

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for July 9, is plastic, glass and metal. Put items in blue bags and place them on the curb.



TRAFFIC ALERT

For Traffic Alert info

For the most recent traffic alert information, visit the APG News Web site, www.apgnews.apg.army.mil, and click on the Traffic Alert icon below the weather posting. Maps that indicate traffic pattern changes and locations will soon be posted.

This information is also available at the APG 2012 Web site, <http://apg2012.apg.army.mil>.

Reduced gate hours for holiday weekend

There will be reduced gate operations at Aberdeen Proving Ground for the 4th of July holiday.

On Thursday, July 3, the Harford Gate (Route 22) in the Aberdeen Area will close at 10 p.m. and the Wise Road Gate in the Edgewood Area will close at 8 p.m.

Both gates will reopen at 4 a.m., Monday, July 7.

The Maryland Gate in the Aberdeen Area and the Route 24 Gate in the Edgewood Area will be open throughout the holiday period.

APG officials to participate in holiday parade

Command leadership will participate in the Havre De Grace parade July 5, which begins at 2 p.m.

Noise alert

The U.S. Army Aberdeen Test Center will conduct several large detonations through July 11, which are likely to generate sound and/or vibration outside the installation boundaries.

If weather conditions are not favorable, firing
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Collyar becomes 35th chief of Ordnance



Brig. Gen. Lynn A. Collyar, left, 35th chief of Ordnance, accepts the ordnance command colors from Lt. Gen. David P. Valcourt, deputy commanding general and chief of staff, U.S. Army Training and Doctrine Command, as former chief Brig. Gen. Rebecca S. Halsted looks on. See page 2 for more photos.

Story and photos by
ROGER TEEL
USAOC&S

In a colorful, spirited June 26 ceremony on Ordnance Circle, Brig. Gen. Lynn A. Collyar became the U.S. Army's 35th chief of Ordnance.

Collyar assumed command from Brig. Gen. Rebecca S. Halstead, the first female graduate of the U.S. Military Academy at West Point to become a general officer and the first female chief of Ordnance. Halstead retired June 27 in ceremonies at West Point after 27 years of service to the nation.

Lt. Gen. David P. Valcourt, deputy commanding general and chief of staff for the U.S. Army Training and Doctrine Command, officiated the change of command ceremony, passing the ordnance colors from Halstead to Collyar.

Retired Gen. John Coburn, one of several former chiefs of Ordnance in attendance and the honorary commander of the Ordnance Regiment, passed Collyar the Regimental crest from Halstead to be worn on his uniform.

Collyar comes to Aberdeen Proving Ground from

command of the Defense Distribution Center, Defense Logistic Agency, in New Cumberland, Pa.

"I can think of no other position I would rather have than becoming the next chief of Ordnance," Collyar said to the 300 attendees.

"I first came to APG in 1979 for the officer basic course. And if you'd have known me then you'd never think I'd be coming back in this capacity," he added.

Collyar is married to Col. Sarah Green, a staff judge advocate in the Washington area. His hobbies include golf, triathlons, other sports and collecting marbles.

In retirement, Halstead plans to split time between her ranch in Troy, Va., and her camp in New York.

"I'm taking four months off to live up at the camp, down at the ranch, and take a six-week road trip across the country, to see the country that I served for the last twenty-seven years. I'm really looking forward to that," she said in an earlier interview.

Valcourt was glowing in his praise for Halstead.

"The Army is losing a tremendous officer, but more than that, we're losing a great leader, a great American," he said.

TRAFFIC ALERT

More traffic changes on Maryland Boulevard

Story by
JERRY NORRIS
DIO

The next phase of the Maryland Boulevard gate construction will begin soon.

Currently, Baltimore Gas and Electric Company is nearing completion of their gas line relocation work, and Universal Safety Response, the active barrier construction subcontractor for Facchina Construction, is also nearing completion of the outbound active barrier installation. Once these two activities are completed, Maryland Boulevard traffic will be detoured to two way traffic using the outbound or westbound lanes. The detour for inbound traffic will occur just past the inbound serpentine and outbound traffic will be detoured into a single lane at the approach to the Bush River/Deer Creek Loop traffic signal.

In conjunction with this change, the speed limit of the inbound traffic lane approaching the Bush River/Deer Creek Loop intersection will be lowered to 20 mph. Drivers are cautioned that even lower speeds may be necessary due to varying traffic conditions at the intersection.

The exact date of this next traffic change depends on the actual completion of the above work, but it is anticipated to occur sometime during the week of July 7.

This traffic pattern will remain in effect until the completion of the construction.

The plan is for a December completion; however, the remaining work is extremely weather dependant.

Watch for e-mails or click the APG Traffic Alerts icon on the APG Web site home page for the latest information on this change.

As always, drivers are asked to be alert to changing conditions and practice safe driving and courtesy to keep everyone safe.

Be alert to construction in Edgewood Area

DLES

On June 23 the Maryland State Highway Administration closed MD Route 755 (Edgewood Road) from the intersection of MD Route 24 to the intersection of Willoughby Beach Road in order to repair drain culverts and repair the road surface. This work is expected to last for at least the next two months.

Detour signs are posted on MD Route 24 directing traffic from MD Route 24 to Trimble/Willoughby Beach Road and then Edgewood Road for entrance and exit onto the Edgewood Area of APG via the Wise/Edgewood Road Gate. The Route 24 Gate and the Wise Road Gate are both operational.

Additionally, renovation construction to the Magnolia Gate will begin on or about July 1. It is not possible to open the Magnolia Gate during this construction. Employees of the Edgewood Area should plan for traffic delays on MD Route 24 and adjust their arrival and departure times accordingly.

Garrison deputy talks APG 2012 at AUSA luncheon

Story and photo by
YVONNE JOHNSON
APG News

The deputy to the Aberdeen Proving Ground Garrison commander was the guest speaker at the monthly Association of the United States Army meeting at the Clarion Hotel in Aberdeen June 11.

Mary Jane Jernigan, president of the AUSA Chesapeake Chapter hosted the meeting. Dave Shaffer, the former deputy to the commander of the U.S. Army Research, Development and Engineering Command who retired in January introduced Tim McNamara, APG garrison deputy. Shaffer is the director of Analysis and Evaluation at ManTech SRS Technologies Inc. in Bel Air.

Military guests included the 61st Ordnance Brigade color guard, consisting of the 143rd Ordnance Battalion's Sgt. 1st Class Clifton Thornton and Staff Sgts.

Herbert Lake, Gary Stone and Jim Blackett who posted and retired the colors.

In addition, Pfc. Andrew Ackers, Company C, 16th Ordnance Battalion, sang the national anthem and Garrison Chaplain (Col.) Ruben Colon gave the opening prayer.

Shaffer introduced McNamara as a man, who with 25 years at APG "spent most of it taking care of installation business."

McNamara talked about the balance and synergy of APG missions calling them all "still very much involved in research and development, testing and training with nearly seventy tenants; all with their own command channels."

He explained that while base realignment and closure is only part of the APG Transformation it involves many visible changes especially with the loss of the U.S. Army Ordnance Center and Schools
See AUSA, page 12

APG welcomes new housing partner, Picerne Military Housing

Story by
YVONNE JOHNSON
APG News

AberdeenProvingGround leaders met and exchanged ideas with the installation's new housing partner during a meeting at the Marriott Courtyard and Residence Inn in Aberdeen June 26.

In May, the Department of the Army selected Picerne Military Housing to develop a Community Development and Man-

agement Plan for the installation as part of the Residential Communities Initiative program.

Under RCI the Army engages with private sector firms in public-private partnerships to manage, construct, renovate, maintain and operate Family housing. The RCI program is a critical part of the Army plan to alleviate housing shortages, rapidly improve the condition of existing

housing and sustain quality communities over the next 50 years.

John G. Picerne, chief executive officer, said that the company was the "best partner" for APG due to its longevity, flexibility, reliability and stability. He cited the company's history of successful military alliances with installations like Fort Bragg, N.C.; Fort Polk, La., and at Fort

See PICERNE, page 12

RDECOM deputy CG promoted to BG



Photo by AMBER SOWARDS, RDECOM
Brig. Gen. Peter Nelson Fuller, center, is all smiles as his wife Jane and Gen. Benjamin A. Griffin, commander of the U.S. Army Materiel Command, place his new rank on his epaulets June 20. A 28-year Army veteran, Fuller is the deputy commanding general for the U.S. Army Research, Development and Engineering Command.

APG technology, transformation highlight annual showcase

Story and photos by
YVONNE JOHNSON
APG News

Aberdeen Proving Ground technology and business opportunities as the installation undergoes the APG 2012 Transformation highlighted the annual APG Showcase at the Amoss Auditorium in Bel Air June 18 and 19.

The two-day event featured presentations, workshops, exhibits by the installation and local business organizations associated with the proving ground.

The event included 30 exhibitors and drew hundreds of visitors.

Gary Martin, deputy to the commander of the U.S. Army Research, Development and Engineering Command, delivered opening remarks focused on the physical changes, opportunities and the changing face and demographics of the installation due to base realignment and closure and other initiatives. He discussed the new organizations, jobs and technologies headed for APG and the "dramatic decrease" in the training mission due to the loss of the U.S. Army Ordnance Center and Schools.

Martin said that the transformation is referred to as 'APG 2012' because it looks beyond BRAC and considers the future role of the installation.

"In my opinion, APG will be like nowhere else in the Army," he said, adding that the installation will be looking for scientists, engineers, information technology managers, safety personnel and other technically skilled specialties.

"This will be the most significant research, development, test and evaluation facility the Army has," he said.

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, displayed a short film about APG 2012. He said that when BRAC was formed 20 years ago it was designed to



Master Sgt. Ralph Brewer, U.S. Army Research Laboratory, left, demonstrates a Lynchbot remote controlled armored vehicle with a reconnaissance camera for Kevin Johnson of the U.S. Army Communications-Electronics Research, Development and Engineering Center during the Aberdeen Proving Ground Showcase at the Amoss Theater in Bel Air June 18.

make the Department of Defense more efficient but that this time it's about setting up DoD to be able to support the workforce in the 21st century.

"It's more about mission and mission synergy than about money," Weissman said.

He said that the transformation will focus on quality of life, facilities, infrastructure, services and human capital.

"We need to continue to work with our partners outside the gate with whom we've developed a

good relationship," Weissman said. "Our vision is that as BRAC and 2012 arrive, the installation can continue to give that first class support of the missions."

Other guest speakers from the installation included Richard Decker, technical director, Edgewood Chemical Biological Center; Jill Smith, U.S. Army Research Laboratory; and Steve Kistner, deputy for technical services, U.S. Army Center for Health Promotion and Preventive Medicine.



Armor samples displayed in the U.S. Army Research Laboratory exhibit included body armor, like the glove at left and various types of composite or transparent armors used in vehicles to protect against explosive devices and munitions.

APG exhibitors included RDECOM, CHPPM, the U.S. Army Aberdeen Test Center and the U.S. Army Materiel Systems Analysis Activity, as well as representatives from Fort Monmouth's U.S. Army Communications and Electronics Command and U.S. Army Communications-Electronics Research, Development and Engineering Center.

Steve C. Taulbee, an ARL engineer, displayed armor for both body and vehicle protection. He said that the Army leads in ballistic protection survivability that's proven instrumental in saving Soldiers' lives. The display included body armor, breast plates, soft composite and transparent materials that allow for the transmission of light.

The main attraction for most visitors was remote controlled 'bots' from ARL's Robotics program office, which rolled around the room demonstrating reconnaissance and observation capabilities.

Its tactical value is tough to measure, according to Master Sgt. Ralph Brewer.

"With cameras enabled, 'toughbots' can see inside a room before entering," Brewer said,

adding that the bots are also used to check unexploded ordnance.

At the AMSAA display, Mary Calomeris, contract engineer, displayed an Acquisition System for vehicles that uses data to create algorithms to pick up system failures in advance, and ATC's Heather Hilton, chief, Business Management Office, displayed a video of ATC testing capabilities.

The CHPPM exhibit told how 'Readiness through Health' can fit into an organizational theme through its environmental and workplace health programs.

"Sometimes just working in old buildings affects people's health," Kistner said. "There are several aspects of public health we can help organizations with."

Martin thanked all sponsors, speakers and participants for providing "an insight on opportunities that exist today."

"We will continue to expand the program and continue to look at what we include as part of the conference, particularly small business and other elements.

We hope you gained friends and information that will be helpful to your organizations," he said.

ARL environmentalists ensure proper handling of hazardous materials

Story by
YVONNE JOHNSON
APG News

With more than 130 laboratories, the U.S. Army Research Laboratory's Rodman Building can at any given time hold untold numbers of hazardous materials due to the nature of the organization's test mission.

Because the accumulation of unused and forgotten materials can pose additional workplace safety and health threats, the personnel of the ARL Pharmacy are tasked with accounting for, controlling and eliminating these materials.

Led by James (Jamie) Lariviere, a contract

pharmacy manager with HAZMED, the pharmacy worked with the APG Garrison Directorate of Safety, Health and Environment to reduce the hazardous materials inventory by packaging out-dated and excess hazardous materials for disposal and recycling. Hazardous waste contractor Veolia Environmental Services completed the process.

"This was an opportunity for vendors and researchers to turn in excess, old, expired chemicals in their inventory," Lariviere said.

He said that the goal was to reduce all the acids, bases, paints, solvents and oth-

er materials that can pose health threats.

"Reducing these hazards is a top priority for environmental managers," Lariviere said.

Fred Thompson, ARL environmental manager, said that because the different labs constantly order mission-related materials, which are then stored away after they are no longer needed, this build-up of material could prove hazardous under the wrong conditions. A collection day, at one time referred to as "Amnesty Day," is set aside as needed to allow for turn-in of these materials.

"Most don't need them

anymore so there's no need to keep them," Thomas said. "And we're helping employees by reducing the inventory they have to manage."

"Evaluating the purchase, storage, use and disposal of hazardous materials in a facility makes good business sense," he added. "Managers can ensure the success of this process by understanding their options for managing, reducing or eliminating hazardous materials in all phases of operations."

Recent advances in the use of environmentally friendly products combined with mounting regulato-

ry attention to hazardous materials, have made proper management of these products a top priority, said Ken Dunaway, pharmacy manager.

"We make some chemicals here, but others even we need help getting rid of," Dunaway said.

Along with Chris Montgomery, engineering technician and a contractor with Synthesis Technology, Lariviere physically inventories the chemicals on hand in the facility and suggests reductions based on their findings.

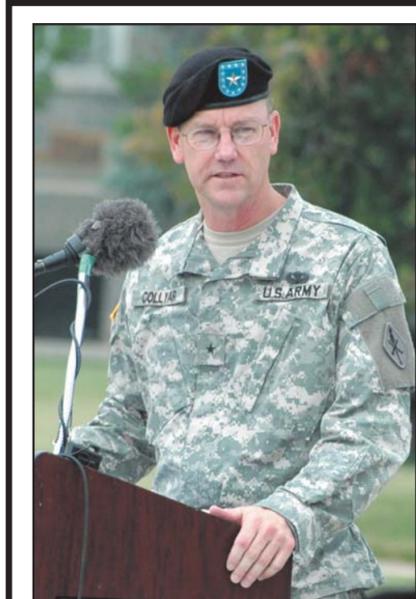
"They inventory twice a year which means they have to physically handle

one-hundred percent of the inventory," Thompson said.

Managers who take proactive steps in managing hazardous material are in the best position to evaluate options for minimizing risks they pose, he said.

During its latest collection, ARL identified more than 1,303 individual hazardous materials, which resulted in 52 lab pack containers for disposal.

"We have found this program to be the best way to clean our laboratories and experimental facilities of their old, expired hazardous materials," Lariviere said.



Brig. Gen. Lynn A. Collyar is the 35th Chief of Ordnance.

Ordnance welcomes new chief



The Ordnance Salute Battery fires an honor salute to Halstead.

Photos by ROGER TEEL, USAOC&S

APG News

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cation to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor-apg@conus.army.mil.

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

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APG continues monitoring of eagles

Story and photos by
YVONNE JOHNSON
APG News

In cooperation with the U.S. Fish and Wildlife Service, Aberdeen Proving Ground wildlife managers continue a study using technology to monitor the movement of its bald eagle population.

The core of the project is the electronic banding of eagle chicks born on the installation. Lightweight Argos-GPS transmitter systems, manufactured by Microwave Telemetry, are strapped to the birds whose movements can then be tracked via satellite.

Ultimately, 64 transmitters will be attached to APG eagle chicks to follow their patterns, according to Amy Burgess, a Directorate of Safety, Health and Environment contractor with the Garrison Eagle Management Office.

"We get a number of readings daily and plot them on Google Earth for their [the eagles'] locations," Burgess said.

The process includes locating Eagle nests by helicopter and then waiting until about eight weeks after the eggs hatch to approach the chicks and conduct a physical exam before applying the bandings.

On May 27, a group of wildlife managers led by John Paul, DSHE biologist; Leopoldo Miranda Castro, USFWS program director for the Chesapeake Bay and Dr. Bryan D. Watts, director of the Center for Conservation Biology at The College of William & Mary banded a young eagle after removing it from its nest near Top of the Bay.

Watts secured the bird in the nest, hooded it, secured it inside a small zippered bag and lowered it to the ground. From there, Libby Mojica, a William & Mary research biologist under contract with DSHE conducted the physical, which included measuring its claws and beak and

collecting blood and feather samples.

Mojica said she feels they are making a difference.

"In the past year, we've helped the post learn more about the eagle population and how they're using the ranges," Mojica said. "This kind of information helps the game wardens and aids in better management."

After being fitted with the transmitter, the eagle was placed back in the bag and sent back up to Watts, who waited in the tree throughout the process.

Watts said that usually there are one to three eagles per nest and that they usually think he's food at first and then move away from him when they realize he isn't.

"At only eight weeks, they can't fly yet," Watts said. "We want to get in there before they jump off."

Castro praised APG efforts and said he hoped this was just the start of successful species monitoring.

"We would like to do more to help the Department of Defense conduct outreach and work with landowners to help expand what the Army is doing here," Castro said. "To protect a species is a win-win situation."

Craig Koppie, a USF&W endangered species biologist, added that the study is a result of an agreement with the Army to "take reasonable measures to minimize eagle fatalities" and that those measures affect more than just the Chesapeake Bay population.

"This is a most unique area due to the fact that eagles congregate here from as far north as Canada and New England and as far south as Florida," Koppie said. "The fish are plentiful here due to the watershed. Clearly, this area hasn't changed for centuries, and we're delighted with the [APG] Garrison for its commitment to this study."



Craig Koppie, an endangered species biologist with the U.S. Fish and Wildlife Service holds the young eagle steady as Libby Mojica, a research biologist contractor working with the Directorate of Safety, Health and Environment, removes bands from its ankles.



Mojica receives the duffel bag with the eagle inside. She is a research biologist from the College of William & Mary under contract with the Directorate of Safety, Health and Environment in the Garrison Eagle Management Office.



At work in an eagle's nest atop a tree near Top of the Bay, Dr. Bryan Watts of the College of William & Mary prepares to lower an eagle chick to the ground to be included in a Garrison Eagle Management Office study May 27.

Fatigued driving comparable to drunk driving

Story by
LORI YERDON
U.S. Army Combat Readiness/Safety Center

Driving while fatigued may be just as dangerous as driving intoxicated researchers believe, prompting Army and nationwide awareness on the perils of fatigued driving.

According to the National Sleep Foundation, many Americans are too tired to drive. In a recent NSF poll, 36 percent of participants admitted to nodding off or falling asleep while driving. Fatigued drivers endanger not only themselves but everyone on the road.

"Although there is no quick roadside test that determines fatigue levels, research shows that twenty-four hours without sleep is comparable to a BAC [blood alcohol content] of .10 which is legally intoxicated in all of the United States and most of Europe," said Dr. Patricia LeDuc, U.S. Army Combat Readiness/Safety Center Human Factors Task Force director.



Illustration by BLAKE GRANTHAM

The National Highway Traffic Safety Administration estimates there are 100,000 sleep-related crashes in the United States every year, with 1,550 fatalities and 71,000 injuries.

During fiscal year 2007, the Army experienced 11 Class A fatigue-related accidents. Three have occurred to date in FY 2008, and Army safety officials remain committed to reducing the number of fatigue-related accidents through engaged leadership, awareness and Army initiatives.

"The Travel Risk Planning System helps drivers and their supervisors identify risks involved in driving long distances with too little sleep, insufficient rest breaks and even while driving at night," said Derek A. Kovacsy, USACRC Automated Risk Assessment Tools program manager. "TRIPS also recommends ways to manage these risks which the user can select to reduce their overall risk level."

"There are several warning signs of fatigue; however, individuals often don't understand them or worse yet, choose to ignore them," LeDuc said. "Falling asleep against your will ("micro" sleeps), irritability, depres-

sion, giddiness, are all indicators.

"An individual's decision-making ability, complex planning processes, productivity, attention, ability to handle stress and reaction time can all be compromised. They may also have a tendency to increase risk-taking, be more forgetful and exhibit errors in judgment, all which can increase the likelihood of having an accident," she said.

Taking precautions before a road trip may prevent an unnecessary accident. Not driving alone, avoiding long drives at night, taking frequent breaks and getting a good night's sleep are tips that can help Soldiers, their Families and civilians fight fatigued driving.

For more information on preventing fatigued driving and drowsy driving, visit www.nhtsa.gov and www.drowsydriving.org.

Visit <https://crc.army.mil> for all of the topics covered during the 101 Critical Days of Summer safety campaign.

Commentary: Summer can be fun practicing water safety habits

Story by
BOB MCNABB
APG Installation Safety Office

Drowning is the second leading cause of accidental death for persons 15 through 44 years of age. Statistics show consistent factors in drowning include overconfidence in swimming ability, alcohol involvement and breakdown of the buddy system.

In recreational settings, more than one of these factors can be present, setting individuals up for a tragedy.

Big areas of concern with water safety are alcohol and water. They don't mix and require additional lifeguards at locations when these two are combined. Alcohol impairs your judgment, balance and coordination, affects your swimming, and reduces your body's ability to stay warm.

Other concerns are the ability and/or the physical capability of the swimmers and the common occurrences of unsupervised children. We can be physically fit on land, but not necessarily in the water.

What we all need to be aware of is the fact we use completely different muscle groups while on land than we do in the water. We can be trained to Olympic standards on land, but find ourselves in dire straights while in the water. This could be very critical in rescue efforts, especially if a parent has to save a child.

The bottom line is to set water safety rules or guidelines for individuals or the whole group based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep), and ensure that these rules

are being followed.

Following water safety practices can allow people to avoid potential hazards and risk while enjoying water activities. If you don't know how, the best thing anyone can do to stay safe in and around the water is to learn to swim, and always swim with a buddy; never alone.

It is also wise to swim in areas supervised by a lifeguard, as they are trained to react to such emergencies. Immediately upon arriving at a beach or swimming facility take the time to read all rules and posted signs and adhere to the message. Know how to prevent, recognize and respond to emergencies.

Inexperienced swimmers or children should take precautions, and never enter the water without wearing a U.S. Coast

Guard-approved personal floatation device.

Being in the water can be enjoyable, but there are dangers associated with such fun that can often times be overlooked. These are referred to as the dangerous "too's" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.

Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents and where the entry and exit points are located. Use a feet-first entry when getting into the water, as shallow end diving is a problem at local pools and swimming areas. Enter headfirst only when the area is clearly marked for diving and has no obstructions.

Even swimming in these nice summer months can

be considered an activity that is full of hazards and risks. The more informed you are, the more aware you will be of these haz-

ards and incorporate risk management to instill safe practices.

Be safe in the water and enjoy your summer!

APG Outdoor Journal

Commentary: Avast there matey!!!

By
BILL ARMSTRONG
APG Wildlife and Marine Law Enforcement Division

Want to know where that term comes from, and what it means? According to my hillbilly buddies down on the Great Kanawha River in West Virginia (and they're experts when it comes to stuff like that), the phrase dates back to the late 1600s and comes from the Old Dutch term "hou vast," meaning "hold fast," or nowadays, just plain old "hold on there buddy, I got something to tell you."

Now everyone knows that the 4th of July is upon us, right? And everyone is looking forward to a day out on the water; swimming, skiing, fireworks and having a good time, right? Well, "Avast there matey" before you set sail, 'cause there's some things you need to remember:

- Always wear a properly fitted life jacket while you're out there on the boat.
- Check and make sure your radio is working before you leave the dock.
- If you're operating the boat, leave the booze alone! Boating and alcohol don't mix. Make sure you have a sober, designated boat operator.
- Make sure your charts and navigation maps are up to date.
- Make sure you have an emergency kit on board including flares, tow rope, first-aid kit, etc.
- Keep an eye on your children, and never let a child operate the boat.
- Check the weather before you go out, and let someone know where you're going and what time to expect you back.
- Make sure your navigational lights are working

properly.

- No bow riding!!!
- If you're water skiing, make sure you have a rear-view mirror or an observer over the age of 12, and pay close attention to the propeller even at idling speed. A turning prop can do some serious damage to those in the water.
- If you're taking prescription medicines, be aware that some medicines have high sensitivity to the sunlight.

In addition, if you are boating in Aberdeen Proving Ground waters, remember to stay clear of the "Restricted Areas" and

don't go up on the shorelines. Many of these areas are known to have or are suspected of being contaminated with unexploded military ordnance.

The 4th of July holiday weekend is a great time to

celebrate and enjoy the festivities with friends and Family. Just remember it's also the busiest and the most dangerous weekend of the year for recreational boaters, so let's pay attention, and be safe out there on the water.

Community Notes

FRIDAY JULY 4 MILITARY APPRECIATION FIRST FRIDAY

Havre de Grace Main Street, Inc., will hold a Military Appreciation First Friday, 5 to 9 p.m. The Main Street Corporation will have live music in the streets, a Beer Garden, the Main Street Expo, and entertainment for kids, including Choo Choo Charlie with balloons, and face painting by Bambini Face Painters. Shops and restaurants will have specials and stay open late, and there will be a show on Franklin Street of antique military vehicles.

For more information, call Marita O'Connell, Havre de Grace Main Street, Inc., 410-939-1811, or e-mail hdgmainstreet@verizon.net.

SATURDAY JULY 5 PADDLE AND PICNIC

Pack a lunch and paddle to Snake Island for a picnic. This program will be held 10:30 a.m. to 1:30 p.m. for ages 8 to adult. The cost is \$10 and registration is required.

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

TRAIL TOTS

Let's go explore. The focus will be on insects that live in the forest. This program will be held 11 a.m. to 12 p.m. for toddlers ages up to 4. The program is free but registra-

tion is required.

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

PEEK-A-BOO HIKE

Come to Bosely to learn about camouflage and go on a hike to see if camouflage critters can be found. This program will be held 3 to 4:30 p.m. for Families. The cost is \$5 per Family and registration is required.

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

SUNDAY

JULY 6 RED, WHITE AND BLUE CRUISE

Celebrate the July 4th holiday with a midday cruise and on-board picnic, complete with games, dabbling of toes and nature's finest scenery. This program will be held 12 to 2 p.m. for toddlers 30 pounds or more to adult. The cost is \$10 and registration is required.

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

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

HEALING HERBS - HONEY AND PEPPERMINT LIP BALM

Explore the medicinal and therapeutic values of herbs and wild plants. Take home a product made from some of the highlighted plants. This program will be held 3 to 4 p.m. for ages 14 to adult. The cost is \$4 and registration is required.

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

WEDNESDAY

JULY 9 WEDNESDAY WEE WONDERS

Join the naturalist and her wee one for a critter encounter and hike. This program will be held 10 to 11 a.m. for ages up to 4. The program is free but registration is required.

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

JOB FAIR

The Susquehanna Workforce Network will hold a Job Fair, 3 to 6 p.m., at the Cecil County Workforce Center, located on 1275 West Pulaski Highway, Elkton, Md. Everyone is welcome to attend. Dress professionally, bring plenty of resumes, be prepared to fill out applications and be prepared to interview.

For more information, call 410-996-0550.

THURSDAY

JULY 10 CAREER FAIR ON BATTLESHIP NEW JERSEY

RecruitMilitary and HireVets First will host a Career Fair for veterans, personnel transitioning from active duty, Reserves, Guard, and military spouses 11 a.m. to 3 p.m. aboard the Battleship New Jersey, 62 Battleship Place, on the Delaware River across from Philadelphia. The event is being presented by RecruitMilitary, the President's National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network.

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

To register as a job-seeker, to view a list of businesses that will be attending or to get directions visit www.recruitmilitary.com

WEDNESDAY THRU FRIDAY

JULY 9 THRU 11 PLAY IT SAFE CAMP

Level Volunteer Fire Company, located on 3633 Level Village Road, Havre de Grace, will hold its 15th annual Play It Safe Safety Camp, 9 a.m. to noon, July 9 to 11. Children entering kindergarten through grade 6 in September are eligible to attend. Space is limited to the first 100 children who register in advance and can attend all three days. Campers will learn how to prevent accidents, pre-

pare for the unexpected, daily hands-on lessons, games, crafts and more. An enrollment form is available online at www.levelvfc.com. The application deadline is July 1.

For more information, call Rhonda Polk, 410-272-3771 or e-mail lifesaver911@comcast.net.

SATURDAY

JULY 12 BUGGIN' OUT

Search the park high and low to discover what

insects creep and crawl around. This program will be held 10 to 11 a.m. for ages 4 to 12, 4-8 with an adult. The program is free but registration is required.

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

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

FEW accepting nominations for annual scholarship

FEW

The Maryland Tri-County chapter of Federally Employed Women presents an annual \$300 scholarship called the 2008 Dottie Dorman Working Woman's Scholarship to a deserving woman to pay for or offset college expenses incurred in pursuit of her continuing education.

To qualify a nominee must:

- Be a female employee in Baltimore, Cecil or Harford County.
- Currently be pursuing college-level education studies.

• Prepare a short essay (not to exceed one typewritten page) summarizing educational plans and explaining how this scholarship will be used. Indicate in the essay whether you are currently receiving federal aid for education, whether you are involved in a RIF, and what the promotion potential is in your current federal position.

• Provide the name; home and work addresses; home and work telephone numbers; e-mail addresses; name and telephone number of current supervisor (to confirm federal employment); and name of nominee's educational institution.

• Submit application to the Maryland Tri-County FEW Scholarship, c/o Suzanne Schultz, 952 Chesapeake Drive, Havre de Grace, MD 21078 no later than Aug. 19.

The winner will be announced during the APG Women's Equality Day observance and awards ceremony 10 to 11:30 a.m., Aug. 26, at the Ball Conference Center, Aberdeen Area.

For more information, call Suzanne Schultz, 410-278-9514 or Melissa Smith, 410-642-2411, x5129.

Post Shorts

will be rescheduled.

For more information, call 410-278-1147, 410-278-1153 or 800-688-8705.

Ceremony to cause rerouting of traffic

Roads leading to APG's Ryan Building (building 314) will be closed temporarily on July 15 to accommodate a ceremony noting the change of responsibility at the U.S. Army Developmental Test Command.

Barricades will be placed at three intersections — where Aberdeen Boulevard forks into Collieran Road and Longs Corner Road;

where Johnson Street intersects Longs Corner Road; and where Longs Corner Road intersects Plum Point Loop.

The shutdown will begin at approximately 8:30 a.m. and will last about 90 minutes. During this time traffic will be diverted to an alternate route.

BJ's membership still available

Additional dates have been added for membership with BJ's Wholesale Club. ABJ's representative will be at the Edgewood Area Stark Recreation Center, 11:30 a.m. to 1:30

p.m., July 8 and 23.

For more information, call Patti Harkins, assistant funds manager, Civilian Welfare and Post Restaurant Fund, 410-273-2075 or 410-278-4603.

Child care for military Families

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

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

Register for next Strong Bonds seminar

Register now for the next "Strong Bonds," an all-expense paid three-day, two-night couples training conference July 31 through Aug. 2 for 14 married couples.

The training will be held at the Harbor Inn Hotel, St.

Michaels, Md.

To register, visit <https://www.strongbonds.org/>.

For more information, contact the APG Chaplains' Office, 410-278-4333.

No emergency service at KUSAHC

Kirk U.S. Army Health Clinic is not equipped or staffed to provide emergency medical care. Neither the Aberdeen Area nor Edgewood Area clinics should be considered suitable destinations to receive healthcare for a medical emergency.

For emergencies, call 911. APG's EMS service is manned with paramedic-level emergency medical technicians and state-of-the-art equipment to provide emergency care while en route to local hospitals.

Nominations due for Women's Equality Day awards program

In recognition of Women's Equality day, APG will hold an awards program, 10 a.m., Aug. 26, at the U.S. Army Ordnance Center and Schools, Ball Conference

Center, building 3074.

Awards will acknowledge those individuals and organizations exemplary in their support of the Federal Women's Program objectives. Award categories are Outstanding Woman of the Year, Outstanding Supervisor/Manager of the Year and Activity Most Supportive of FWP Goals.

Nomination packets are due by July 23.

For more information, call Susan Church, 410-278-3672, or Diane Siler, acting FWP manager, 410-436-2681.

Volunteers needed for Retiree Council

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

To help accomplish this, the APG Retiree Council is seeking volunteers to serve

on the council. Interested parties should send an e-mail with contact information to: ricky.godbolt@us.army.mil or jatraino@aol.com.

Post Deployment Support Group meets at APG

A "Soldiers" (including Sailors, Airmen and Marines) Post Deployment Support Group will be held 6:30 to 7:30 p.m., every Thursday at the Aberdeen Area Chapel Conference Room.

• The group is "open," which means no appointment necessary.

• The group is "confidential," which means that no record of attendance is kept.

The purpose of the group is to offer a safe place to talk about post deployment issues and find answers to questions.

For more information, call Joseph O'Rourke, 410-278-1755; Dr. David Pollin, 410-278-1715, or Chaplain (Maj.) Robert Leathers, 410-278-9313.

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

June's Well-Being meeting focuses on AFAP issues

Story by
RACHEL PONDER
APG NEWS

Aberdeen Proving Ground organization representatives addressed some of the issues raised during February's Army Family Action Plan conference at the May 19 Well-Being Council meeting at the Aberdeen Post Chapel.

Tim McNamara, the deputy to the Garrison commander, opened the meeting with words of caution about ongoing construction before getting into the AFAP issues.

"Obviously everyone is aware of the construction that is going on right now, and will continue for many months," McNamara said. "That is definitely an impact to traffic passage, and it will affect the traffic passage for a number of months. You will have noticed that speeds have been reduced and lanes have been shut down. We ask motorists to use caution and be on the lookout and give them [construction vehicles] the passage they need as well."

"We will be going through the AFAP items month by month because there are so many issues," he said.

Commissary

Anne Morrison, Commissary produce manager, reported on the AFAP issue concerning "a limited selection of merchandise and that products are mostly aimed at the student population, which does not support the needs of permanent party personnel and retirees."

She stated that the line items that the commissary carries are based on store classification, based on sales, that goes from K1, being the smallest selection, to K5 being the largest selection. APG's commissary is classified as a K2. They are authorized certain line items up to that level. "After resetting the store layout in May they were able to make more space on some shelves in some sections which will allow them to have a greater selection of products in some areas of the store," Morrison said. "Our marketing business unit looks at the various categories to make decisions about which sections to upgrade."

"You will see a greater variety in certain sections of the store, if not everywhere," she said.

An issue was brought up by a Well-Being attendee that some customers are not satisfied with the new layout of the store, and some find the layout confusing.

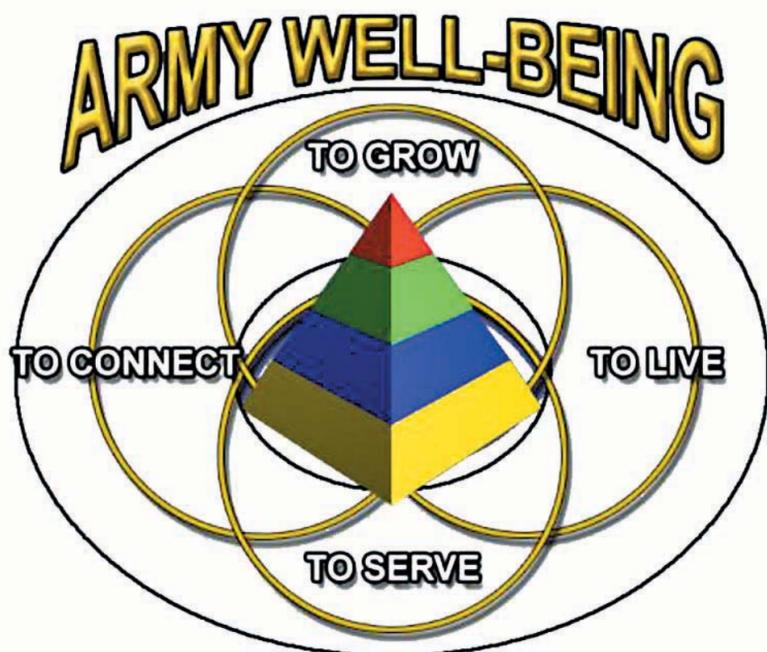
Morrison responded by saying that there are maps of the new layout at tables at the front of the store. There are also signs in every aisle stating where products are located, and that they have trained commissary employees to help patrons find products.

"We understand that this happens about every seven years, and it is an inconvenience for a lot of people to get used to it," Morrison said.

Another issue brought up was moving the facility off-post. It is a concern of some people that AAFES facilities on post are less visible, and some are concerned with base realignment and closure that there might be a move to close these operations.

"The commissary is a benefit for the military. Whenever possible, whenever safety permits, military commissaries belong on the military post so that it is most convenient for the military that live on that post," she said.

The commissary will be open 9 a.m. to 3 p.m. on the 4th of July.



DLES

Robert Krauer, director of Law Enforcement and Security, discussed the current concern about increased gate traffic due to BRAC.

"With the amount of construction ongoing at and near the gates, delays are anticipated. Please plan accordingly," Krauer said. "Upon completion of the BRAC infrastructure project, we should have five lanes at each gate."

Another issue brought up by an AFAP attendee was that some vehicles are traveling the wrong way on School Street (which is off Aberdeen Boulevard).

Krauer responded by saying that there are properly placed "Do Not Enter" and "One way" signs on both inbound and outbound sides of School Street.

Another DLES AFAP issue discussed was that some motorcyclists feel that DLES is singling out motorcycle riders for harassment and unfair treatment with regard to safety gear, and in some instances, excessive abuse by gate guards.

"Motorcycle operational policy is an installation safety policy not a law enforcement policy," Krauer said.

He said that safety is a high priority, and that police officers do not single out motorcyclists to harass them, they just want to make sure that they are following policy.

Krauer added that he doesn't believe in punishing all of the police officers.

"If you have problem with a particular police officer let me know, get his name and report it to me," he said.

Civilians with young children visiting the post are required to exit the car to get a visitor's pass, and this is often very inconvenient and difficult, stated the AFAP report.

A suggestion was made that there should be a park-

ing space close to the visitor center next to the handicap space where the vehicle can be closely monitored while checking in.

"Although I think this makes good sense, the visitor parking spaces are so limited, only 11 parking spaces, and on average 1,000 visitors per day, it is not considered practical to designate a space only for vehicles containing children," he said.

Another issue was that motorists tend to go to the guard who is at the straight ahead lane, even when there are guards posted at both entrance lanes.

"Motorists need to pay attention to the driving conditions. It is a motorist's responsibility to use the available/open lanes for entrance. Additional signs are not considered feasible or necessary," he said.

Krauer concluded the DLES part of the meeting by announcing that there have been some issues in the housing area-some break-ins and some other issues on post.

"I owe the community an apology," he said. "We had some police officers that did not do the right thing. Bottom line is that I had a couple of cops who decided it wasn't important to respond to these acts, but they understand the importance now. If they don't understand it, they will not be employed here."

Krauer added that patrols have been increased in the housing area as a result of these break-ins.

"The people involved in doing these criminal acts out there are our children. Parents need to closely supervise their children and enforce the curfew on the installation," he said. "We are not going to parent other people's children."

(The APG News ran an article about APG's curfew for minors in the June 26 issue.)

AFFES

Debbie Armendariz, AFFES store manager,

went over several issues and concerns raised regarding AFFES during AFAP.

One such issue was that civilians and contractors are unaware of what they can and cannot buy in the Commissary Shopette, PX, FMWR events and theater.

Command Sgt. Maj. Pedro Rodriguez pointed out that just because a civilian has a CAC card doesn't mean that they are authorized to do regular shopping at the Commissary, PX and get gas.

(A future article appearing in the APG News will explain this issue in detail.)

She also addressed slow service at Burger King, especially during lunch time.

"We realize that this is a problem and we are trying to find a new manager, hopefully we will get one soon," Armendariz said.

Another issue raised was that the Shopettes do not sell diesel fuel, thus forc-

ing people who have vehicles that run on diesel fuel to buy their fuel off post.

Armendariz stated that the demand is not there to warrant the sale of diesel fuel.

She also added that customers who are eligible to use AFFES can shop at their online mall, which is www.affes.com.

KUSACH

Col. William A. Rice, commander of Kirk U.S. Army Health Clinic, went over the AFAP health related issues.

He asked for patience regarding health care.

"There is a commonality with these issues. A lot of these issues raised are convenience issues, and health care, no matter how you slice it, is just not convenient, any where you go," Rice said. "I recommend being actively involved in knowing your personal health care and knowing your health care benefits. It goes a long way knowing that stuff up front."

One AFAP issue concerned doctors on the outside needing to know the correct forms for TRICARE.

"There are literally hundreds of health care providers in the network," he said.

Rice replied that in this TRICARE Region, HealthNet is constantly working with health care providers in their network. The network is too large to guarantee compliance from all providers the first time. In times of non-compliance, correction is made on the spot if necessary otherwise it is a topic of discussion during network rounds.

Another important issue brought up at AFAP was that children are not allowed to accompany par-

ents to the clinic during appointments.

Rice replied that the restriction of children is a policy put into place to protect children from a dangerous workplace where the parent will not be able to fully watch the children, and it will not be changed.

He added that infectious diseases are more prevalent in a clinical environment than elsewhere, and children are more susceptible to get sick.

KUSAHC and the Child Youth Development Center have entered into an agreement to allow for hourly care for children at the lowest rate legally allowable when their parents have to visit KUSAHC.

Patients must make arrangements to get a voucher to receive the discount.

"Things we will not compromise on are quality of care, and the physician-patient relationship," he said.

Another issue that was brought up during AFAP was that permanent party sick call practices are inconsistent between KUSAHC Aberdeen Area and KUSAHC Edgewood Area.

Rice addressed this issue by saying that these health clinics have different missions and require different practices.

Another issue is that wait time at KUSAHC is very long. There is no real system to differentiate the different types of patients needing prescriptions.

Rice's response was that KUSAHC's pharmacy is much smaller than other pharmacies in the military.

Usually they only have one pharmacist who is working at any given time, although they are

See WELL-BEING, page 8



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

Adult kayak lessons

Outdoor Recreation will offer kayak lessons for adults, 5 to 7:30 p.m., July 11, 18 and 25 at Skippers Point. Lessons cost \$30 per person. Kayaking lessons will teach the essential skills needed to be a knowledgeable kayaker. For more information or to sign up, call Fawn Heitman, 410-278-4124.

Summer fitness programs

The Aberdeen Area Fitness Center in building 320 is offering lunchtime and evening fitness sessions July 1 to Aug. 30. Lunchtime sessions, 11:30 a.m. to 12:30 p.m.,

will be Step and Weighted Bar on Mondays and Strength and Hand Weights on Wednesdays. Twice weekly on Monday and Wednesday take Step With Joe, 5 to 6 p.m. Cost is \$44 per session or \$4 per class. At least 12 registrations are needed to hold a session. For more information, call 410-278-9725 or visit www.apgmwr.com.

Baltimore Orioles Games

Purchase tickets for Orioles baseball at Camden Yards: • Kansas City Royals, 7:05 p.m., July 3 • Detroit Tigers, 7:05 p.m., July 18

• Chicago White Sox, 7:05 p.m., Aug. 25 • Oakland Athletics, Sept. 7, TBD • Cleveland Indians, 7:05 p.m., Sept. 9 • Toronto Blue Jays, Sept. 28, 1:35 p.m.

For more information on other Baltimore Orioles games or to purchase tickets, call 410-278-4907/4011.

Do-it-yourself New York City tours

FMWR has scheduled several day trips to New York City – eight hours for sightseeing, shopping, seeing a Broadway matinee, venturing into China Town and more, 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 FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or e-mail MWR_Leisure-Travel@apg.army.mil.

New York City Liberty Tour

FMWR Leisure Travel Services is offering a New York City Liberty Tour July 19. Cruise aboard the famous Circle Line cruise ship down Manhattan harbor to the Statue of Lib-

erty 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 FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building

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

Hip Hop classes

The Aberdeen Area Youth Center, located in building 2522, will hold Hip Hop Dance classes for ages 8 through 18. Classes for ages 8 to 13 will be held 5:30 to 6:30 p.m.; classes for ages 14 to 18 will be held 6:30 to 7:30 p.m. All classes will be held on Mondays.

This is a fun and energetic dance class, great for all ages and levels.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479

SKIES Unlimited

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

Drivers Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. (Classes are also available 2:30 to 5:45 p.m.) During the summer schedule classes will only be offered 2:30 to 5:45 p.m. There are no classes on federal holidays.

Classes are held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, July 14 thru 29

and Aug. 4 thru 19. For more information about the Edgewood Area class, call 410-278-7571.

Class includes 30 hours of classroom instruction and 6 hours of behind-the-wheel instruction.

Cost is \$295 per student. Last day to register for the class is one week prior to the first class. Students must be between 15.9 and 18 years of age. Parents must attend the first day of class. Open to all DoD ID cardholders.

SAT preparation

Child and Youth Services will hold Scholastic Aptitude Test preparation classes, 8 a.m. to 3 p.m., Aug. 4 through 8, at CYS Administrative Offices, building 2752 Rodman Road for students in grades

9 through 12.

Students can be a step ahead for the SAT. Classes will assist students in sharpening the verbal skills needed for being successful when taking the SAT. The class also prepares students for the SAT math exam, covering basic math skills including algebra and geometry.

Classes cost \$170 per student and includes textbook and are open to all DoD ID card holder Family members.

To register or to make an appointment, call the Central Registration Office, 410-278-7571/7479.

For more information, call 410-278-4589 or e-mail Stacie.umbarger1@conus.army.mil.

Free babysitting course

Become a Red Cross Certified babysitter after taking the free 4-H/Army Child and Youth Services babysitting class for ages 13 and older. The class will be held 8 a.m. to 4 p.m., Aug. 19 and 20, at Child and Youth Services, building 2752. The objectives are to familiarize participants with the responsibilities of babysitting. This class is open to all DoD ID card holders.

APG Bowling Center Snack Bar specials Building 2342

Week of June 30
No specials

Week of July 7

Special #1: Chicken tender wrap with lettuce, tomato, ranch, cheddar cheese, potato chips, coolie and soda for \$4.95.

Special #2: American sub with bologna, ham and cheese with choice of mayonnaise, lettuce, tomato, pickles, onions, 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.



Summer Golf Scrambles at Ruggles

A Summer Golf Scramble at Ruggles will start 8 a.m., July 12, and includes cart, appetizers with beverages and prizes.

Prices are \$30 for Annual Patrons, \$45 for Value Card holders/Authorized Patrons and \$55 for guests.

A nine-hole Scramble will be held at Ruggles, 5 p.m., July 17. Teams will consist of one adult and one child (ages 7 through 17). Entry fee costs \$30 and includes range balls, cart, hot dog, chips with soda and prizes.

Register for these events in the Pro Shop at Ruggles or call 410-278-4794. For more information, e-mail david.correll@us.army.mil.

Aberdeen & Edgewood Area swimming pools

Aberdeen Area

Olympic Swimming Pool, building 3325

- Daily operation: thru Aug. 22
- Labor Day weekend: Aug. 30 thru Sept. 1
- Closes Monday, Sept. 1
- Daily operation schedule
- Child & Youth Service Day Camp: 9 to 11 a.m., thru Aug. 21
- Open swim: 11:30 a.m. to 7 p.m.

Weekend operation schedule:

Open swim: 11:30 a.m. to 7 p.m.

Shore Swimming Pool, building 2031

- Swimming lessons: July 7 thru Aug. 8. Levels 1-6, adult, parent/toddler; Monday thru Thursday, 9 a.m. to 6 p.m. (To be determined by customer demand)
- Daily operation schedule: June 28 thru Aug. 17
- Open swim: noon to 5 p.m.

Weekend operation schedule:

Through Aug. 17, Saturday and Sunday

Open swim: 12 to 5 p.m.

Edgewood Area

Bayside Swimming Pool, building E-4655

- Daily operation: thru Aug. 22
- Labor Day Weekend: Aug. 30 thru Sept. 1
- Closes Monday, Sept. 1
- Daily operation schedule
- CYS Day Camp: 9 to 11 a.m. (thru Aug. 21)
- Open Swim: 11:30 a.m. to 7 p.m.

Weekend operation schedule

Open swim: 11:30 a.m. thru 7 p.m.

Pool pass fees - FY 08

- Daily passes
- Daily \$5
 - Under 5 Free
 - Guest of eligible patron \$9
 - 5 and under (guest) \$2
 - Active duty E1 - E4 \$2
 - Lap swim \$2

30-day pass

- Individual:
- E1 - E4 \$15
 - All others \$35
- Family:

- E1 - E4 \$35
- All others \$70

Season passes

- Individual:
- E1 - E4 \$40
 - All others \$85
- Family:
- E1 - E4 \$80
 - All Others \$175

Swimming lesson fees

- \$50 first Family member
- \$45 each additional member
- *10% discount for each additional child in a session.
- *10% discount for each additional session.

Swimming lesson schedule

Shore Pool (building 2031) and Bayside Pool (building E-4655).

- Session 1**
Through July 9 at Bayside Pool
Levels 4, 5, 6: 9 to 10 a.m., Monday, Wednesday, Thursday
Levels 1, 2, 3: 10 to 11 a.m., Monday, Wednesday, Thursday
- Session 2**
July 7 to 18 at Shore Pool
Level 1: 4 to 5 p.m., Monday thru Thursday

Levels 2, 3: 5 to 6 p.m., Monday thru Thursday
Levels 4, 5, 6: 6 to 7 p.m., Monday thru Thursday

Session 2
July 7 to 11 at Shore Pool
Adult: 7 to 7:30 p.m., Monday thru Thursday

Session 3
July 21 to 25 at Shore Pool
Parent/toddler: 7 to 7:30 p.m., Monday thru Thursday

Session 3
Aug. 21 July to 8 at Bayside Pool
Levels 4, 5, 6: 9 to 10 a.m., Monday, Wednesday, Thursday
Levels 1, 2, 3: 10 to 11 a.m., Monday, Wednesday, Thursday

Levels 1 - 6: ages 3 thru 15
Parent/toddler: up to 3 years old
Adult: 16 & older

Session 4: July 28 to Aug. 8 at Shore Pool
Level 1: 4 to 5 p.m., Monday thru Thursday
Levels 2, 3: 5 to 6 p.m., Monday thru Thursday

Levels 4 to 6: 6 to 7 p.m., Monday thru Thursday
To register for swimming lessons, call Outdoor Recreation, 410-278-4124.

Well-Being

From page 7

authorized three. Rice recommended that active duty personnel visit the pharmacy between 7 to 8:30 a.m. Only active duty personnel are allowed to use the pharmacy then, and wait time is minimum.

Dodsworth announced that students should try to get their physicals in July and early August to avoid the long wait the week before school.

FMWR

Regina Dannenfeler, director of Family and Morale, Welfare and Recreation, addressed hours of operation of the APG Aberdeen Area Fitness Center. At AFAP an issue was raised that the fitness center hours were inconvenient.

The center closes at 6 p.m., Monday through Thursday and is closed on Fridays, weekends

and holidays.

The Aberdeen Athletic Center remains open until 8 p.m. during the week and is open until 6 p.m. on weekends and holidays except Christmas and New Years.

Dannenfeler encouraged patrons to use the athletic center when the fitness center is closed.

Another issue was that FMWR's pools' hours of operation are inconvenient to patrons. Dannenfeler said that to meet the needs of the patrons, the hours have been extended to 7 p.m.

There was also an issue with children having nothing to do on-post afterschool or on the weekends.

"We are looking at that. The reason that there are few activities at the Youth Center on weekends is due to lack of participation. It is not a matter of not having the services available, it is if the demand is there" she said. "We are also looking at

ways in improving the bowling alley, based on the demand of the customers."

Child Youth Services also has an ever-increasing SKIES program which offers instructional programs in the evenings and afterschool.

Another issue that was raised is that the Child Development Centers are not open the hours that are needed to conduct personal training.

Dannenfeler responded to this issue by saying that the hours have been adjusted to meet those needs.

Open forum

Rodriguez announced that patrons need to support the on-post theater on the weekends, otherwise it will be forced to close.

"I do not want to close it," Rodriguez said. "I was one of the advocates to open the theater, but you have to support it. The movie is free and the snacks are fairly cheap.

So please come, we will try to keep it open as long as we can," he said.

"We get FMWR funds based on the active duty Soldier population, which does not include the AIT student population. People want a lot of activities for free, but we cannot always do this because we do not have the funds. We also need to charge because we are trying to improve FMWR facilities," Rodriguez said.

He added that people need to participate and support FMWR activities if they want to see improvements.

He also asked attendees to please watch children carefully, especially in the summer when they are out of school.

He added that all bicyclists need to wear a helmet, even children.

He also announced that the post received \$240,000 for improvements to Hoyle Gym.

The electrical system will be updated and locker rooms and

gym floors will be remodelled.

Gerri Merckell the director of religious education, announced that the vacation bible school program is running, Aug. 4 through 8 for everybody.

She is also looking for volunteers. For more details, call 410-278-2516

Janelle Ferguson, from APG's Safety Office, reminded attendees that fatigued driving is a big issue, especially during the summer months.

She said that drivers should get sufficient sleep before driving long distances.

She also said that inattentive driving is a significant issue, especially with inexperienced drivers.

McNamara thanked attendees and said that the rest of the AFAP issues will be addressed in upcoming Well-Being meetings.

The next Well-Being meeting will be 9:30 a.m., July 17, in the Aberdeen Area Post Chapel.



Health Notes

Commentary: Pitch the excuses - get active now

By
LT COL STEVEN H. BULLOCK
CHPPM

Since active duty personnel are required to weigh-in and perform a physical test every six months, everyone maintains their fitness and healthy body weight, right?

Wrong.

Did you know that since questions were asked of military personnel in 1995, the proportion of military members getting fatter and fatter has steadily increased? This statistic is from the 2005 "DoD Survey of Health Related Behaviors Among Active-Duty Military Personnel."

Whether one uses the 1998 National Heart and Lung Blood Institute's guidelines, the 2005 Dietary Guidelines or body mass index, overweight and obesity continue to steadily rise. In 2005, well over half of all active duty personnel were overweight.

All of this is alarming given the military's emphasis on physical activity. Slightly more than 50

percent of service members vigorously exercised (running, walking, cycling, swimming or other vigorous exercise) for at least 20 minutes for three or more days a week during a 30-day period of being asked the question.

Why is this? It certainly cannot be because we don't know how to exercise or that we don't know how much is recommended. Most people understand that it is ideal to get some vigorous to moderate endurance physical activity three to five days per week. Strength training, eight to 12 repetitions of major muscle groups just once a week, maintains strength, while just two (non-consecutive) days a week improves it.

Perhaps some of us have a bad taste in our mouths about exercise because we associate it with semi-annual testing? Other reasons and excuses abound. Here are some of the more common ones and some antidotes:

- "I'm too tired." Lack of activity and exercise may be your problem. Get moving and you will find you have more

energy. Seems contradictory, but when you expend energy, you get energy.

- "I'm too old." It is never too late to start exercising. Provided your doctor gives you the 'OK', you can improve the function of the heart and muscle strength at any age.

- "I hate to exercise." You are probably not mixing it up enough. There are plenty of other activities besides running, and you will reduce your chance of injury by varying types of exercise. Do this for three weeks straight and you'll be hooked (It's called "positive addiction.")

- "I can't afford a gym membership." Post gyms are free and underutilized. Besides, you don't need a gym to be active.

- "Exercise is painful." When you haven't exercised in a while, getting back to it requires a very slow and gradual process over time to avoid injury. Don't go too hard, too fast, and you will be amazed at how your body adapts. You might be a little sore at first, but once you get going,

the soreness goes away.

- "I don't see any changes in my body." It took you years to look like you do right now, how could you expect to erase it in two weeks? It takes consistency and persistence to lose just 1/2 pounds of fat in a couple of weeks, so set a realistic goal and whittle-away at it. Besides, positive changes from exercise are going on inside where you can't see them.

- "I don't have time." Baloney. Non-exercisers have just as much time in the day as exercisers. It is a matter of priority and lifestyle change. As with anything else that is worthwhile in life, it requires commitment and discipline. If you can't always fit in a full 30 minutes, then carve it out in 10-minute chunks.

Consider exercise as just part of your day, like brushing your teeth or eating a meal. We don't think twice about making time to eat two or three times a day, yet often exercise gets pushed off as a "nice-to-do" if there is time. I've adapted a wise saying

that applies: you only have to be active on the days you eat.

While regular, vigorous activity is essential to good health (physical and emotional), we should also look for opportunities to be more active every day. Many jobs today require too little activity; so take the stairs, walk wherever you can (even up escalators), briskly walk for a meeting instead of sitting at a table, hit the treadmill or bike while watching the news or your favorite TV show.

An active life is a healthy life. Chances are that if you are active, you probably are better about eating healthy and getting the right amount of rest each day. There's no need to search for more information about exercise (even though there is a lot of it easily available), just decide to "Do it. Now." No excuses.

(Editor's note: Author is the physical therapist and health promotion policy program manager at the U.S. Army Center for Health Promotion and Preventive Medicine.)

Commentary: Bring on the balance with probiotics

By
MAJ KAREN E. FAUBER
DeCA

Do you suffer from irritable bowel syndrome or IBS, a condition causing distress and discomfort, not to mention embarrassment at times? If so, you are not alone. An estimated 45 million Americans, or about as many as one in five people, have IBS. DeCA wants you to know that your local commissary has products that contain probiotics, which help to bring on the balance in your digestive system.

Growing evidence shows that foods with probiotics added to them, and those high in fiber, can help your digestive system to work like clockwork. There is hope for those that have IBS as it can be managed with making healthy lifestyle changes including stress management and diet.

Defining IBS

IBS is one of the most common gastrointestinal disorders as seen by

doctors. It is described as a brain gut condition that triggers these symptoms:

- Abdominal pain or cramping
- A bloated feeling
- Gas
- Diarrhea or constipation

If you are concerned that you have IBS, see your doctor and get a physical exam. Lab tests can be done to rule out other digestive problems.

One way to help to bring on the balance to your diet is to pay careful attention to what you eat.

Your commissary has all the items that can help keep your digestive system in working order. Look for yogurt and yogurt drinks that contain Bifidus Regularis, a probiotic or good bacteria. Enjoy the health benefits of calcium, protein and the probiotic in these foods and others in your commissary at savings of 30 percent or more.

For a little variety with that yogurt, try making a fruit smoothie to delight your taste buds.

See **PROBIOTICS**, page 12

TRICARE beneficiaries put pharmacy costs on the chopping block

TRICARE

TRICARE is actively informing beneficiaries of the savings they can experience with the TRICARE Mail Order Pharmacy.

Letters explaining TMOP and its convenient, safe and cost-saving features are being sent to beneficiaries who receive regular maintenance prescriptions at network retail pharmacies. The letters tell beneficiaries how they can switch from retail pharmacies to TMOP and save up to 66 percent on their prescription drug costs. TMOP offers up to a 90-day supply of medication for the same copayment as a 30-day supply from a retail pharmacy, and with gas prices rising daily, a trip to the pharmacy can be pricey.

Responses to TMOP have been positive.

"Thank you very much for your assistance," said Michael Forman, a TRICARE beneficiary from Chipley, Fla. "I have been telling other retirees that I come in contact with about this program ... thanks again."

Brian Koetting, a beneficiary from Converse, Texas, wrote, "I am new to the home delivery system, and it was recommended to me by my Veterans Affairs provider. I am extremely pleased so far by the service, the

people I've spoken to and the timeliness in getting my prescription. Thanks for providing such a great option for us."

One easy call to the Member Choice Center at 877-363-1433 can start home delivery. A customer service representative will explain the program and offer to process a new 90-day prescription from the beneficiary's provider through TMOP.

Beneficiaries can also register for TMOP at <http://www.express-scripts.com/TRICARE> - without downloading or mailing forms. Once the registration process is complete, beneficiaries may use the MCC service online and request that TMOP obtain prescriptions from their provider.

Since launch of the MCC in August 2007, more than 90,000 retail prescriptions have been switched to TMOP.

Go to the prescriptions tab at <http://www.tricare.mil> for more information about TMOP and other pharmacy programs.

Rear Adm. Thomas McGinnis, TRICARE's chief pharmacy officer, blogs about how TRICARE beneficiaries can save money on prescription medications at <http://www.health.mil/MHSBlog/Article.aspx?ID=286>.

APG employee beats cancer odds

Story and photo by
MIKE CAST
DTC

When Judy French underwent her yearly mammary exam in April 1997, she didn't really expect bad news. But the test revealed a tumor, and it proved to be malignant.

The Developmental Test Command employee endured a lumpectomy, followed by a series of four chemotherapy treatments and more than 30 radiation sessions. Today she is free of the disease and involved in efforts to help other women who face the same challenges she overcame.

French said her daughter had found a lump in her own breast two months before then, but that it turned out to be cyst.

French prayed that if anyone had cancer let it be her and not her daughter.

"I thought that I was older and could better cope with it, so let it be me," she said.

"My daughter called her sister, who worked for a gynecologist, and set up the appointment before she told me," French recalled.

"Finally, she came home and told me she had this lump, so we went and saw the surgeon, and he said, 'I really don't think it is anything at your age.' But she was very persistent and said, 'I want it out.' She was 19 at the time and a college student at Salisbury State University.

Two months later, I went to the same surgeon as a patient. He said it was very



A cancer survivor herself, Judy French, a U.S. Army Developmental Test Command employee, now helps other women face the same challenges she overcame.

unusual to treat a daughter before the mother. When he saw my [test] results, he said, 'I can't tell you that I'm as confident as I was with your daughter that your lump is benign,' and sure enough it wasn't."

French, an Aberdeen Test Center employee at the time of her diagnosis, chose to continue working and take a positive view of her situation, despite chemotherapy treatments that led to nausea and hair loss. She continued working during the time she received treatments, taking a couple days off each week to undergo her medical pro-

cedures at the Cancer Center in the Greater Baltimore Medical Center. The center has state-of-the-art medical technology and cutting-edge diagnostic tools.

French decided not to interrupt vacation plans made before the cancer diagnosis and enjoyed a trip to California before tackling her cancer in earnest.

The cancer has not returned so far, and she continues to have an optimistic view of life.

To help other women struggling with cancer, she provides them with information about the disease and available therapies to defeat

it. She is an enthusiastic participant and supporter of the American Cancer Society Relay for Life event, which raises money for cancer research and a future cure. She is also a volunteer for the society's Reach to Recovery program to help other women who are struggling with a breast cancer diagnosis.

"When I was diagnosed, I had no one to talk to," French said. "I had a couple of friends who had had it, but they had no chemotherapy. They just had radiation. So I had no one to talk to who had gone through chemo and experienced the side effects like losing your hair."

The local ACS Reach to Recovery coordinator called her and told her about someone else going through a similar cancer experience and needing someone to talk to.

"I can sort of talk them through it - give them an idea of where to get wigs, how long the treatments are going to be," French said. "I didn't know when I first had chemo how long it was going to be before I lost my hair. I never had that person to talk to, so I felt that it was very important to do."

French said she didn't become extremely ill from chemotherapy, but she was nauseated for a day after each treatment. She said her treatments also changed the way food tasted, leaving a metallic-like taste in her mouth. To maintain her professional demeanor and present an up-beat image to Family members, she

wore a wig after her hair fell out. She described her radiation treatments as a "piece of cake" compared to chemotherapy.

"I would usually have the chemo treatment on Thursday, and by Thursday night I would be nauseated," she said. "They tried different things, but it never worked for me. Out of the four chemotherapy treatments, I got sick after three. Just when I started to feel better, I would have to have another treatment. After the last one, I did not get sick."

The methods for treating breast cancer have improved markedly since her diagnosis, French said.

For the first five years of chemotherapy, she took tamoxifen, a drug that has been used for years to treat breast cancer. Following surgery for breast cancer, women whose tumors grow in response to the female hormone estrogen usually take this drug to reduce their risk that the disease will recur. Estrogen can promote the development of cancer in the breast, and tamoxifen interferes with this process.

French also participated in a five-year clinical trial of exemestane, another drug that showed promise for cancer treatment. Exemestane blocks an enzyme the body uses to make estrogen.

French said having two daughters who may be at risk for breast cancer and the possibility of helping other women were her motives for entering the clinical trial.

Breast cancer is the most common type of cancer in women, with the exception of non-melanoma skin cancers. It is the second leading cause of death by cancer in women, followed only by lung cancer, according to a report from the Centers for Disease Control. The CDC lists Maryland as one of the states with the highest cancer rates in the nation, with incidence and death rates nearly 10 percent above the national average. In 2006, an estimated 4,310 people in Maryland were diagnosed with breast cancer, according to a press release from the Susan G. Komen Race for the Cure, another organization sponsoring events to raise cancer awareness and research funding. The lifetime risk of dying from breast cancer is much lower at 1 in 28.

Men are also at risk for developing breast cancer, although the risk is much lower than it is for women, according to the release.

The lifetime risk of getting breast cancer is about 12.7 percent in women, according to a release from the CDC. Their study of cancer rates nationally found that breast cancer increased each year during 1999 to 2002 and then decreased from 2002 to 2003. Women aged 50 to 79 years experienced a significant decrease during this period. In 2004, the most recent year CDC statistics are made available, almost 190,000 women and nearly 2,000 men were diagnosed with the disease.

DOC announces PR cutoff dates for 2008

ACA APG DOC

The Army Contracting Agency Aberdeen Proving Ground Directorate of Contracting has established its fiscal year 2008 cutoff dates for submission of purchase requests.

Early customer support in identifying and submitting PRs by or before the dates shown below greatly enhances the ability of the APG DOC to meet customer needs. Between Aug. 15 and Sept. 30, the APG DOC receives more than 2,500 purchase requests for FY-end award. Early planning and coordination remain the keys to a successful year-end.

The APG DOC encourages customer activities to coordinate their projected FY-end requirements with the DOC during the third quarter in order to discuss acquisition methods and identify those documents, reviews, and approvals required to accompany the procurement package. Incomplete procurement packages will not be accepted by the DOC during September and any "SAF" (Subject to Availability of Funds) actions will be accepted only by an APG DOC division chief. All purchase requests must be submitted to the APG DOC electronically. APG activities should consider maximizing use of their Government Purchase Cards to execute small dollar transactions for authorized items rather than submitting a purchase request to the DOC.

The following schedule has been established for the submission of PRs for FY 08 and maintenance

for FY 09. These cutoff dates are not only for the PR, but includes ALL supporting documentation and approvals.

- Noncommercial Items over \$100,000 – July 1*
- Noncommercial Items between \$2,500 and \$100,000 – Aug. 1
- Commercial items between \$100,000 and \$5 million – July 1
- Commercial Items under \$100,000 – Aug. 15
- Services Over \$100,000 – July 1
- Delivery Orders and Task Orders Under Existing Contracts – Aug. 1
- GSA Schedule Procurements – Aug. 1
- Short-of-Award over \$2,500 – June 15**
- Maintenance for FY 2009 – July 1

(FY 09 Contract Modifications and Options for Existing Maintenance Contracts)

* There may be instances where this date may not be adequate for complex actions. It is therefore required that these actions be coordinated with the branch chief prior to this date.

**Customers submitting "short-of-award" PRs, especially for services requirements, must seriously consider whether funding will materialize. A substantial amount of effort is expended to prepare these pending actions and they must be prioritized after PRs that are funded and PRs that are subject to the availability of funds.

The above lead times can be affected by various factors, a few of which include: competition requirements, to include

fair opportunity for services task orders over \$100,000 when using Federal Supply Schedules; acquisition plan and/or strategy reviews and approvals; obtaining sole, limited source or urgency approvals – the Justification and Approval process; the review process accomplished by the APG Small Business Advisor to ensure all socio-economic programs will be appropriately addressed; front-end PR entry, and PD2 (PD2 is the DoD contracting automated system used at APG).

Other requirements affecting lead times

When placing sole source orders over \$2,500 under Federal Supply Schedules, a Justification and Approval must be prepared and approved by a Contracting Officer.

When purchasing supplies or services over the simplified acquisition threshold (currently \$100,000) using non-DoD contract vehicles (which includes placing orders with GSA), proposed actions must be reviewed and approved considering: if the action is in the best interest of the government – satisfying customer requirements, schedule, cost effectiveness (taking into account, discounts and fees) and contract administration including oversight.

Other factors which must be addressed

- determining that tasks or supplies ordered are within the scope of the contract;
- ensuring funding is used IAW appropriation limitations;
- providing unique

terms, conditions and requirements for incorporation into an order or contract to comply with all applicable DoD-unique statutes, regulations, directives and other requirements (e.g., all clothing, shoes and other items specified under the Berry Amendment, procured with DoD funding, is of domestic origin); and

- collecting data on the use of assisted acquisitions for analysis.

All service requirements must be approved for purchase prior to submittal to the APG DOC IAW established agency procedures as directed by the Secretary of the Army memo, Army Policy for Civilian Hiring and Initiation/Continuation of Contracts for Service Personnel, Feb. 23, 2006.

Information Technology Desktop and notebook computer purchases

To maximize cost savings, all Army desktops and notebooks "shall" be ordered through the Consolidated Buy program utilizing the Army Desktop and Mobile Computing Agreements. For policy memo issued by the Army's Chief Information Officer on July 22, 2005, Buying Schedule, Specs and Pricing, Submittal Instructions, Request Preparation, Exceptions, and Frequently Asked Questions, visit the Consolidated Buy page at:

https://ascp.mouth.army.mil/scp/cb/cb_index.jsp. Requests for these items must be submitted to the Directorate of Information Management. For standard requests, DOIM will approve the

request and forward it to the ACA DOC for processing. For non-standard requests, DOIM will review and validate the request and then forward it to ACA.

For more information, contact the ACA APG DOC chief, Technology Branch, 410-278-0883.

The contracting officer is responsible for and this office's policy is to determine the best method of procuring any supply or service based upon regulation, urgency, delivery, socio-economic concern and competition which provides the best value at a reasonable price.

Submission of requests after the scheduled dates will be considered on a case-by-case basis and will require approval by the chiefs of the divisions. The APG DOC will do as much as possible to assist customers in satisfying their requirements after the cutoff dates. However, the directorate has a limited capability to process late requirements. Budgetary constraints may mean that customer-funded overtime may be the only method to provide the directorate with additional flexibility to accept requirements after the established dates.

For more information, contact Joyce Roberts, Contracting Division, joyce.roberts@us.army.mil, 410-278-0869

Facilities Branch

For repair, alteration, construction, sale and removal of excess real property, services for base operations functions (including, but not limited to, utilities priva-

tization, custodial, refuse, underground utilities locating, etc.), equipment-in-place and facilities, contact Kandi McDonald, Kandi.mcdonald@us.army.mil, 410-278-2372.

Technology Branch

For information technology equipment and services; word processing equipment; software; general, specialized, and test equipment; instrumentation; supplies; and IT maintenance, contact Scot Plank, Scot.Plank@us.army.mil, 410-278-0886.

Contact Renee Hodge, Services Division jacqueline.renee.hodge@us.army.mil, 410-278-0881 for the purchase of base support and services for core customers; equipment-in-place; range testing of vehicles, equipment, ammunition; lease, rental, and maintenance of equipment; full food services and environmental services.

AEC Branch

For the purchase of all services covering clean-up work in support of the US Army Environmental Command's mission contact Alison Gannon, Alison.gannon@us.army.mil, 410-436-1661.

For customer assistance, go to the DOC web page and click on "Customer Corner." It includes guides, templates, formats and helpful Web sites.

Purchase requests awarded "subject to the availability of funds" must be funded as soon as funds become available. The work must start and the contractors must be paid – this is not accomplished until the funds are certified.

Commentary: At twilight's last gleaming

By **BILL ARMSTRONG**
APG Wildlife and Marine Law Enforcement Division

When I was growing up in the coal fields during the 1940s and 50s, the 4th of July meant a parade down Main Street led by the high school band and an honor guard in uniform. It meant a picnic at the city park with hot dogs and blackened marshmallows stuck on a stick and cooked over an open fire, followed by a baseball game and ice cold watermelon. For us kids the 4th was a holiday, a time of celebration and fireworks.

The significance of the 4th of July didn't sink in for me until just recently.

Some years back, right after I came to Aberdeen Proving Ground from West Virginia, I was out on the Gunpowder River one 4th of July evening checking boaters

who were heading for places up and down the Bay to watch the fireworks.

The 4th of July weekend is always a bad time for boating accidents and alcohol related incidents, thus I was making sure that the outboard boats had their navigational lights working and reminding them about the perils of drinking and driving.

Long about 9 p.m., the boating traffic slacked off some and the river got pretty well deserted, so I headed for Rickett's Point for a chance to stretch my legs and have a sandwich. As it turned out, for an old country boy from West Virginia, it was one of those moments that kinda stays with you. I hadn't been on shore very long, maybe 15 or 20 minutes, when, just at twilight, the fireworks down at the Inner Harbor lit up the sky over Fort McHenry. Well sir, it was an awesome

sight, and it didn't take very much for me, standing there overlooking the waters of the Chesapeake Bay, seeing the clusters of fireworks and hearing the explosions, to visualize what Francis Scott Key and others must have witnessed that night in 1814: a nation under siege, being bombarded by a foreign enemy who had no regard for human rights and democracy.

This evening, as I stood out on the front porch of the office, watching the young troops in formation, marching back to the barracks from school, it occurred to me that here we are again, a nation under siege, being bombarded by a foreign enemy who has no regard for freedom or democracy, and that these are the young men and women who will go in harm's way defending our way of life. I was humbled.

For me today, I feel like I can truly say that now I understand the significance of the 4th of July, and I appreciate the words written so long ago by Francis Scott Key in our national anthem:

"O! thus be it ever when freemen shall stand,

Between their lov'd home, and the war's desolation.

Blest with victory and peace, may the Heaven rescued land

Praise the Power that hath made and preserved us a nation!

Then conquer we must, when our cause it is just,

And this be our motto... "In God we Trust."

And the star-spangled Banner in triumph shall wave,

O'er the Land of the Free, and the Home of the Brave."

AUSA

From front page

which is moving to Fort Lee, Va.

"It will be a different type of population," McNamara said. "Our training mission will shrink dramatically."

He touched on the construction timeline, the majority of which will occur between fiscal year 2009 through 2011 and said that this includes upgrades to infrastructure as well as construction of new buildings to support the population.

He explained the enhanced use lease which

will result in the addition of a state of the art technology campus; the Residential Community Initiative that will result in leased housing on the installation; the Army and Air Force Exchange Service master plan which retains key services for beneficiaries and is looking into exceptions to policy for the civilian workforce and the transforming Directorate of Family and Morale, Welfare and Recreation, which is planning expanded daycare resources, developing the Shore Park recreational area and most notably, the Ruggles Golf Course revitalization that places its entrance out-

side the gate and includes course enhancements and club house improvements.

McNamara said that APG is partnered with state and local efforts to support BRAC growth.

"APG shares a dedication to the quality of life with the region," he said. "During this transformation, the Garrison is committed to supporting future organizations and missions."

For more information about the APG Transformation, visit the APG 2012 Web site, <http://apg2012.apg.army.mil> or click on the APG 2012 logo on the APG home page, <http://www.apg.army.mil>.

Probiotics

From page 11

Try this fruit smoothie recipe: one 8-ounce cup yogurt with Bifidus Regularis, one-half cup low-fat milk and one cup strawberries. Add the three ingredients to a blender, blend it up, and enjoy. You can also add other fruit in place of the strawberries.

Go for the fiber

- Add one-half cup high fiber (more than 9 grams per serving) cereal to your yogurt to help you on your way to the 25 to 35 grams of fiber needed daily.

- Have vegetables with lunch and dinner like broccoli, carrots, spinach and others.

- Eat bread with 3 grams of fiber or more per serving.

Help your gut get the good stuff and bring on the balance by choosing foods that are good for you today while in your commissary. IBS can be successfully managed so that you can enjoy life.

For more information about healthy food choices and other nutrition topics, visit Ask the Dietitian at <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum http://www.commissaries.com/healthy_living/dietitian/forum/index.cfm and be sure to look for other useful information in The Dietitian's Voice archive http://www.commissaries.com/healthy_living/dietitian/column/index.cfm.

Picerne

From front page

Meade, noting that the Base Realignment and Closure "is one of the reasons why this is so interesting."

"The way partnerships work, is if you have ideas, typically, we can find a way to make those ideas work," he said. "We're here to help you bring those ideas forward and create better quality of life for the people of Aberdeen Proving Ground."

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, gave an APG 2012 overview to familiarize the new partners with the full scale of the APG Transformation. He welcomed Picerne to the APG Family.

"RCI is the best route for us," Weissman said. "What we want to show you is

how you fit into the puzzle to what we see as our future.

Weissman said that beyond the infrastructure and road upgrades, construction, and mission and population growth associated with BRAC and APG 2012, the focus remains on quality of life.

"Our population will be much bigger and we need to ensure the services we provide in 2012 satisfies the needs of that population – everyone who lives and works on APG," Weissman said. "We're focused on quality of life and hope you are too."

Picerne's Greg Cannito, program manager who will be on the ground at APG and Mike Steiner, program director presented the company's proposals for APG housing. Along with renovations, enhancement and improvements to existing housing, they offered their view of "quality new homes" and stressed that the historical

interiors and exteriors of buildings such as those found on School Street and Plum Point Loop would be maintained.

Neighborhood Management is a major part of the operation which uses the Families First™ approach, they said.

"We perform management and maintenance so Soldiers and Families don't have to," Steiner said. The proposal includes a Neighborhood Center with a management and maintenance staff, operational 7 days a week with Family-dedicated amenities, offices, a lounge, and more.

"We've developed a sustainable concept and we're now committed to being the best partner with APG," Steiner said.

Cannito said the proposals are based on research directed toward creating a community entity.

Priorities are to provide outstanding maintenance, establish communication with residents, introduce the Families First™ program, and

then develop renovation and building plans.

"We will come out of the gate running," he said. "It's going to take time for it to be great, but change is coming."

Bill Mulvey, Picerne vice president of communications said that the CDMP, which serves as the blueprint for residential communities, is the key to the partnership.

Preparation is expected to take six months after which the Army, the Department of Defense, the Office of Management and Budget and Congress have to approve it before the CDMP is implemented.

"This is the beginning of building a flexible partnership," Mulvey said, noting that at the end of the 50-year partnership is a 25-year renewal option, which motivates the company to continually seek improvement.

"We'd like to be much better at the end," he said.