel Services offers two New York City Liberty Tours, March 29 and July 19.

Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Liberty for the best view in the city. Following the cruise, enjoy lunch on the coach touring famous and not-so-famous New York sights narrated by a professional and friendly step on guide. Then explore and shop in midtown Manhattan. Shop for souvenirs, browse at Macy's or stroll Times Square.

Cost is \$90 per person and includes roundtrip transportation, cruise and lunch.

The bus will depart 7:20 a.m. and return 9:30 p.m.

For more information or to purchase tickets, visit MWR Leisure Travel Services, Aberdeen Area Recreation Center, build-

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

Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off for the first time in 2008 during the Amateur Boxing Night Extravaganza March 15 at the Aberdeen Athletic Center, building 3300. Doors open 5 p.m., the event begins at 6 p.m. Tickets cost \$5 for active duty military; \$10 for non-military; and \$20 for ring-side seats. Children under 6 are admitted free.

Purchase tickets at MWR Registration, building 3326, 410-278-4011/4907 or Hoyle Gym, building E-4210, 410-436-3375/7134.

Ringling Bros. and Barnum & Bailey Circus tickets on sale

Ladies and gentlemen, come see the greatest show on earth. Tickets are available for shows March 12 through 23 at the 1st Mariner Arena in Baltimore for \$18.75 for ages 2 and older. The last day to purchase is March 7.

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

MWR hosting 'Losers ARE Winners' weight loss competition

A new weight loss competition began Jan. 14 and ends April 4. Participants must enter with a partner (groups of 3 will be accepted).

Participants will weigh in once a week. Participants who lose the most weight based on a percentage will win a prize.

Register at the AA Fitness Center, building 320 or Hoyle Gym and Fitness Center, building E-4210. Entry fee is \$5 per person.

For more information, call Jeff Pettway, 410-278-9725

School age/middle school services summer program taking applications

The Aberdeen and Edgewood area's summer programs will run for nine weeks, June 16 through Aug. 15, Monday through Friday, 6:30 a.m. to 5:30 p.m.

The program is open to all

qualifying children who have completed first through eighth grades. Parents can sign up for the weeks that fit their schedule.

Tuition fees are based on total Family income.

Waiting list applications may be picked up daily beginning 7:30 a.m., Feb. 19, at the Edgewood Area Youth Services, building E-1902, the Outreach Services, building 2752 or faxed to 410-278-4658.

Applications will not be distributed or accepted at the Aberdeen Area Youth Service building.

Registration will be held Saturday, April 19, at the Edgewood Area Youth Services and Saturday, April 26, at the Aberdeen Area Youth Services for all sponsors who have been offered openings by the Central Registration office. Registration packets, an up-to-date physical and Family income information must be completed prior to the registration appointment.

A \$20 non-refundable deposit is required per child at the time of registration for each week a parent selects.

For questions or further information, call the Outreach Services Office, 410-278-7571/7479.

Easter Sunday Brunch

Top of the Bay will hold an Easter Sunday Brunch, 10 a.m. to 2 p.m., March 23. Price is \$19.95 for adults, \$9.95 for children ages 5 to 11 and children under 5 eat free.

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

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

The luncheon buffet includes a carving station with roast sirloin of beef and ham, chicken breast stuffed with sage and cranberry dressing, roast pork, baked cod, assorted vegetables, potatoes and rice.

Mimosas, juices, coffee and tea are included. Reservations are required by March 20.

To make reservations, call 410-278-3062 /2552/5195.



SKIES Unlimited

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

Friends Self Defense

Friends Self Defense training will be held for ages 7 and over, 1 to 3 p.m., March 27 at the Aberdeen Area Youth Center, building 2522.

Friends can bond with one another while learning a very valuable skill, self defense. This course will teach students how to develop healthy boundaries and will include some basic self defense techniques that could help save their lives.

There is a maximum of 16 students for the class. Students should wear comfortable athletic type clothing to class. Cost is \$30 per student.

Private piano lessons

SKIES Unlimited private piano lessons will be given 3:30 to 7 p.m., March 7 through April 18. Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Students are responsible for purchasing the required books for the course recommended by the instructor.

Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Aberdeen Area Youth Center, building 2522.

Three sessions will be held

on Tuesdays and Thursdays, from March 11 through April 10; April 15 through May 15; and May 20 through June 19.

Beginner classes will be held 6 to 6:45 p.m.; advanced classes will be held 6:45 to 7:30 p.m.

Through the practice of jujitsu and kickboxing, students will learn the best form of self-defense, how to defend themselves against bigger, stronger, and faster opponents and develop leadership and teamwork skills. All students will advance their skills no matter their gender, size, or natural ability.

Cost is \$85 per student, or \$240 per student for all three classes.

Auditions open for the MWR Talent Showcase

All authorized MWR users are eligible to audition for the MWR Talent Showcase, 7 p.m., March 8 and 9, at the Aberdeen Area Recreation Center, building 3326 and 4 to 6 p.m., March 22 and 23, at the Edgewood Area Stark Recreation Center, building E-4140.

Talent categories include vocalist, vocal group, instrumentalist, instrumental group, spoken word, rapping, dancing and comedians.

The Talent Showcase will be held 7 p.m., April 19, at the Post Theater. Prizes will be awarded for the First Place, \$300; Second Place, \$200; and Third Place, \$100.

For more information, call Earlene Allen, 410-273-7803 or 410-652-2737 or e-mail MWR-Events@apg.army.mil.

Free movies at the Post Theater

MWR hosts free movies at the Post Theater, 7 p.m., Saturdays and 2 p.m., Sundays.

Movies are open to active duty, National Guard and Reserve personnel and their Family members, retirees, DoD civilians and APG contractors. Children under 16 must be accompanied by an adult regardless of the movie rating.

For more information or movie schedule, call the Movie Hotline, 410-278-8000 or check the APG MWR Web site, <http://www.apgmwr.com>.

Snack Bar will be open for all performances.



APG Bowling Center Snack Bar specials Building 2342

Week of Feb. 25

Special #1: Three cod strips, French fries, one cookie and soda for \$6.95.

Special #2: Italian sausage on a hot dog bun, curly French fries, one cookie and soda for \$5.25.

Week of March 3

Special #1: Two hot dogs, curly French fries, one cookie and soda for \$4.45.

Special #2: Nine wing dings or wing zings, French fries, one cookie and soda for \$5.95.

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





Law

IRS will send stimulus payments automatically starting in May Eligible taxpayers must file a 2007 tax return to receive rebate

IRS

The Internal Revenue Service advised taxpayers Feb. 13 that in most cases they will not have to do anything extra this year to get the economic stimulus payments beginning in May.

"If you are eligible for a payment, all you have to do is file a 2007 tax return and the IRS will do the rest," said IRS spokesman Jim Dupree.

The IRS will use information on the 2007 tax return filed by the taxpayer to determine eligibility and calculate the amount of the stimulus payments.

The IRS will begin sending taxpayers their payments in early May after the current tax season concludes. Payments to more than 130 million taxpayers will continue over several weeks during the spring and summer. A payment schedule for taxpayers will be announced in the near future.

Stimulus payments will be direct deposited for taxpayers selecting that option when filing their 2007 tax returns. Taxpayers who have already filed with direct deposit won't need to

do anything else to receive the stimulus payment.

For taxpayers who haven't filed their 2007 returns yet, the IRS reminds them that direct deposit is the fastest way to get both regular refunds and stimulus payments.

Most taxpayers just need to file a 2007 tax return as usual. No other action, extra form or call is necessary. The agency's Web site, www.irs.gov, will be the best information source for all updates and taxpayer questions.

In most cases, the payment will equal the amount of tax liability on the tax return, with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return).

The law also allows for payments for select taxpayers who have no tax liability, such as low-income workers or those who receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. These taxpayers will be eligible to receive a payment of \$300 (\$600

on a joint return) if they had at least \$3,000 of qualifying income.

Qualifying income includes Social Security benefits, certain railroad retirement benefits, certain veterans' benefits and earned income, such as income from wages, salaries, tips and self-employment. While these people may not be normally required to file a tax return because they do not meet the filing requirement, the IRS emphasizes they must file a 2007 return in order to receive a payment.

Recipients of Social Security, certain railroad retirement and certain veterans' benefits should report their 2007 benefits on Line 14a of Form 1040A or Line 20a of Form 1040. Taxpayers who already have filed but failed to report these benefits can file an amended return by using Form 1040X. The IRS is working with the Social Security Administration and Department of Veterans Affairs to ensure that recipients are aware of this issue.

"Some people receiving Social Security and veterans' benefits may

not realize they will need to file a tax return to get the stimulus payment," Stiff said. "To reach these people, the IRS and Treasury will work closely with the Department of Veterans Affairs, the Social Security Administration and key beneficiary groups on outreach efforts."

Eligible taxpayers who qualify for a payment will receive an additional \$300 for each child who qualifies for the child tax credit.

Payments to higher income taxpayers will be reduced by 5 percent of the amount of adjusted gross income above \$75,000 for individuals and \$150,000 for those filing jointly.

Taxpayers must have valid Social Security Numbers to qualify for the stimulus payment. If married filing jointly, both taxpayers must have a valid Social Security Number. And, children must have valid Social Security Numbers to be eligible as qualifying children.

Taxpayers who file their tax returns using an Individual Taxpayer Identification Number issued by

the IRS or any number issued by the IRS are ineligible. Also ineligible are individuals who can be claimed as dependents on someone else's return, or taxpayers who file Form 1040-NR, 1040-PR or 1040-SS.

To accommodate taxpayers who file tax returns later in the year, the IRS will continue sending payments until Dec. 31, 2008. The IRS also cautions taxpayers that if they file their 2007 tax return and then move [from] their residence that they should file a change of address card with the U.S. Postal Service.

The IRS will mail two informational notices to taxpayers advising them of the stimulus payments. However, taxpayers should be alert for tax rebate scams such as telephone calls or e-mails claiming to be from the IRS and asking for sensitive financial information. The IRS will not call or e-mail taxpayers about these payments nor will it ask for financial information. Scam e-mails and information about scam calls should be forwarded to phishing@irs.gov.

Harford County announces 2008 Tax Credit Outreach Campaign Will aid working Families in claiming earned tax credits

Harford County Government

The Harford Community Action Agency in collaboration with Harford County Government and the AARP has put forth a multi-level plan to help put more money into the pockets of working low and moderate income Families and individuals. The aid will come in the form of assisting qualified workers in claiming federal tax benefits they have earned.

The Earned Income Credit can be worth up to \$4,716 for Families who worked in 2007. In addition, the Child Tax Credit can also be worth \$1,000 per child for those who qualify.

"Nationally, it is estimated that as much as twenty percent of eligible workers do not claim their benefits," said Judy Mason, the director of the Harford Community Action Agency. "In Harford County, that translates into a substantial amount of untapped income that can help workers take care of their Families."

"These are not some form of handout,

but a federal income tax credit that hard-working Harford County Families have earned," said Harford County Executive David R. Craig, who spoke in support of the effort. "This extra income can help our citizens meet everyday expenses like groceries and clothing. It is of tremendous value to our community and to our local economy."

Don Mathis, president and CEO of the National Community Action Partnership and former head of the Boys and Girls Clubs of Harford County, made the trip from Washington, D.C., for the announcement. He echoed the thoughts of Craig.

"We are talking about the workers who need this boost the most," Mathis said. "When these dollars get put into a local economy, they get spent over and over again to everyone's benefit."

The Harford Community Action Agency has established a hotline to help citizens claim their benefits and to get free tax help in preparing their 2007 returns through organizations such as the AARP, which

has trained volunteers providing free tax aide throughout Harford County.

In addition, free tax aid is also available through Volunteer Income Tax Assistance, a program run by the Internal Revenue Service in conjunction with community-based organizations.

The Harford Community Action Agency, Inc. works in partnership with the Harford County Government to help address the housing and community development needs of the low- to moderate-income residents of Harford County. The Community Action Agency is a private, non-profit organization governed by a board of directors. The agency delivers services to residents of Harford County through heating fuel assistance, utility assistance, emergency food, eviction prevention, training and budget counseling.

For more information about the Earned Income Outreach Program, contact the Harford Community Action Agency, 410-638-3567.

IRS successfully processing tax forms affected by Alternative Minimum Tax legislation

IRS

The Internal Revenue Service is now processing five tax forms affected by legislation involving the Alternative Minimum Tax.

On Feb. 11, IRS systems began to accept and process returns that include the five affected forms. After several days of processing, the IRS confirmed all systems are working properly.

In late December, the IRS announced it would delay processing of several tax forms. For the vast majority of taxpayers, the filing season this year began on time. But for any taxpayer whose return included any of the five affected forms, filing opened on Feb. 11.

Taxpayers who use the five forms can now file their tax returns as normal.

The affected forms are:

Form 8863, <http://www.irs.gov/pub/irs-pdf/f8863.pdf>, Education Credits

Form 5695, <http://www.irs.gov/pub/irs-pdf/f5695.pdf>, Residential Energy Credits

Schedule 2, Form 1040A, <http://www.irs.gov/pub/irs-pdf/f1040as2.pdf>, Child and Dependent Care Expenses for Form 1040A Filers

Form 8396, <http://www.irs.gov/pub/irs-pdf/f8396.pdf>, Mortgage Interest Credit

Form 8859, <http://www.irs.gov/pub/irs-pdf/f8859.pdf>, District of Columbia First-Time Homebuyer Credit

Approximately 13.5 million taxpayers will use these forms

this year. Altogether, the IRS expects to receive nearly 140 million individual tax return submissions this year.

The IRS has worked closely with the software industry and tax practitioners during the reprogramming process to minimize disruptions for taxpayers and the tax community.

For more information, see Alternative Minimum Tax — How It Affects Filing Season 2008, <http://www.irs.gov/newsroom/article/0,,id=176605,00.html> on IRS.gov.



Your health is KUSAHC's goal



Smart strategies for handling stress on the job

Story by
CARLLA E. JONES
U.S. Army Center for Health Promotion and Preventive Medicine

Job stress is a common problem in the work environment today.

The National Institute for Occupational Safety and Health reports that 25 percent of employees view their jobs as the number one stressor in their lives.

In a military workplace, the increased operations tempo and other current mission requirements add additional job stressors for both military and civilian employees.

There are many job conditions that may lead to stress. Tight budgets and timelines, long work hours, heavy workloads, inadequate staffing and job demands that cannot be met can all contribute to the stress that workers experience. Additional conditions that may cause stress on the job include:

- Infrequent rest breaks
- Isolation (feeling "tied" to the desk)
- Lack of support or help from coworkers and supervisors
- Conflicting or uncertain job expectations
- Too much responsibility
- Too many roles to fill at once (wearing more than one "hat" at a time)

Job stress often results in a variety of health complaints and symptoms.

A study by the St. Paul Fire and Marine

Insurance Company reported that problems at work are more strongly associated with health complaints than are any other life stressor, including financial or Family problems.

People feeling stressed at work may experience aching muscles, loss of appetite and a complete sense of exhaustion. Additional warning signs of job stress can include headaches (including migraines), sleep and mood disturbances, loss of appetite, high blood pressure, difficulty in concentrating, a short temper, upset stomach, job dissatisfaction and low morale.

It is very important that people experiencing these symptoms do not assume that job stress is the underlying cause. Instead, ask a healthcare provider to assess possible underlying physical causes for these symptoms.

Job stress can also play a role in many chronic diseases. However, the effect of job stress may be more difficult to recognize because chronic diseases can take a long time to develop. But, there is more evidence that stress is a risk factor for several types of chronic health problems like cardiovascular disease, musculoskeletal disorders and psychological disorders.

What can a person do about job stress? Try to keep a positive attitude. Refocus the negative to be positive. Take small breaks throughout the day (even if it is just enough time to walk around the parking lot). Make sure to get enough physical activity. Eat foods



that improve health and well-being. Make an effort to interact with people at work. Learn about and try using one or more of the many relaxation techniques like listening to music or practicing yoga or meditation. Take time for personal interests and hobbies. Bring about a balance between work and Family or personal life by unplugging from work-related technol-

ogy (like work cell phones and work e-mail) while not at work.

For more information about stress at work and effective stress management go to:

- <http://www.cdc.gov/niosh/topics/stress/>
- <http://www.nlm.nih.gov/medlineplus/ency/article/001942.htm>

Commentary: Staying well at work

By
KELLY L. FORYS
U.S. Army Center for Health Promotion and Preventive Medicine

Imagine going to a place that promotes your physical and mental health, increases your connection to others and reduces your stress level. Are you picturing yourself on an island with blue water, soft sand and big, shady palm trees surrounded by your friends?

An island retreat would probably be beneficial, but some of the same health benefits can also be gained while on duty. An increasing number of workplaces are changing the working environment to promote

health, which has the added benefit of increasing job satisfaction and reducing absenteeism.

The Army has Command Guidance, Training Guidance, and Field Manual 21-20, which all promote health at work by requiring Soldiers to engage in physical fitness activities. In addition to physical fitness, other components of a workplace wellness program include flexible hours, encouraging breaks, and providing seminars and speakers on smoking cessation and healthy living.

These wellness programs are good for the Army and good for the Soldier. The Army benefits because Soldiers take better care of themselves,

are more motivated, are happier, are healthier, and have fewer sick days. However, even if a supervisor does not offer health perks on the job, an individual Soldier can take action to improve the working environment.

Be armed with information to stay healthy at work. The Army's Hooah 4 Health Web site, www.hooah4health.com, contains many tools, including newsletters and information on mental, physical and spiritual health that can be posted in the workplace.

Below are several strategies to help keep Soldiers well at work:
Take a break.

- Use technology to program a calendar, watch or cell phone to send a

"take a break" reminder every two hours.

- A quick stretch break can help refocus energy and improve productivity.

Make time to workout.

- Don't underestimate the power of movement. Moving the body can create energy. Even if going for a long walk or run is not appealing, putting on sneakers and going outside for just five minutes will often motivate a person to keep moving.

Organize a healthy group potluck at work.

- Get fellow Soldiers and coworkers involved. Choose a day (Fridays often work well) two weeks in advance

and ask coworkers to bring in a healthy dish for a potluck. Encourage coworkers to visit Web sites with healthy recipes such as www.whfoods.com and www.deliciousdecisions.org.

Refresh communication skills.

- All workplace environments can be stressful at times. Effective communication can reduce confusion. Repeat instructions when they are given to make sure that the instructions are clear, and ask for clarification at the beginning of a task.

The majority of our waking hours during the week are spent at work or on duty. Spend that time wisely and stay well.

One year later: Surgeon General lauds care improvements

Story by
CARRIE MCLEROY
Army News Service

One year after the Army began answering to publicity surrounding outpatient deficiencies at one of its leading medical facilities, its top doctor announced, "We have made major revisions in our approach to care for our Soldiers and their Families."

During a media roundtable Feb. 7, Army Surgeon General Lt. Gen. Eric B. Schoomaker and other representatives from the Army medical community discussed progress made since the stories about Walter Reed Army Medical Center surfaced.

The Army Medical Action Plan, formed to implement changes that would improve medical care processes and reduce bureaucracy, has enabled vast improvements in the way Army medicine assists and transitions its wounded and ill warriors, Schoomaker said. One of the main components of AMAP, the Warrior Transition Unit, has been a staple of the transformation.

Warrior Transition Units

There are currently 35 WTUs providing medical and administrative support to some 9,500 wounded, injured and ill Soldiers to date, the general said. In the past, those Soldiers would have been imbedded in various units throughout the Army.

"Now we are bringing them all together - those who are ill, injured in training (or) in combat - all components," Schoomaker said, added that the majority of WTU Soldiers are not casualties of war, but have other service-related injuries and illnesses.

Each WTU is manned with squad leaders, nurse case managers and primary care managers (physicians)

to provide for the various needs of Soldiers and their families. The Army has provided more than 2,500 Soldiers from outside the medical community to work in various roles within the units as well, according to Schoomaker.

"These are Soldiers taking care of other Soldiers and their Families," he said.

Time to transition

The Army's goal is to navigate Soldiers through the oftentimes lengthy and difficult channels that lead to recovery and eventually transition.

"All Soldiers receiving care and evaluation are 'Warriors in Transition,'" Schoomaker said. "They are in transition back into uniform to serve again, in transition into their civilian life [or] in transition to continued care at a VA or civilian facility."

He also praised other changes ushered in by AMAP intended to smooth these transitions, including better coordination with the Department of Veterans Affairs.

The VA has placed recovery coordinators and liaisons in Army hospitals, "to identify friction between agencies," and better guide Soldiers and their Families through such bureaucratic processes as disability ratings and benefits, Schoomaker said.

In its efforts to cut through what used to be miles of red tape encountered during a Soldier's transition process, the Army has been working closely with the VA. Through AMAP, major strides have been made, "to eliminate hurdles and improve the adjudication process to make the transition process as fluid as possible," he added.

Officials are investigating, testing and implementing ways to reduce

bureaucracy across the board, such as reducing paperwork, according to Brig. Gen. Michael Tucker. The assistant surgeon general for Warrior Care and Transition, Tucker cited the reduction of the physical evaluation packet by 50 percent as one success in this arena.

The Army has also provided Soldiers with more time for transition preparation, according to Schoomaker. Prior to the establishment of the AMAP, Soldiers were given 10 to 12 days to out-process once the decision to discharge had been made. Now, each out-going Soldier is allowed 90 days to prepare for life beyond the Army.

"They are now given the time necessary to prepare for transition that was previously unavailable," Schoomaker said.

In addition, with Veterans Affairs representatives in-house, a Soldier's VA benefits can be approved prior to discharge.

Improvements treating brain trauma

Col. Loree Sutton, head of the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury, spoke at the media roundtable about improvements in mental health and brain injury research and treatment.

"There have been numerous advancements in the last few months with respect to mild traumatic brain injuries, Post Traumatic Stress Disorder, depression and anxiety," she said. Mental health professionals, both Army and civilian, will continue to cooperate and share information regarding mental health and brain injuries and the risks associated with them.

Sutton added that a scientific working group would convene later this month to review all areas and discuss ways to better serve affected Soldiers and their Families.

"We are looking to take a holistic approach [when dealing with] injury and trauma," she said.

Suicide prevention

In response to questions about the increased number of suicides, attempted suicides and suicide gestures within the Army, Col. Elspeth C. Ritchie said the Army is addressing ways to decrease the stigma attached to feelings that could lead to these actions.

The behavioral health psychiatry consultant to the Army Surgeon General cited one possible reason for the increase.

"Part of the reason the trend has gone up is better capture of data," which she said equates to a more accurate gathering of information on suicides, attempts and gestures.

The Army continues to concentrate its efforts on suicide prevention and research to provide solid support for Soldiers, according to Schoomaker.

"Suicide prevention is not purely a medical issue, it is a multi-disciplinary issue," he said.

"It is a problem that involves small unit leaders and fellow Soldiers. Chaplains and medics are involved, as are counselors," Schoomaker said, adding that the Army is taking an integrated approach to attack the problem where it can provide the most help, using all available personnel and information to educate Soldiers and their Families on the signs of suicidal tendencies and ways to recognize and treat the causes.

"This is something we are taking

very seriously. We want to be able to effectively help our men and women in uniform," Schoomaker said.

Wounded Warrior hotline

The Wounded Soldier and Family Hotline is another tool the Army is using to reach out to Soldiers and their Families.

According to Schoomaker, the hotline has fielded more than 7,000 calls since its inception in March 2007. The 24-hour hotline addresses a wide range of issues, and is available to current and former Soldiers and Family members from every Army component.

According to AMAP officials, the hotline serves two main purposes: "To offer wounded, injured or ill Soldiers and their Family members a way to share concerns on the quality of patient care," and "to provide senior Army leaders with visibility on medically-related issues so they can properly allocate resources to better serve Soldiers and Families."

Schoomaker added that it gives members of the Army Family an additional avenue to resolve medical-related issues.

If operators supporting the hotline cannot answer a caller's question, they are trained to provide the caller with points of contact and phone numbers to organizations that can offer assistance.

The AMAP's recent successes and future progress hinge upon the continued cooperation between all involved organizations and people, according to Schoomaker.

"America can be assured that we are not going to rest until Soldiers serving our nation are cared for compassionately and effectively," he said.

Wounded

From front page

he said, acknowledging that many of the same problems existed Army-wide, but that WTUs and additional funding have fixed many of them.

He still faces the bureaucracy head-on, often encountering problems no one could have foreseen, like the injured Soldier who was initially told he was no longer entitled to his re-enlistment bonus.

Tucker said the problem was immediately fixed, and while Army employees may have

been following a regulation to the letter, it's more important for them to stop and say 'Wait a minute, this doesn't seem right. Let me talk to my boss.'

"So when we came to impasses on what we were going to do with bureaucracy, I would always err on the side of healing," he said.

"Well, the Soldiers at Fort Bragg don't want to come to the WTU because they can't wear their maroon beret. 'Why can't they?' Because Army Regulation says they can't. 'But why can't they?' Is it legal, moral and ethical? Well, not really. 'Well, make your folks aware that they can now wear it.'"

"Some Soldiers said 'I don't want to go there because I can't wear my patch. I want to wear the 101st patch. I'm a 10th Mountain Climb to

Glory Soldier. Don't make me wear the MED-COM patch. I went to war with these Soldiers. I fought. I bled with these Soldiers. I don't want to lose my identity.' Is that part of making them feel good? Is that part of healing? They can wear their patch now.

"Well, I don't want to go to the WTU, because if I go to the WTU, I won't get back to my unit and I want to get back to my unit because those are the Soldiers I fought with, I bled with.' So now we've authorized them to go back to their unit, even if it's in an over-strength status. We're busting bureaucracy on the side of healing. If it makes you feel better, that's fine."

Wounded warriors who decide to leave the Army now have 90 days to transition to Veter-

ans Affairs, and Army representatives help walk them through the process and introduce them to VA, making sure they know what their benefits are. Soldiers will receive their first check from the VA on the first day of the next month after they've transitioned.

To further smooth the process between Army and VA, Tucker's executive officer, Dr. (Lt. Col.) Marie Dominguez, is going to serve as a special advisor to VA Secretary James Peake. Tucker will also have a special advisor from the VA.

"This is profound, because now I have a camel in their tent, so to speak. So we're starting to focus on the VA and get some more traction with them because we want to carry this continuum of care onto them," he said.

Winners are losers in 'Losers ARE winners' weight loss contest

Story by
YVONNE JOHNSON
APG News

More than 90 Aberdeen Proving Ground employees stand to gain a healthier lifestyle for life after participating in the Losers ARE winners weight loss competition hosted by the APG fitness centers.

The four-month competition began Jan. 14 and ends April 14. Participants

register with a partner and whoever loses the most weight based on a percentage wins the grand prize.

"Hopefully the partners motivate each other to exercise regularly and eat healthier," said Jeff Pettway, Aberdeen Area Fitness Center manager.

Pettway said that personnel weigh in weekly at either the AA or Edgewood Hoyle Gym and Fitness Center where most of them work out

regularly.

"The focus is not to win a prize, it's to get you started on a change of lifestyle," Pettway said. "Only a couple of people have even asked me what the prize is, so if you believe the prize is your fitness then you're already a winner."

Bernadette "Bernie" Weed, an information technology specialist with the Directorate of Information

Management, said she comes in "at least four days a week" with her partner and co-worker, Brenda Saddler. She said they signed up at the start of the competition.

"I do it to stay motivated about exercise, nutrition and living a long and healthy life. It makes me feel good and I enjoy it," she said.

She added that Pettway is "a very good motivator who gives individual

attention regarding exercise, weight and nutrition."

"By taking on a healthier lifestyle that includes diet and exercise, you'll start seeing results and you'll feel good about yourself," Pettway said. "You can't lose."

It's not too late to get in on the Losers ARE winners competition. For more information, call Pettway at 410-278-9725.

June exercise tackles joint communications interoperability

Story by
TIMOTHY RIDER
U.S. Army CECOM Life Cycle Management Command

Qualified military and government personnel interested in resolving joint interoperability issues across theaters, military services, and Department of Defense and civil agencies are encouraged to participate in the annual DoD Joint Users Interoperability Communications Exercise – known as JUICE – scheduled at Fort Monmouth, N.J., June 2 through 19.

Hosted and conducted by the Software Engineering Center, a directorate of the U.S. Army's Communications-Electronics Life Cycle Management Command, the JUICE exercise has been held there since 1994.

JUICE is the only exercise of its type offered to military and government personnel, said Acting SEC Director Stephen Kovacs.

"JUICE provides a truly unique, one-of-a-kind opportunity for all of us who work with communications systems to see the latest in technological developments while also sharing information on current communications equipment and approaches," Kovacs said.

As in past years, attendees from around the world will work together during the three-week JUICE exercise to participate in mission-related activities on a deployed Joint Task Force network, facilitated by Warfighters and executed under the sponsorship of a supported regional combat command.

Exercise participants will have the opportunity to engage in new technologies, receive training, obtain assessments and certification of existing and evolving technologies and resolve technical problems or challenges they may be experiencing in their mission to improve Warfighter survivability on the battlefield.

Invitation-only VIP Days are scheduled June 17 and 19 to provide senior-level personnel a unique opportunity to review the latest developments in government and commercial technologies designed to support and improve communications systems.

"General officers and senior executives from around the world attend JUICE during the VIP days," Kovacs said. "It's a valuable opportunity for senior leaders to learn first-hand about cutting edge technology and see how it applies to real-life operations."

Participation encouraged

The SEC encourages participation in JUICE by personnel interested in communications interoperability among the DoD, military services, the National Guard Bureau, the Defense Information Systems Agency and other government agencies that develop, operate and maintain all elements of tactical communications networks. Past participants have included project managers, systems engineers, software developers, information technology specialists, chief information and chief technology officers, active units and combat commands.

- Participation in JUICE is free, but travel expenses are the responsibility of each participant.
- A secret-level clearance is required for all participants.
- Vendors require government sponsorship.
- Participants are encouraged to attend JUICE planning conferences that will be held at the L-3 Ilex Facility. The Final Planning Conference will be held April 29 through May 1. Participants attending these meetings should be prepared to discuss their objectives.

Those interested in attending should refer and direct questions to the Office of the Executive Agent for Joint Tactical Networks (EA-TJTN) at 732-532-8053 or e-mail him at john.caruso@us.army.mil.

• Reporters should direct questions to Timothy Rider, 732-532-1258.

The SEC delivers life cycle software solutions that ensure war-fighting superiority and information dominance from the battlespace through the sustaining base. Headquartered at Fort Monmouth, the SEC has offices throughout the United States and the world.

Toting the ruck...



Photo by ROGERTEEL, OC&S

First Sgt. Jeffrey Grimes, left, now totes the rucksack for Headquarters and Headquarters Company, 61st Ordnance Brigade, taking over as unit senior noncommissioned officer from Sgt. 1st Class Michael Ambrose, center. Commander Capt. Jacob Grabia, right, officiated the Feb. 15 change of responsibility ceremony that was attended by senior leadership and Soldiers from throughout the Ordnance Corps. The rucksack is symbolic of the responsibilities Grimes now carries for the unit that directly supports the brigade staff and cadre of the U.S. Army Ordnance Center & Schools.

Jotting down details



Photo by ROGERTEEL, OC&S

From left, Louis Fernandez, Karen Milton and Rita Savage, members of the U.S. Army Ordnance Center & Schools civilian workforce, jot down the phone number of Bobby Winn, left, Department of Defense Priority Placement Program coordinator. Winn presented a PPP overview to the organization Feb. 5. The briefing was the second in a series for USAOC&S employees who will be directly impacted by the organization's Base Realignment and Closure move to Fort Lee, Va., projected to begin early next year. The organization was previously briefed on the Defense National Relocation Program by Cal Pierce from the Baltimore District Corps of Engineers. The purpose of the briefings is to help employees make informed decisions about their careers as the BRAC process takes place.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Deanna Patton, 410-278-8978, or e-mail deanna.l.patton@apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Neoma Amberman
Karen Blades
William Bond
Debra Bonsall (daughter has brain tumor)
Jeanie Bowman
Jane Calahan
Henry Cason
Donna Cianelli
Joyce Clark
George Colletta

Barbara Crossley
John Daigle
Wayne Doyle
Lisa Foust
Betty Genuardi
Hester Hayes
Jerome Hesch
William Horn
Beverly King (caring for husband)
Glenn Kresge

Coby Lantry
Mickey Morales
Marie D. Nowak
Cindy Orwig
Melvin Showell
Gloria Sexton
Donna Sexton
Mark Shipman
Willie Stevenson
Charles Young

Lean Six

From front page

tools and be capable of leading Enterprise level Projects.

Upon completion, black-belt students are knowledgeable of high-impact improvement projects, statistical software, and how to change organizational culture.

As ARDEC works to change the way they do business, facilitating and encouraging a culture change is a slow but steady process; and it starts with middle management.

"The number one challenge ARDEC faced while implementing the training program was resistance from middle management," Scott said.

He spoke of the struggle for middle management to let go of the past way of doing things, and getting rid of the mentality, "if it's not broke, why fix it." He said communicating with the workforce was vital during the LSS transition.

"When you're in middle management, it's hard to focus on new concepts and innovating processes when you still have a deadline and goals to meet," Scott said.

Educating the workforce on the importance and the benefits of implementing LSS helped remedy this issue.

Culture change takes time. More than six years ago, ARDEC initiated LSS to improve the quality of their processes and products that are delivered to the hands of the Warfighter. Now, through numerous green and black belt projects, ARDEC has reached many milestones, and the success of the Lean Six Sigma program was a major step in receiving the Baldrige Award.

"LSS provides ARDEC with a mechanism to solve problems in an effective and efficient manner and achieve continuous process improvement across the organization," Scott said.

Another challenge included relieving some of the best

ARDEC personnel from their current duties so they could assume full time black belt roles.

ARDEC is beginning the next phase in LSS implementation through Design for Lean Six Sigma, which will focus on early detection and prevention of business waste. In Design for Lean Six Sigma, ARDEC will work to prevent problems and provide breakthrough solutions to well defined requirements and move away from having to fix problems created in earlier phases. By solving problems at the conception of a process, an organization can avoid problems later in the process.

"Prevention is the key," Scott said. "As we move forward in LSS, if we can make our products and processes more robust, we will yield a more solid, efficient process in the middle and end of the process life-cycle. The benefits of doing this will dwarf the savings we get today from correcting problems."

Last Air Force body maintenance class graduates



Photo by ROGERTEEL, USAOC&S

Members of the final U.S. Air Force Vehicle Body Maintenance Apprentice Class at Aberdeen Proving Ground prepare to move out to permanent assignments following their Feb. 26 graduation. The Metal Body Repair Course, as it was originally called, began in 1974 and AF students trained jointly with Army counterparts in the Metalworker Division of the U.S. Army Ordnance Center & Schools. After becoming an AF unique training program in 2003, steps were taken to merge two AF career fields as Vehicle Maintenance Craftsman, a move approved by the AF in 2007. This ended an era of AF training at APG with nearly 1,300 AF Vehicle Body Mechanics completing their training here. From left, members of the last class include Airmen 1st Class Brian May, Peter Hilleren, and Allen McGouirk, Airman Basic Heather Mey, Airman Joshua Gevedon and Airmen Basic Henry Chung.

Historic static aircraft removed from APG

Story by
RACHEL PONDER
APG NEWS

World Wide Aircraft and Recovery removed a deteriorating static Phantom F-4 fighter jet that sat for years in front of the U.S. Air Force Detachment barracks at Aberdeen Proving Ground Nov. 28, 2007.

The aircraft was removed because it needed costly renovations in order to be up to Air Force standards, according to Todd Armstrong, flight chief, Vehicle Body Maintenance.

World Wide Incorporated turned the aircraft over to the Defense Reutilization and Marketing Office.

"The aircraft did not represent the Air Force in a positive manner," Armstrong said. "The paint was deteriorating, and with the upcoming Base Realignment and Closure, we did not want to spend money to get it repainted, and then later have to spend tens of thousands of dollars to move it."

Also, the number on the tail was not historically correct,



Photo by TECH SGT TODD ARMSTRONG
Dick Schwanke of the U.S. Army Research Laboratory, and Bill Lemieux of Worldwide Aircraft Recovery, escort the F-4D Phantom to the disassembly site.

Armstrong said. Ordinarily there is a two-letter designator on the tail that the aircraft flies for. When APG acquired the aircraft, 'APG' was painted on the tail to represent Aberdeen Proving Ground.

"There were open Inspector General write-ups during inspections on that tail number because we did not have permission to change the tail number, but someone changed it anyway. That was the main problem," Armstrong said.

"Now that the aircraft is gone and we no longer own it, those write-ups have been taken care of; that was my goal."

The F-4 Phantom was placed in front of the barracks on Dec. 12, 1990. It was originally placed there to raise the morale of the students and to let others know that Air Force students lived there. The problem was that the students would frequently move to other barracks.

"For awhile we had Marines

staying in a barracks that had an Air Force plane in front of it," Armstrong said.

The aircraft was first cited as below standards during an Air Force inspection back in 2003, when Tech. Sgt. Tim Oliver was in charge of VBM, and in charge of the aircraft. During the disposition it was discovered that the aircraft still had fuel. The idea was brought up then that the aircraft should be repainted or removed.

Armstrong said that when

he took Oliver's place in 2004 it became his responsibility to take care of the aircraft.

"Prior to getting rid of it, the Air Force Museum at Wright-Patterson Air Force Base in Ohio sent out a worldwide message asking if anyone wanted the aircraft. Nobody wanted it," Armstrong said. "They are very common to air parks, and whoever wants one already has one."

Getting rid of the aircraft took squadron leadership, many meetings and plenty of paper work. The majority of the meetings took place in September and October, 2007, he said.

"We had to squeeze in meetings during a busy time, mostly during lunch," he said. "The process was long and frustrating but it did give me the opportunity to meet and work with many people on post."

Armstrong said he is grateful to everyone that was involved in helping remove the aircraft. He mentioned that Richard Zalvsky from the U.S.

Army Ordnance Center and Schools; Dick Schwanke from the U.S. Army Research Laboratory; Lorraine Temple from Defense Reutilization and Marketing Service; Rachel Swearingen, the APG environmental coordinator; and Andy Murphy, Directorate of Safety, Health and Environment, were instrumental in helping him.

Sergeant 1st Class Garrick Hipskind, who works in Explosive Ordnance and Disposal, verified that the aircraft had no explosives, such as flares, ejection seat igniters and munitions, to make sure that it was safe to remove.

Armstrong said that he felt relieved when it was finally gone.

"I hate leaving loose ends when I depart an assignment. With my pending change of station to Germany in April, it was a huge weight lifted off my shoulders, and I can depart knowing that I'm not dumping a huge responsibility and mess to clean up for someone else," Armstrong said.

Youth Center children participate in election



Joshua Sheppard, a second-grader, considers a presidential candidate during the Youth Center Election, on Feb. 12.

Story and photos by
RACHEL PONDER
APG NEWS

Maryland, Virginia and the District of Columbia weren't the only places that held primary elections on Feb. 12, the Aberdeen Proving Ground Youth Center held an election of its own.

Elementary, middle and high school children participated in elections as a way to learn about the voting process.

children studied national politics. To make politics more relevant, the children also discussed issues that were important to them at the Youth Center. Each student wrote a letter to President Bush asking him about life in the White House, his job and his favorite activities. They also told the President about themselves and their Families.

"We wanted to make sure the children knew that they have a voice too," said Lucinda McDowell, Youth Services program assistant. "Someday they might hold presidential elections at the Youth Center, and we want the children to know what is going on."

To make politics more relevant, the middle school students also discussed issues that were important to them.

"At the Youth Center we have many opportunities for the children to be leaders. We participate in Character Counts!, a 4-H program promoting good character, and Goals for Growth, a goal setting program for youth ages 8 to 12," McDowell said. "Through this election, and learning about politics, we wanted to show that we are accountable for our actions, and we have a responsibility as citizens."

McDowell said that she conducted a similar activity for the children at the Youth Center for the presidential election in 2004, and that she felt that the activity was a success. She said she wanted to do a primary election this year to give the children more candidate options, and teach them about presidential parties. Along with picking a presidential candidate, the children also nominated a Prince or Princess of the Youth Center.

As children selected a candidate, some said that they had no previous

interest in politics and that the activity made them think of how they would vote when they are older.

"I never paid attention to politics before this year," said fourth-grader Danielle Eubanks. "I started paying attention this year because a woman is running."

"I am happy that I get to vote because I haven't voted before," added first-grader Savannah Cash.

"This experience shows us what will happen when we are older," said Barrett Mims, a sixth-grader. "I am a democrat, and I am looking forward to when I can vote."

Barack Obama won the Youth Center election with 37 votes, and Hillary Clinton came in second with 13 votes, both democratic candidates. Mike Huckabee, a republican candidate, received the highest votes in his party, with nine

votes. Jerome Grinage, a high school student, and Taylor Johnson, an elementary school student, won Prince and Princess of the Youth Center, respectively.

Web sites for children & politics

Visit some of these sites to get children interested in politics.

- www.whitehouse.gov/kids/ for a virtual tour of the White House.
- www.takeyourkidstovote.org to find more ways to help children get interested in politics and the voting process.

- <http://www.northvalley.net/kids/government.shtml> has many helpful links to pages that teach children about government and politics.

- <http://www.ypa.org/about.php> for older children to get involved in Young Politicians of America.



Renessa Georges, an eighth-grader, casts her ballot for a presidential candidate.

PIE

From front page

fired simulated rounds – with complete recoil action – at enemy vehicles during an unfolding battlefield scenario.

"It's like a big video game to the Soldiers," said Bruce Brandt, the VCCT operator who controlled the battle. "It trains them for any convoy scenario they might encounter." On-site technicians Jason Pridgeon and Doug Neilson assisted Brandt in running the training module.

"Very lifelike," said Beth Oleszczuk from Aberdeen Middle School as she exited the simulator. "Very exciting. I felt exactly what Soldiers might feel in the heat of battle."

A 15-minute bus ride took the group to the Edgewood Area training area. Along the way, Towery and Command Sgt. Maj. Don Freeman, the brigade's senior noncommissioned officer, recounted personal battle experiences and stressed the importance of training Soldiers.

"It's like football," Freeman said. "You practice, practice, practice – every day – just to be ready for your next game."

At Edgewood the group met Capt. Andrew Ruiz and 1st Sgt. David Holmes at Forward Operating Base Wolverine, a training area that specializes in simulating battlefield operations.

A skirmish began immediately after the group's orientation as the front gate was attacked by an angry mob. Led behind a barricade, the educators were only a few steps away from detonations and pyrotechnics that simulated an insurgent attack.

"They're all so young," said Pat Walling, principal at Harve de Grace High School. "I'd like to come back with my students to show them what some young people -- not much older than themselves -- are doing."

The group toured a Soldier sleeping area, and then tasted Army chow served from a field kitchen.

As they dined, Staff Sgt. Sirena Yazzie, a 17-year Army veteran and Navaho Indian from Arizona, demonstrated the meal Soldiers in training most often eat – the MRE, or Meal, Ready to Eat. Each group member received an MRE packet to take home or to their schools to share.

They then observed HEAT, Humvee Egress Assistance Training, a new system that trains Soldiers how to evacuate a humvee in a roll-over scenario.

The FTX ended with the Engagement Skill Trainer 2000, an indoor rifle range where the educators became familiar with simulated 9mm pistols and were tested in "Shoot. Don't Shoot" engagements with M-16 rifles.

Pat Walling, principal of Harve de Grace High School, summarized what the educators experienced.

"It makes it real. It's not CNN. It's the real thing," she said.

"My first reaction was, 'Oh my goodness! Some of these [Soldiers] are kids out here.' Not a bit different from my kids at school," Walling continued.

"I think seeing this would make it real for many of the kids at our school, to make them understand and see what the realities are, because unless they experience it with Family members or acquaintances, their reality is CNN."

"Seeing what hard work Soldiers do at all levels and what they do every day just to protect us - what respect and knowledge they have and training - our kids need to understand that."

"Teachers need to see this as a reality and [as] what some of our kids could be dealing with," she said. "Teachers need to learn to be empathetic, I think, about some of it, too."

"It certainly gives me an appreciation for what it's really like. It's not TV. This is how Families live; this is what Soldiers do. When they leave home in the morning, this is what they're doing," Walling said.

Other attendees included: Michelle Shavitv, Harford County Schools partnership coordina-



Soldiers at FOB Wolverine stand ready to repel an insurgent attack as a group approaches the gate.



First Sgt. David Holmes instructs Harve de Grace High School Principal Pat Walling in firing the 9 mm pistol.

tor; Frank Mezzanotte, magnet coordinator; Sue Osborne, Roye-Williams Elementary School; Larissa Santos, Edgewood High School; Dave Thomas, North Harford High School; Chad Hagan, Harford Tech; and Lisa Sundquist, Edgewood Elementary School.