

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for Oct. 22, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



### TRAFFIC ALERT

## Daily traffic changes require driver vigilance

For the next several weeks, Daisy Construction will be working at the Maryland and Aberdeen boulevards intersection. Lane changes, lane closures and varying traffic patterns will occur on a daily basis.

Motorists are asked to maintain awareness of daily changes to driving conditions and traffic control measures to keep everyone safe.

Additionally, all personnel are asked to assist in directing "lost drivers." This has become an increasing problem and especially so for shipments arriving on large trucks. When providing directions, be as clear and concise as possible.

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

## Retiree Appreciation Day this Saturday

Military retirees and their Families are invited to attend the annual Retiree Appreciation Day, from 8 a.m. to noon, Oct. 18, in the APG Recreation Center, building 3326 with lunch to follow at the Installation Dining Facility. The guest speaker is retired Lt. Col. Gary Quintero, deputy chief, Army Retirement Services.

For more information, contact retired Sgt. First Class Rich Zalusky, 410-278-5036 or e-mail Richard.zalusky@us.army.mil or Janet Dettwiler, 410-306-2301 or e-mail janet.dettwiler@us.army.mil.

## Austin Road closed

Austin Road in the 4200 block in the Edgewood Area will be closed through Oct. 17 so the contractor can install a steam pipeline to provide heat to the Soldier barracks in that block. Signage will detour traffic

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# MRAP Test Team wins top Army acquisition award

Story by  
**CRYSTAL MAYNARD**  
ATC

The U.S. Army Aberdeen Test Center won a top Army acquisition award in the 'Equipping and Sustaining our Soldiers' Systems' category at the 2008 U.S. Army Acquisition Corps Annual Awards ceremony Oct. 5 in Arlington, Va.

The U.S. Army Acquisition Corps annual awards pay tribute to the uniformed and civilian professionals who work behind the scenes to provide combatant commanders and their Soldiers the weapons and equipment they need to execute decisive, full-spectrum operations in support of the Global War on Terrorism.

There were 13 other Army nominees in the 'Equipping and Sustaining our Soldiers' Systems' category.

From March 15, 2007, through March 14, 2008, the Mine Resistant Ambush Protected, or MRAP, Joint-Service Test and Evaluation Team has responded to one of the greatest acquisition challenges in Army history: to develop, test and deliver MRAPs to theater in a year's time.

MRAPs are a family of vehicles that have a "V"-shaped hull and armor plating designed to provide protection against mines and improvised explosive devices.

The Secretary of Defense Rob-

ert Gates directed that the MRAP program should be the highest priority to the Department of Defense Acquisition Program.

The MRAP team, consisting of more than 200 testers and evaluators conducting tests at ATC, has ensured that the American Soldier is operating with the best equipment ensuring significantly enhanced crew survivability, minimizing vehicle vulnerability and facilitating operational sustainment.

"As I have said before, MRAPs save lives," said Col. John P. Rooney, ATC commander. "The work done here at ATC has ensured that service members were able to walk away from IED events that otherwise would have been catastrophic and come home to their Family. I don't know of any work that could be more important. I am extremely proud of our team here."

Doug Griffin, a senior ATC test officer and MRAP Automotive Team Leader, said that "the MRAP testing and acquisition process has been a learning experience not only for ATC, but for all of the U.S. military service branches."

"Lessons that we learn now can be used for other high priority test initiatives, which can help to provide the most up-to-date and reliable equipment available," Griffin said.

There are currently more than 11,000 of the vehicles in theater.



Photo by ATC TECHNICAL IMAGING DIVISION  
Members of the U.S. Army Aberdeen Test Center Mine Resistant Ambush Protected, or MRAP, Automotive Team prepare a vehicle to undergo testing.



Illustration by NICK PENTZ

## Soldiers, Families, communities: The perfect combination for prevention

ACS

Across the nation, communities are launching campaigns during the month of October to create awareness of domestic abuse, ways to prevent it and resources that are available to help women, men and children affected by it.

Aberdeen Proving Ground is joining these and other military communities in commemorating the month with a series of activities and special events.

This year's Army Domestic Violence Awareness Month theme, "Soldiers, Families and Communities: The Perfect Combination for Prevention," epitomizes the coordinated community response approach that is key to an effective and proactive response to domestic abuse.

"Domestic abuse affects all of us in one way or the other," said Aida Rivera, ACS Family Advocacy Program manager. "Just in health-related costs alone, the Centers for Disease Control and Prevention estimate that more than \$5.8 million is spent annually. Nearly ninety percent of those costs are related to intimate partner physical violence, 6.7 percent to intimate partner rape and 3.7 percent to stalking."

But the cost to victims extends beyond the monetary.

"The shattering of the spirit of someone who is abused; you can't place a dollar sign on that," said Lynda Fernandez, Family Advocacy Program specialist. "It takes entire communities working together to help victims heal from the emotional, physical and psychological effects of domestic abuse."

"Imagine it: Your partner is supposed to be your safe haven, and instead he or she is your worst nightmare. How do you reconcile that," she asked.

The Department of the Defense has taken a zero tolerance approach to domestic abuse that includes expansion of its definition.

The new definition defines domestic abuse as a range of different acts

by an abuser directed against a person of the opposite sex who is a current or former spouse of the abuser, a person with whom the abuser shares a child in common, or a current or former intimate partner of the abuser with whom he or she shares or has shared a domicile. The range of acts includes the use, attempted use, or threatened use of force or violence against the victim, such as threatening to hurt or kill him or her, or the use of actual physical force, such as hitting, punching, kicking, shoving, or sexually assaulting the victim.

But domestic abuse is not limited to physical violence. It also includes emotional, psychological and economic abuse.

"Chronic abusers try to maintain power and control over their victims. They control where the victim goes, who they spend time with, they belittle and degrade them and make them believe that no one else would want them," Fernandez said. "They may limit their access to finances, often punishing them for spending more money than they were supposed to, or they cut them off altogether."

Studies conducted on domestic abuse indicate that Family violence is passed from generation to generation and continues until the cycle is broken.

It takes Soldiers, Families and communities standing together to break the vicious cycle.

"When I'm out conducting Family violence briefings and Soldiers tell me they have never been exposed to domestic abuse, I tell them that they are blessed," Rivera said. "But I also tell them that we have children who will grow up to marry other people's children. We don't always know their backgrounds, but we're entrusting our children to them. They pause; think for a moment then they get it. They realize that it behooves us all to take a stand against domestic abuse."

For information on resources available

See ABUSE, page 3

## DoD develops compensation, benefits handbook

DoD

The Department of Defense announced Oct. 6 it has developed a comprehensive handbook describing compensation and other benefits service members and their Families would be entitled to upon separation or retirement as a result of serious injury or illness.

"The Compensation and Benefits Handbook is the one source of information that covers everything a seriously ill and injured service member will need during his or her recovery, rehabilitation and reintegration," said Ronald A. Winter, principal deputy assistant secretary of the Air Force for Manpower and Reserve Affairs.

The handbook was compiled in cooperation with the Departments of Veterans Affairs, Labor, Health and Human Services and Education and the Social Security Administration.

Additionally there are references to assistance provided by other governmental and non-governmental agencies and organizations.

"The handbook describes the disability eligibility process, various program qualifications, application procedures and numerous resources with associated contact information," said Sharon Gunselman, policy and resource analyst for DoD.

Web sites and toll-free numbers are provided, and the electronic version includes hyperlinks. The electronic version of the handbook will be updated frequently, and the hard copy of the compensation and benefits handbook will be updated annually.

The electronic version of the handbook can be found on the Internet at:

- <http://turbotap.org>
- <https://www.nko.navy.mil>
- <http://www.npc.navy.mil>
- <https://www.aw2.army.mil>
- <https://www.myaf.mil/gcss-af/USAF/AFP40/d/1073755231/Files/C&BHandbook>.

## Natural disaster victims helped through CFC

Story by  
**MIKEY GRAZIANO**  
APG CFC Office

All contributors are able to designate money to specific charities they choose to support, and the Contributor's Guide lists many charitable organizations that are ready to provide assistance to the victims of hurricanes and other natural disasters.

The guide is available through any organization's key worker, at the APG CFC Office and on Web site, <http://www.cbacfc.org>.

Contributions to the 2007 CFC can be made through each organization's key worker.

For more information, visit the APG CFC Office, building 30, Top of the Bay, Down Under, e-mail [apgr-usag-CFC@onus.army.mil](mailto:apgr-usag-CFC@onus.army.mil) or call, 410-278-9913.

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

See CFC, page 12



# Army News

## Defense Media Activity to change how service members get information and entertainment

Story by  
**JIM GARAMONE**  
American Forces Press Service

The Oct. 1 establishment of the Defense Media Activity will change the way the Defense Department gets news, entertainment and information to service members and their Families.

Service members will not immediately notice a change: the Armed Forces Network will still broadcast football games and the Joint Combat Camera Center will continue to provide still and video images. Changes that will occur later are positive ones, Bob Hastings, principal deputy assistant defense secretary for Public Affairs, said.

"I think DMA is one of the most exciting things to happen to public affairs in a long time," Hastings said. "It's our opportunity to change the way we deliver news and information to our internal audience."

The new activity will allow the department to be more efficient and effective in delivering news, he said. In the future, service members will be able to choose what media they use to get their information and entertainment.

"Not unimportant, and what the Base Realignment and Closure Commission was think-

ing about, was to do it more cost-effectively," Hastings said. "There's two sides of the coin: we can do a better job of it, and we can probably realize some synergies from it."

Hastings used his recent experiences in Afghanistan as the model for that synergy. There, he said, AFN provides TV, radio, Web and print information and entertainment.

"That organization is delivering the command information Web site, and they are publishing the command information newspaper," Hastings said. "That's a glimpse into the future of the way we will deliver that."

Borne out of the BRAC Commission's 2005 conclusions, the DMA places internal information programs - the Army Broadcasting Service, Soldiers Radio/TV, the Soldiers Media Center, the Naval Media Center, the Air Force News Agency, Marine Corps internal information assets and the Army/Air Force Hometown News Service with the American Forces Information Service - under one roof at Fort Meade, Md., in 2011.

The Armed Forces Radio and Television Service, American Forces Press Service, the Pentagon Channel, Stars and Stripes

and the Joint Combat Camera Center are among the offices that will transfer to the new activity.

The activity will work under the direction of the assistant secretary of defense for Public Affairs.

The idea is that teams of reporters, photographers, videographers and TV producers will deploy to an area and send command information products back. Experts at the activity can package the reports for distribution by any media.

"The DMA is how we will deliver that," Hastings said.

The concept of operations for the new activity is still developing, Hastings said. The activity's focus will be more on information and audience and less about the medium used.

"Look at the organizations we have - Armed Forces Radio and Television, American Forces Press Service - we build around channel," Hastings said. "DMA will build around the information and the audience."

Before setting up the activity, officials looked at how commercial news organizations operate and how people consume information today.

"We're finding that people want to pick and choose the

information they want and how they get it," Hastings said. "Add to that our audience is well-educated, young, sophisticated consumers of information, and they know what they want and where they want to get it from."

Service members and their Families want an online option, but they still want AFN and Stars and Stripes, Hastings said. While Stars and Stripes will be an element of the activity, the newspaper will retain the autonomy it needs to continue to operate as an independent paper, he said.

Reporters, producers, photographers and videographers are going to have to expand their expertise for the future, Hastings said. The days of specializing in one media are over. Reporters are going to have to learn how to take pictures, operate video and tell a TV story.

"The Navy has already started this with the mass communications specialist," he said. "The other services have received the proposal positively. Now we have to work our way through the bureaucracy to see if we can do it."

Commanders want public affairs personnel to do it all, Hastings said.

"Today, the commander may need a print product, tomorrow a

Web product, and the next day a broadcast product, and he wants public affairs personnel to do all of that," he said.

The DMA will provide that service, and the Defense Information School the training.

Hastings said the new activity will examine its missions and determine what resources - personnel, money, equipment - are needed to accomplish them. He doesn't expect a change in the number of people assigned to the activity.

"But I expect you will see a change in what people do in the agency," he said.

As the activity matures, it will employ more generalists than specialists. Hastings expects manpower savings "in the back shop" - contracting, logistics, personnel, and operations.

"My hope is saving in the back shops will allow us to put more people on the front lines - writers, editors, producers, photographers, videographers and so on," he said.

The activity is uncharted territory, Hastings said, but he is getting great cooperation from the services.

"There's a lot of excitement of what the DMA can do and become," he said.

## America Supports You: Patchwork quilt salutes fallen U.S. military women

Story and photo by  
**GERRY J. GILMORE**  
American Forces Press Service

A red, white and blue patchwork quilt commemorating the 113 U.S. military women who've died during the Global War on Terrorism was unveiled for public view at the Women in Military Service for America Memorial Sept. 17.

The hand-sewn quilt features a stars-and-stripes motif that displays the names of the fallen within the stripes. It was crafted by 10 women from several small communities in the Pacific Northwest, with additional support provided by another 16 women, also from Oregon or the state of Washington.

Fourteen of these women traveled to Arlington National Cemetery to attend the unveiling ceremony held inside the women's memorial. The quilt will be displayed inside the memorial until January or so, when it will be taken for display at U.S. Department of Veterans Affairs hospitals.

Retired Army Staff Sgt. Donna J. Birtwistle, a former military nurse from Moro, Ore., said she began thinking of making the quilt this spring after attending a military veterans group meeting. Then, she said, her community was saddened by the loss of Army Cpl. Jessica A. Ellis, who died in Iraq on May 11. Ellis was from Bend, Ore., about 135 miles south of Moro.

Birtwistle, who sews, found a sponsor to provide the quilted material and solicited volunteers from across the area to cut and sew the cloth. Work began June 10 and the quilt was



From left, Donna J. Birtwistle, Mavis Olsen, Marlene Wallace and Penny Eakin stand before their patchwork quilt at the Women in Military Service for America Memorial, Sept. 17. The quilt honors military women who've died during the Global War on Terrorism.

completed about a month later. Birtwistle eventually contacted the women's memorial to see if the quilt could be displayed there.

The colorful quilt "is all hand-made," Birtwistle said proudly. It's important to honor military women who've fallen in conflict, she said, because they, too, serve in harm's way alongside their male counterparts.

"They are just as tough and just as hardy as the men are," Birtwistle said of military women.

Mary Anne Macnab from Wasco, Ore., said the quilt also was created to comfort grieving Families and "to honor these women who've made the ultimate sacrifice."

Other women involved in the quilting project who attended the ceremony included Mary Lou Massie and Marlene Wallace of Wasco; Sharon Simantel, Mavis Olsen, Sheila Weber and Marylea Sanders of Moro; Elizabeth Hazel, Camille Hurd and Linda Simkus of Golden-

dale, Wash.; Penny Eakin of Grass Valley, Ore.; and Julie Cordahl of Cle Elum, Wash.

Retired Air Force Brig. Gen. Wilma L. Vaught, president of the Women's Memorial Foundation, thanked the women for the quilt and for their efforts on behalf of military women.

"We are just grateful that your towns had the foresight to let all of you come who have worked on this quilt, so that you could be here and see it go on display here," Vaught told the women.

Vaught then introduced Army Brig. Gen. Loree K. Sutton, a long-time supporter of the women's memorial. Sutton is the director of the Defense Center of Excellence for Psychological Health and Traumatic Brain Injury.

Sutton saluted the quilters' efforts to honor fallen military women.

"Let us renew our dedication to making their sacrifices count," Sutton said. "We shall always remember."

## Cyber-recruiting: instant expert

Story by  
**SGT. CARL N. HUDSON**  
Army News Service

Before future Soldiers can provide for the Army, the Army provides for its future Soldiers.

When U.S. Army recruiters approach possible future Soldiers they take into consideration what the future Soldier may need such as job experience, tuition pay in the form of the Montgomery G.I. Bill or the Loan Repayment Program, or even cash bonus incentives.

However, concerned and skeptical citizens may find it difficult to approach a recruiter for one reason or another, and that's where cyber-recruiting comes in.

The U.S. Army Recruiting Headquarters, at Fort Knox, Ky., houses more than 40 cyber-recruiters who work between the hours of 8 a.m. and midnight to help anyone who may have questions concerning the Army and how it takes care of its Soldiers.

"The concept of cyber-recruiting originated with a chat room," said John J. Dunlosky, Customer Support Communications Center branch manager at U.S. Army Recruiting Headquarters at Fort Knox. "Internet capability interlinked the voice of the U.S. Army with the American public to give them a forum where the public can ask questions, gain information and receive a professional answer."

With the cyber-recruiting concept, the Army can offer a single answer to every question as opposed to variations of the same answer, he said.

Along with the chat rooms, cyber-recruiters can also offer one-on-one attention to possible recruits through the use of e-mail. With this method, the future Soldier can receive immediate, credible information and a much more private discussion with a recruiter online to discuss jobs available, incentives, individual needs and other matters, Dunlosky explained.

"The representatives in our staff bring five hundred years worth of Army experience to the table," he said. "If someone wants to know about aviation in the Army, I've got an aviation guy sitting out there ready to answer questions, or if they want to know about infantry, ex-infantry guys are out there. Chances are we have

someone who used to be in that job field out there to help out the future recruit."

Not only are future Soldiers able to access the chat room, but their Families and friends are also able to log on and ask questions about their Soldiers. If an individual wishes to remain anonymous, the chat-room will respect his privacy.

"Anybody can log in under whatever name they choose to pose questions they want answered," Dunlosky said. "As long as they maintain 'chat-etiquette,' they're welcome to come in and chat with each other or with the representatives."

In September 1999, the Army decided to reach out through the internet to possible recruits in order to take advantage of a format that appeals to the current generation.

"Our first year, we only had forty nine thousand chat users," said George Silva, operations manager. "Since 9/11, cyber-recruiting has really picked up."

Cyber-recruiters have assisted in bringing in more than 27,000 enlisted troops into the Army's ranks, according to the Cyber Recruiting Center, with the largest batch of future Soldiers being more than 7,900 in 2007.

"In time, recruiters began to look forward to the leads that we (cyber-recruiters) began to pick up," Silva said.

"All these employees are prior-service in the military and former recruiters," he said. "They're here to share their experiences, and they know what qualifications a future recruit must have to gain the job they want."

With the War on Terrorism approaching its sixth year, recruiters continue working to add numbers to the ranks of today's fast and ready Army, and that means keeping up with today's generation and technology.

"Technology grows and society changes, so we grow and change with it," Silva said. "Everybody is fast paced."

Anyone who may have questions or may be interested in the mentorship program to help new or future Soldiers can access information at <http://www.goarmy.com>.

(Editor's note: Sgt. Carl N. Hudson serves with the 7th Mobile Public Affairs Detachment.)

## APG News

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

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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-appg@conus.army.mil](mailto:editor-appg@conus.army.mil).

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

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# AMSAA marks 40th anniversary

Story by  
**JOE FERRARE**  
RDECOM

For more than 40 years the Army's senior leaders have turned to the U.S. Army Materiel Systems Analysis Activity at Aberdeen Proving Ground to get the hard numbers and clear analysis they need to guide the Army.

AMSAA celebrated its anniversary Oct. 2, but that ceremony was only one of many observances the organization held this year to mark the service it began at the height of the Vietnam conflict. Since that time, the organization's mission statement has become more succinct – provide analytical solutions to enhance Warfighter capabilities – but its role in the entire Department of Defense has grown, according to AMSAA Director William F. Crain.

“Over the last decade or longer than that – at least back to the eighties – AMSAA has been recognized as not just the Army's, but the Department of Defense's single source for certified performance data,” Crain said. “That may sound like a lot of geek speak, but what it means is that any kind of analysis that goes forward, whether it be for the Marines or the Air Force, if the data they're using are not provided by AMSAA, it is not accepted, period.”

To get the data the DoD depends on, AMSAA has expanded to have a global presence.

“We've got a data collection and development effort to maintain that ability,” Crain said. “We've got about sixty or seventy people in theater (Iraq and Afghanistan), and we've got a data collection presence on every major Army

installation in the continental United States and, I'm not sure if we have someone at every overseas installation, but at most. Literally, it's almost a phone call away from any part of the world.”

Crain said that playing at that level has brought a lot of recognition to his team, but it has also brought a lot of responsibility.

“You can't cut corners,” Crain said. “That's part of the price you've got to pay in order to maintain the reputation, and AMSAA has been successful in maintaining that for four decades now.”

AMSAA expanded its reputation this year with its work on the Mine Resistant Ambush Protected vehicles, which led to the organization winning the large category of the Army's Dr. Wilbur Payne Award for Excellence in Analysis.

In another mark of AMSAA's standing in the analyst community, AMSAA alumni Pete Reid will be inducted to the Operations Research Society of America Hall of Fame. Reid joined two former AMSAA directors to bring the number of AMSAA alumni to three of only 11 people so honored.

AMSAA's reputation is as strong with its team members as it is with those outside the organization.

Operations Research Analyst Matthew Rosenblatt was an active duty first lieutenant at the Ordnance School here when he was recruited to work for the “whiz kids” that became AMSAA.

“They put on a show for us and took us from one office to another. They showed me a one-on-one tank-on-helicopter duel and said ‘if you come to work

for me you'll get to work on this kind of thing.’ That made the sale,” Rosenblatt said.

“They took the Weapons Systems Laboratory and parts of some other labs and they made that into a separate Class II activity called AMSAA. I was here when it happened,” Rosenblatt said.

In some ways the AMSAA Rosenblatt saw created bears little resemblance to today's organization. One had many active duty officers and a sign up sheet to use the Ordnance Discrete Variable Automatic Computer, known as ORDVAC, one of only two computers available – the third modern computer ever built.

Today's AMSAA has almost as many contractors collecting data as it does civilians assigned, and the tools at their disposal go far beyond computer punch cards and calculators the size of telephone answering machines. But Rosenblatt can make more of a claim to defining his own field than most.

“The original standard for what an analyst is was written in 1968 when most of them did cost work. By 1988 it had branched out with people like me all over,” Rosenblatt said.

The Office of Personnel Management, which defines government jobs, was too busy to research the specification, so AMC volunteered. Rosenblatt represented AMSAA on the team AMC put together.

“A team went all over the country to the Army, the Navy, the Air Force, a few universities, the Department of the Interior and to ‘think tanks.’ The team wrote the standard in 1988 or 1989, and we submitted

what we recommended in a report based on interviews with workers and supervisors and questionnaires we sent out,” he said.

Rosenblatt said he doesn't know how much the report influenced the national definition of a research analyst, but he was quite sure what influence being on the team had on him.

“What I found out was this is a good place to work. Sometimes you're sitting at your desk, pleasing the customer, and it's very easy not to see the big picture. What I learned is that if you're going to be an operations research analyst, one of the best places [to work] is AMSAA,” Rosenblatt said.

## Abuse

From front page

to help victims of abuse and on DVAM events and activities contact the ACS Family Advocacy Program, 410-278-7478 or 410-278-2435.

### Signs of domestic abuse

- Being afraid of one's spouse or intimate partner
- Rough treatment – grabbing, pushing, shoving, hitting, etc.
- Emotional abuse – putdowns, embarrassment or humiliation in front of others
- Social isolation – not being allowed to see or talk to Family or friends
- Property destruction – destruction of one's personal property or items of emotional value by a partner or spouse
- Threats of suicide or homicide – “If you leave me I'll...”

### Signs that someone you care about may be a victim of domestic abuse

- Unexplained bruises or injuries
- Bruises or injuries not consistent with the explanations given for them
- Increased or unexplained absences from work
- Harassing phone calls at work
- Withdrawal from Family, friends and fellow service members
- Stalking

### Getting help

If you or someone you know is in an abusive relationship, help is available:

- APG 24-Hour Domestic Violence Hotline, 410-652-6048
- The ACS Family Advocacy Program, 410-278-7478/2435
- Harford Co. Sexual Assault and Spouse Abuse Resource Center (SARC), Inc. 24-Hour Hotline, 410-836-8430
- The National Coali-

tion Against Domestic Violence, 1-800-799-SAFE (7233)

- APG Reporting Point of Contact, 410-306-2222
- Military OneSource, 1-800-464-8107
- Civilian Law Enforcement, 911

# Chapel News

## Chapel celebrates Air Force Sunday

APG Main Post Chapel

The Aberdeen Proving Ground Chapel hosted its second-themed-Sunday, hail-

ing the Airmen of Detachment 1, 361st Training Squadron during its Protestant Service Oct. 5.

The celebration was a unique occasion unlike ordinary services conducted at the APG Chapel.

Twenty-five Airmen participated as scripture readers, ushers and communion aids, and assisted the chaplain in the overall conduct of the worship.

Chaplain (Maj.) Young D. Kim, deputy installation chaplain, led the event which was dedicated to the distinctive service to God and country performed by the Airmen who attended and participated.

Detachment commander Maj. Louie Cumming was enthusiastic about the opportunity which the post will continue to celebrate yearly.

"I am pleased to see that all services will have a worship Sunday dedicated to them," Cumming said. "I am also very appreciative of Chaplain (Major) Kim seeking us out and wanting to have an Air Force Sunday. The support the chapel shows us is awesome."

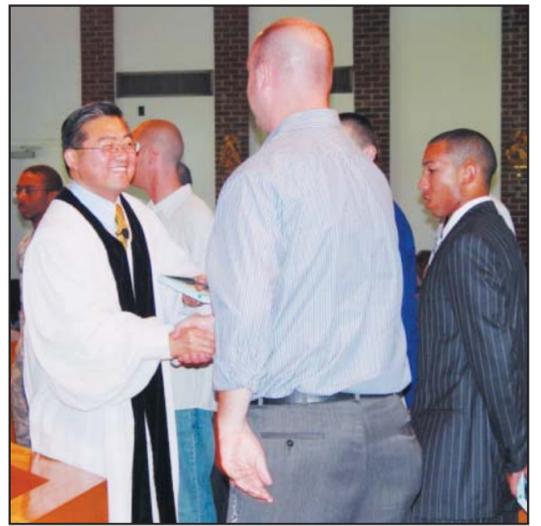


Photo by MIKE LAYMAN

Chaplain (Maj.) Young D. Kim, deputy installation chaplain, passes out *The Airman's New Testament* to, from left, Tech. Sgt. Joel C. Wheaton, Airman 1st Class Phillip J. Paulsen and Airman Basic Kendrick N. Braxton during the worship service at the Main Post Chapel dedicated to the U.S. Air Force Oct. 5.

Chaplain (Col.) Ruben Colon, installation chaplain, said that this is an opportunity to say thanks to the rank and file and pay particular attention to each service group here on APG.

"We are humbled to honor the selfless service

of our Airmen during this time of war as they dedicate themselves to the service of our nation," Colon said. "This worship service, like the one a week ago honoring the Marines, is one small way of honoring their loyalty."

## Spiritual check: On forgiveness

By

**CHAP (COL)  
RUBEN COLON**  
Installation Chaplain

A boy named Tommy, who was having difficulty in school because of a

hearing problem, eventually was fitted with a hearing-aid. The device proved to be very helpful and his class work soon began to improve.

But the hearing-aid also became a problem because some of Tommy's classmates constantly teased him about his "fake ears." One day, when one of the students began poking fun at him, Tommy lost his temper and proceeded to punch his tormentor square in the nose.

As the bloody-nosed teaser was screaming in pain, the teacher intervened. She told Tommy to apologize to the student and forgive him for his teasing.

Tommy thought this over for a moment, then reluctantly he said, "All right, I'll tell him I forgive him – but first I'm going to turn off my hearing-aid."

The experience of God's forgiveness is essential to our fulfillment as human beings. Forgiving in love becomes real for us only through our willingness to forgive others.

If you forgive others, then you will experience God's forgiveness, but if you do not forgive others, you only fool yourself and therefore never know what true love is all about.

The person who loves much is a forgiving person. The person who forgives much is a forgiven person.

Forgiveness is like a circle of mercy—not a vicious circle, but a gracious circle.

We cannot experience God's forgiveness unless we are willing to forgive. At the same time, our willingness to forgive flows from the experience of God's forgiving nature.

**POST SHORTS**

around the area. The buildings in the area will still be accessible.

For more information, call Jeffery A. Presgraves, contracting officer representative, Plans Analysis Integration Office, 410-306-1848.

**Building 320 parking lot closed for roof replacement**

The parking area in front of building 320 will be closed the week of Oct. 6 for an extended period of time for roof replacement. Roof replacement will be accomplished in phases. The area will be cordoned off by yellow tape and traffic cones. The parking area also will be closed on weekends due to scheduled power outage when required.

Office Eagle customers should be aware during admittance to the store.

For more information, call Michael Hardwick, 410-306-2305.

**Celebrating Halloween on APG**

Halloween and the traditional "trick or treat" activities will be celebrated Oct. 31, specifically limited to 6 to 8 p.m. for children under 12 years of age as of Oct. 31.

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

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

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

For more information, call Sheryl L. Speerstra, Directorate of Family and Morale, Welfare and Recreation, 410-306-4522, or visit [www.apgmwr.com/](http://www.apgmwr.com/).

**RAB meeting scheduled**

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 30, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Five-Year Reviews for the Edgewood and Aberdeen Area Study Areas of APG.

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

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

**Annual Fall Technology Expo Oct. 21**

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Aberdeen Proving Ground Directorate of Information

Management will host the 2008 Annual Fall Information Technology Expo 9:30

a.m. to 1:30 p.m., Oct. 21, at Top of the Bay.

State of the art technologies will be featured from 3M Projection Systems, ACL Computers & Software, Adobe Systems, AFL Telecommunications, ActionNet, Inc., Army Knowledge Online, AMREL, Audio Visual Innovations, AVS Installations / TANDBERG, Best Buy, Booz Allen and Hamilton, Business Machines, CACI Inc., Capitol Cable & Technology, CCS Presentation Systems, Commercial Data Systems Inc., Corporate Express, Dell, Dell/ASAP, Diskeeper, Emtec Federal, Endace/Rsignia, EPS, F.A. O'Toole Office Systems, Fujitsu Computer Products, HP, Hartford Computer, IBM, Information Technology Solutions, Insight Public Sector, Kingston Technology, L-Com, Lexmark, Link Solutions, Log-Sec Corp., mLINQS, Nelson White Systems, New Horizons CLC, Office Eagle, Plantronics, Praxis Engineering, Precision Solutions, Raritan, RDECOM Small Business Office, SEIDCON, Sprint, STG, Inc., Survive Engineering, Tally Genicom, Texas Memory Systems, Tripp Lite, Wright Line, Xerox and more.

Admission is free and open to all civilian, military and contractor personnel. Coffee, donuts and a light lunch will be served.

For more information, call FDA toll-free 877-332-3976 or Chris Zukowski, Corporate Information Office, RDECOM, 410-436-3873, e-mail Christopher.zukowski@us.army.mil, or Susan Suppa, DOIM, 410-278-7598.

**Thrift Shop holds \$2 bag sale in October**

The Thrift Shop will hold a \$2 bag sale in October for all items displayed in the parking lot, or the sale room. For more information, call 410-272-8572 during store hours: Wednesdays, 11 a.m. to 6 p.m., Thursdays 10 a.m. to 2 p.m. and 10 a.m. to 1 p.m. the first Saturday of the month. Consignments are taken 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. on Wednesdays and 10 a.m. to 1 p.m. on Thursdays.

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

**Chapel Events**

**Chapel hosts Hallelujah Harvest**

The APG Main Post Chapel will host its 10th annual Hallelujah Harvest celebration 6 to 8 p.m., Oct. 31. Games, food and prizes

will be provided. Everyone is welcome to attend this alternative to Halloween. The children and youth are invited to dress as a Biblical character or as a saint.

Registration as an indi-

vidual or as a Family is recommended for planning purposes.

For more information, call Gerri Merkel, director of Religious Education; Clarence Weaver, Gospel RE counselor, Olivia Wheaton, Catholic RE counselor, or Sandra Hohmann, Protestant RE counselor, 410-278-2516/4333.

**Chapel hosts religious education programs**

Protestant, Gospel and Catholic religious education programs, such as Children's Church, Sunday School, Sacramental classes, Youth Ministry, Catholic and Protestant Women of the Chapel, are now in full swing at the APG Main Post Chapel.

Everyone is welcome. For more information, call Gerri Merkel, APG director of Religious Education, 410-278-2516/4333.

**Worship schedule**

**Aberdeen Area**

Main Post Chapel, building 2485

**Catholic worship**

For specific services, visit <http://www.apg.army.mil/apghome/sites/installation/chaplain/pdf/Catholic%20Information.pdf>.

8 a.m. Sunday Reconciliation

8:45 a.m. Sunday Eucharist

**Collective Protestant Worship Services**

10:15 a.m. General Protestant Worship

**Gospel**

Noon Sunday

**Edgewood Area**

building E-4620

**Collective Protestant Worship Service**

9:15 a.m. Sunday

**Catholic Worship**

For specific services, visit <http://www.apg.army.mil/apghome/sites/installation/chaplain/pdf/Catholic%20Information.pdf>.

10 a.m. Sunday Reconciliation

10:45 a.m. Sunday Eucharist

For more information, call 410-278-4333.

# APG Outdoor Journal

## Commentary: Get those deer muzzle-loaders ready

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

Boy, what ever happened to the days when all you had to do if you wanted to go hunting was go out

and buy a hunting license and head for the woods? Now it seems like you just about have to be a Rhodes scholar to keep track of the Maryland hunting seasons and the changes in the rules and regulations.

The other day I found out that now it's a criminal offense punishable by a pretty substantial fine if you take a deer and neglect to fill out the "Big Game Harvest Record" prior to moving the deer from the spot where it was taken and that's in addition to filling out a "field tag."

Wow, it's no wonder that there's been a dramatic decline in the number of people interested in hunting. The next thing you know it'll be against the law to be out in the woods

without a pen or pencil in your possession.

Oh well, so much for my views on 'big' government.

In addition to the opening of the early waterfowl season at APG on Oct. 18 (October 18-25), it is also the opening day of the early deer muzzle-loading season, which will also run through Oct. 25. And as most of you probably already know, the deer harvested at APG will not count toward the Maryland seasonal bag limits.

The fine folks at the APG Deer Shacks, bless their hearts, are as usual, all geared up and ready to go. They will be accepting "cards" for the area draws on Saturday up until noon on Friday, Oct. 17.

And just as a reminder, don't forget, in addition to "checking in" your deer at the APG Deer Shack, you have 24 hours to check in your deer using the Internet check-in Web site, <http://www.gamecheck.dnr.state.md.us> or by using the Maryland Big Game Registration Phone Line, 1-888-800-0121. After your deer is properly checked in, a confirmation number will be issued, and this number must be recorded on your Big Game Harvest Record.

### For those steamed crab lovers...

For those of you who still have a hankering for crabs, there are some real nice ones still being caught in both the Bush and the Gunpowder rivers.

The number of people

crabbing has really dropped off of late, but one day last week we pulled up along side a fellow on the Gunpowder, in fact the only person that was out there, and he had a nice bushel of #1's; said he'd only been out there a couple of hours.

### Rock are rollin' in

Also, it appears that the rock fishing is starting to pick up some.

A few of the guys I've been talking to who are fishing in the upper Bay have been doing alright trolling white buck-tails and Rattletraps, while others have been doing pretty good just after the sun goes down on surface plugs.

Enjoy this weather while you can, Old Man Winter is just around the corner.

## AAFES NEWS

### eChapterOne, LLC partners with AAFES

#### eChapterOne

eChapterOne, LLC announced Sept. 1 that it has expanded its services in partnership with the Army & Air Force Exchange Service. The company's state-of-the-art online eBookStore will now be available to all U.S. military personnel authorized to shop at the AAFES Exchange Mall — a concession mall offering online service and merchandise to military members around the world. These concessions make online shopping convenient by offering secure

Web sites and accepting the MILITARY STAR™ Card.

AAFES customers include active duty, retired and Reserve Component military personnel from all branches of service and their Family members.

eChapterOne.com will sell all eBooks in its Exchange Mall eBookStore at a minimum of 10 percent discount off their regular retail prices. They will also offer AAFES customers a Weekly Special, drastically reducing the price of featured eBooks — new releases, military subjects and Family oriented eBooks, like pet care, travel and children's books. Customers will have a different "special book" to choose

from each week.

"Obviously, we are thrilled with our new partnership with AAFES. It gives us a chance to bring a popular product to our military [members] and their Families," said Bill Crossley, founding partner of eChapterOne, LLC. He points out that in the highly mobile world our service members and their Families serve in, the availability and portability of eBooks is a blessing.

"Authorized AAFES customers should check it out frequently because they are always adding new concepts/shops to the exchange mall," said Debbie Armendariz, APG AAFES store manager. "Visit it at [www.aafes.com](http://www.aafes.com)."

[www.aafes.com](http://www.aafes.com)."

"Even in combat zones, our service men and women have ready access to PDAs, Smart Phones and laptops. They carry their eBooks with them and read when and where they can," Crossley said.

Why a special discount to AAFES customers?

"They give so much for us. This gives us a chance to give a little something back to them," Crossley said.

Providing stellar customer service is a core value at eChapterOne, according to Reagan Spencer, vice president of Operations who corresponds with customers daily.

See eBOOKS, page 12

# Community Notes

**FRIDAY  
OCTOBER 17  
NO SCHOOL  
NATURE WALK**

Wondering what to do with the children when school is out? Why not take the day and spend some quality time together in the woods? Bring water, binoculars or even a lunch and have a picnic when the hike is over. This program will be held 9:30 to 11:30 a.m. for ages 5 to adult. The program is free but registration is required.

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

**SATURDAY  
OCTOBER 18  
HARFORD FALL  
FEST**

Real Life Community Church will hold a Fall Fest, 10 a.m. to 5 p.m., at Heavenly Waters Equestrian Center, located on 608 North Tollgate Road, Bel Air. Activities include food, treats, many moon bounces, carnival games, hay rides and pony rides, petting zoo, a car show, local artisans and vendors and more. Local live musicians also will be performing.

Admission is free; how-

ever, each person is requested to bring a non-perishable item for the food bank. A \$5 wristband will give children access to moon bounces, attractions, games, prizes and crafts.

Proceeds benefit the Harford County Homeless Shelter and the Harford County Food Pantry.

For more information, call Anne Marie, 410-638-2866, e-mail Annemarie.HarfordFallFest@yahoo.com or visit [www.harfordneighbors.net](http://www.harfordneighbors.net).

**MAKE A  
DIFFERENCE DAY**

Charlton-Miller VFW Post 6054 and Ladies Auxiliary located on 206 Spesutia Road, Aberdeen, will hold Make a Difference Day Closet Cleanup and Food Drive, 10 a.m. to 5 p.m. This event provides an opportunity for everyone to clean out their closet and to help someone in need.

Clothing items must be clean and serviceable for donation to the Goodwill Industry and Perry Point VA Medical Center.

Everyone can also make a difference in someone's life by donating non-perishable food items. All food donated will be given to Grace Place, located at Saint John's Episcopal Church, Havre de Grace.

Please bring items to Charlton-Miller VFW Post 6054.

For more information, call 410-272-3444.

**WHITETAILED DEER  
SURVEY**

Harford County seems to be experiencing explosive population growth, and not just with humans. So, come help to determine if the deer population of Leight Park is a healthy size. Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This program will be held 9 a.m. to 12 noon for ages 16 to adult, 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.

**WINE CRUISE**

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 5 to 7 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy Vineyards will be onboard to talk about the wines, the winery and to answer any questions. Reservations are required.

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

**HAUNTED  
HALLOWEEN HIKE  
AND CAMPFIRE**

Spend a spooky evening at Leight Park while being led on a haunted hike through the woods to discover the creatures of Halloween. Meet these

real scary critters up close and listen to some tales spun by Halloween characters. After the hike enjoy s'mores, music and cider by a cozy campfire. Choose a start time of 7:15, 7:30, 7:45, 8, 8:15, 8:30 p.m. and the program lasts about 1 1/2 hrs. This program is for any age able to handle a somewhat spooky 3/4 mile hike in the woods at night. The cost is \$5 per person or \$15 per

Family and registration is required.

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

**SUNDAY  
OCTOBER 19  
SPAGHETTI DINNER**

The Prince of Peace Church located on 2600 Willoughby Beach Road, Edgewood, will hold its Annual Spaghetti Din-

ner, 3 to 6 p.m. Dinner costs \$8 for adults; \$5 for seniors over age 62; \$3 for children ages 6 to 12; and free for children ages 6 and under. To purchase prepaid tickets, call 410-679-5912. Tickets will be sold at the door. Proceeds will be used to upgrade the church hall.

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

**SCHOOL LIAISON**

**School uniform meeting cancelled**

The Harford County Board of Education is deferring new initiatives due to budget constraints. Therefore, all community uniform meetings are cancelled, and the process of further exploration of school uniforms is now halted.

For more information, call Michelle Shaivitz, coordinator of Partnerships for Special Programs and Student Achievement, 410-588-5331.

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



# FAMILY, MORALE, WELFARE & RECREATION

## APG COMMUNITY FALL FEST

OCTOBER 25 10-4



Photo by HEATHER TASSMER

Staff Sgt. Jose Mojica from the Basic Noncommissioned Officer Academy Class #24-07 initials 6-year-old Mason Blethen's bike rodeo form so he can continue on to the next station during the Spring Fest Bike Rodeo May 5, 2007.

### Bike Rodeo returns to Fall Fest

FMWR

Family and Morale, Welfare and Recreation will host the APG Community Fall Fest 10 a.m. to 4 p.m., Oct. 25.

There will be lots of information and activities to help remind everyone about safety to include the seat belt convincer and fire prevention demonstrations, to name a few, but also, the return of the Bike Rodeo.

"Children who come out for the Bike Rodeo will receive a free bike helmet this year," said Chris Lockhart, FMWR

Marketing.

In addition, there will be a Volksmarch, a car show, Fest Tent with German foods, beverages and entertainment.

And, part of this year's fun includes two flea markets—automobile and community, however, registration is required to participate in the car show or to have a table at one of the flea markets.

"To make it easy this year, registration forms are on the FMWR Web site at [www.apgmwr.com](http://www.apgmwr.com)," Lockhart said. "See you at the fest."

### 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](mailto:stacie.umbarger@conus.army.mil).

#### Private piano lessons

SKIES Unlimited private piano lessons will be given 3:30 to 7:30 p.m., on Fridays, Oct. 31 through Dec. 12. (No class Nov. 28.) Classes will also be given 9:30 a.m. to 12:30 p.m., on Saturdays, Sept. 13 through Oct. 18 and Nov. 1 through Dec. 13. (No class Nov. 29.)

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week.

Parents choose which time frame session they want to sign-up for when they register their child.

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

#### SKIES Unlimited offers Driver's Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m.

Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, Oct. 27 thru Nov. 12 (no class Nov. 11); Nov. 17 thru Dec. 3 (no class Nov. 27) and Dec. 8 thru 23.

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.

#### SKIES Unlimited gymnastics program

Gymnastics classes will be held through Nov. 8 on Saturdays.

Class groups include ages 2 and a half to 4, 9 to 10 a.m.; ages 5 to 7, 10 to 11 a.m.; and ages 8 to 18, 11 a.m. to noon.

For more information or to make an appointment, call 410-278-4589, or e-mail [stacie.umbarger1@conus.army.mil](mailto:stacie.umbarger1@conus.army.mil).

#### Taekwondo classes offered

Taekwondo promotes discipline, as well as muscle toning and conditioning.

Classes will be held at the Aberdeen Youth Center, building 2522, Monday and Wednesday, Oct. 20 through Nov. 12, 5:30 to 6:15 p.m. (ages 6 to 11) for \$65 per student and 6:30 to 7:30 p.m. (ages 12 to 18) for \$75 per student.

Students must wear a white T-shirt and sweat pants.

Open to all DoD ID card holder Family members.

### Upcoming Domestic Violence Awareness Month events

Army Community Service will host varied events in October to raise awareness and prevention of domestic violence.

- "Meet Me at the Gate" was such a huge success in 2007 that Army Community Service representatives will again greet employees and visitors entering Aberdeen Proving Ground and offer domestic violence literature and reference material throughout the month of October.

- "Hands are not for hitting" – ACS Family Advocacy Program staff will read "Hands are not for hitting" Oct. 17 at the Child Development Center.

- "Clothesline Project" – Children will create painted T-shirts with their messages against domestic violence to hang on a clothesline that will be displayed throughout the installation as part of the 'Clothesline Project.' The staff will also work with the youths at both APG Youth Services centers Oct. 24 and facilitate an activity table at the Fall Fest Oct. 25 with all materials needed for anyone wishing to create a T-shirt with their message against abuse. T-shirts can be added to the existing clothesline.

- DVAM information booths will be located at the Commissary, PX, Kirk

U.S. Army Health Clinic and the U.S. Post Office.

- Articles on domestic violence, effects of domestic violence on children and other available resources will be published in the *APG News*.

- Retro Bill will present "Safety First" at the Fall Fest, Oct. 25.

- The ACS FAP will present "The Batterer as Parent," 9 a.m. to noon, Oct. 30 at Top of the Bay. Lundy Bancroft, author, advocate and custody evaluator will be the key note speaker. A workshop will be held 9 a.m. to noon followed by a lecture, 1 to 3 p.m. The program is free. The workshop is open to all military, Family members, civilians, law enforcement, attorneys, judges, advocates, therapists, social workers, school counselors, individuals working with children and the Family court systems. Register now – space is limited. For more information or to register, call 410-278-2435. Bancroft wrote "Why Does He Do That," "When Dad Hurts Mom" and his national prize winner, "The Batterer as Parent."

For more information, call Lynda Fernandez, Army Community Service, 410-306-2041.

### Activities/Events

#### Hershey Park in the Dark

Don't miss out on this year's big Family Halloween event at Hershey Park.

Special discounted tickets are available for all the theme park rides on weekends. Kids 12 and under are welcome to dress up and trick-or-treat along a path that starts at Chocolate World and ends at Treatville.

Bring flashlights and don't miss the Creatures of the Night special. Discover more than 200 native North American animals in the dark. Parents may finish off their day with a little holiday shopping at Chocolate World.

Hershey Park in the Dark will be held Oct. 17 to 19, 24 to 26 and Oct. 31 through Nov. 2. Tickets cost \$21.95 for adults and \$14.95 for children.

#### Disney on Ice: Worlds of Fantasy

Tickets are available for Disney on Ice: Worlds of Fantasy at the 1st Mariner Arena located on 201 West Baltimore Street, Baltimore.

Show times include 7:30 p.m., Oct. 29 and 31; 10:30 a.m., Oct. 31; 11 a.m., 2:30 p.m. and 6:30 p.m., Nov. 1; and noon and 4 p.m., Nov. 2.

Everyone is invited to come visit the worlds of their favorite Disney characters. Visit Pixie Hollow and meet Tinkerbell and her friends.

Journey to Atlantica and go on an adventure with Ariel. Visit other worlds including the Lion King and Cars. And don't forget to come one hour before the show to see an enchanting display of Disney princess gowns and mementos.

Tickets cost \$18.25 each for all ages and \$14 each only for the 10:30 a.m. show on Oct. 31. All seats are located in the lower levels.

For more information, call the FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

#### Greens Keeper Revenge at Ruggles Golf Course

A two-man scramble/Greens Keeper Revenge will be held Oct. 18 at Ruggles Golf Course, start time is 8:30 a.m.

Play nine holes of regular play and nine challenging holes the greens keeper has created. There will be a putting contest with a chance to win \$5,000. Two-man combined handicap total is not lower than 12. Refreshments and awards will be provided upon completion of the event.

Cost to participate is \$35 for annual patrons; \$50 for value card and authorized patrons; and \$60 for guests.

For more information or to register, call 410-278-4794.

#### Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Nov. 25 through Dec. 16, Tuesdays, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary.

Cost of the lessons is \$132 per student and includes one 30-minute session per week for four weeks. Students must provide their own guitar and also are required to purchase books required for the course as recommended by the instructor.

Books are a one-time purchase. Parents can choose which time frame session they want to sign up for when they register their child. Open to all DoD ID card holders.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 for an appointment or e-mail [stacie.umbarger1@conus.army.mil](mailto:stacie.umbarger1@conus.army.mil).

#### BOSS Haunted House

Better Opportunities for Single Soldiers will sponsor a BOSS Haunted House, 7 to 10 p.m., Oct. 24, and 7 to 9 p.m.,

Oct. 25, at Child, Youth & School Services, building 2522 (gym, dance room and front). The event includes a haunted maze, food and concession area, game room, face painting, games and more.

For more information, call the BOSS representative, 410-436-1921; the Garrison command sergeant major, 410-278-1509; the Edgewood Area Recreation Center, 410-436-2713; or the Aberdeen Area Recreation Center, 410-2621/3404.

#### Private Voice Lessons

Ages 7 through 18 can register for private voice lessons, 3:30 to 7 p.m., Tuesdays, Nov. 25 through Dec. 16, at the Aberdeen Area Youth Center, building 2522. An award-winning singer/songwriter will instruct students.

No experience necessary. Singing lessons cost \$132 per student and includes one 30-minute session per week for four weeks. Parents choose which time frame session they want to sign up for when they register their child.

#### Beginner Spanish 101

Hola! habla Espanol? Beginner Spanish 101 is a great opportunity for children ages 5 and older, to learn Spanish through games and student centered activities. The class is for students with little to no Spanish language experience.

Two classes will be held: 5:30 to 6:20 p.m. for ages 5 through 7 and 6:20 to 7:30 p.m., for ages 8 through 11. Classes will be held on Tuesdays, Oct. 14 through Nov. 18, at the Aberdeen Area Youth Center, building 2522.

The class will include hands-on activities such as games, songs, crafts, stories, and some familiar movies, all in Spanish.

Class price is \$55 per student with a minimum of six students per hour and a maximum of 16 students only. Deadline for registration is Oct. 7. Open to all DoD ID card holders.

### Upcoming CWF activities

Nov. 1, 9 a.m. to 1 p.m.

#### Scrapbooking Crop, Top of the Bay

For any seasoned scrapbooker or those who would like to try scrapbooking, come and "Crop Till You Drop." Cost is \$22 per person and includes lunch, door prizes and welcome gifts for everyone. Vendors will have items for all scrapbooking needs; optional classes will be offered; and a massage therapist will be available for an optional massage.

For more information or to make a reservation, call Patti Harkins, 410-273-2075.

Nov. 29

#### Miracle of Christmas, Sight and Sound and dinner buffet at Hershey Farms

Cost is \$98 for adults, \$72 for teens ages 13 through 18; and \$49 for children ages 12 and under. Cost includes show

ticket, dinner buffet, and charter bus transportation. Departure time is 4 p.m.

Dec. 6, 5:45 to 7:45 p.m.

#### Free ice skating, at Ice World

A limited number of tickets are available to APG military, civilians, contractors, retirees and their Families. Make reservations in advance. Skate rentals are not included.

Dec. 13

#### Radio City Music Hall Christmas Spectacular in New York City

There will be time for shopping, sightseeing and lunch after the 11:30 a.m. show. See the "Big Apple" decorated for Christmas.

Cost is \$150 per person and includes ticket for the show and charter bus transportation. Call to reserve a seat.

### Upcoming ACS events

#### Smart Start Your Business

All sessions 11:30 a.m. to 1 p.m., ACS classroom, Oct. 22, Nov. 19.

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

#### Career Expo Oct. 23

In celebration of National Disability Employment Awareness Month, Army Community Service will hold a Career Expo, 1 to 5 p.m., Oct. 23 at the Aberdeen Area Recreation Center, building 3326. The job fair is open to the public. Dress professionally, bring copies of resumes and be prepared with applications and for interviews. Sign language interpreters will be available.

To reserve seating for class or for more information, call Marilyn Howard, 410-278-9669/7572.



# Health Notes

## Commentary: Getting in the spirit of better health

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

Soldiers' stress has been increasing due to the demands of war, longer and more frequent deployments, leaving Family and friends and financial strain.

Given these difficulties, it is not surprising to learn that stress-related disorders—and post-traumatic stress disorder in particular—are on the rise. It is estimated that 30 percent of deployed Soldiers experience PTSD symptoms.

In addition, many Soldiers return from deployments with physical wounds. Recovery from mental and physical issues requires much strength and resiliency.

Spirituality is one tool to enhance a Soldier's ability to cope.

Why is spirituality important to a Soldier or a commander? Because spirituality can bolster coping resources, speed recovery and return a Soldier to doing the work and leisure activities essential to a fulfilled, happy life.

Spirituality is a complex

concept that is difficult to describe. Many think that spirituality means religion, and because of this, issues related to spirituality are not often discussed or measured on standard assessments that Soldiers take.

The definition of spirituality has changed over time from a concept that was synonymous with religion to a definition that provides a general sense of purpose in life, social connectedness, peacefulness, harmony, well-being, contentment and comfort. Those qualities could enhance the physical and emotional well-being of an individual Soldier and a unit as a whole.

Current research indicates that spirituality has a positive impact on both mental and physical health. Studies have shown that Soldiers who have had experiences of something "greater than themselves" are better equipped to deal with stress and have better recovery from stress-related disorders.

The Spiritual Attitude Inventory is a short, 28-item tool that was designed to assess Soldiers' spiritual well-being. Questions are

related to personal beliefs, organized religion and existential well-being. The SAI can be used to measure changes in spirituality over time (for example, pre- and post-deployment change) or as a clinical tool to facilitate a discussion about spirituality (for example, to enhance resiliency and coping resources in a counseling setting).

The SAI was developed at the U.S. Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground in consultation with Dr. Harold Koenig at the Duke University Center for Spirituality, Theology and Health.

Although several validated measures of spirituality exist, only the SAI has been validated on a population of Soldiers. The validation process is important because through statistical tests it can be determined that the tool is measuring what it is designed to measure (validity) and that it will continue to measure the same concept when taken by the same person over time (reliability).

A Soldier could take this measure pre- and post-deployment to see if his or

her spiritual attitudes have been affected by deployment. If a Soldier's score is lower after deployment, he or she will know that engaging in activities to enhance spirituality will be an important part of reintegrating.

Commanders can give this assessment to the Soldiers in their unit to periodically assess spiritual resiliency. Commanders could ask chaplains to provide resources to the unit as indicated by the SAI.

We've known that spirituality is a vital part of Soldiers' well-being, and now we can measure it, track it over time and use the knowledge to make our Soldiers "Army Strong."

*(Editor's note: Author works as a psychologist at CHPPM.)*

### LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-306-0078, fax 410-306-0100, or e-mail carolyn.russell2@us.army.mil.

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# Service safety leaders discuss best practices

Story by  
**JENNIFER J. ALBERT**  
U.S. Army Combat Readiness/Safety Center

Safety leaders from the Army, Navy, Air Force, Coast Guard and Marines met at the U. S. Army Combat Readiness/Safety Center Sept. 24 and 25, to discuss each service's safety programs and challenges as well as to learn how they can leverage each other's best practices.

Brig. Gen. Bill Forrester, director of Army Safety, hosted the bi-annual meeting designed to provide a venue for the safety leaders to talk openly about their services' safety objectives and the key safety issues facing each service.

"We have a common focus on improving safety and preserving our fighting forces," Forrester said. "This meeting affords us the opportunity to discuss what we are doing well and to see what we're not doing or could be doing better."

In his opening remarks,



Forrester said he believes the Army has turned a corner on the on-duty mishaps and credits leadership for that success, admitting it has been a challenge moving that collective approach from the battlefield to off-duty.

"We are a values-based organization, and we need to move from doing it [risk management] from a compliant based perspective to

doing it because it makes sense for the formation, and it takes care of our 'Band of Brothers.'"

Rear Adm. Mark Tedesco, the Coast Guard's chief medical officer and director of Health, Safety and Work-Life, said the Coast Guard was embracing that same type of ideology and targeting the mindset of their Guardian Ethos. He said engaging leadership at

every level, even the most junior leaders, has to be part of the solution.

Each of the service leaders provided a snapshot of their respective service's accident statistics and programs and then turned their attention to an area of shared concern for each service – motorcycle safety.

Over the past year there has been a decline in the

number of off-duty accidents involving automobiles, however, motorcycle mishaps are on the rise, and each service is seeing an increase in motorcycle ridership and subsequently, fatalities.

Tedesco said motorcycle mishaps in the Coast Guard happen at a rate five to seven times higher than at the four-wheel (automobile) vehicle mishap rate, which is slightly higher than the national average and underscores how important it is for all the services to engage on it.

"We've got a population that is a little bit risk taking overall," Tedesco said. "That kind of personality type presupposes to maybe a little higher level of using motorcycles."

He added that he believes gas prices are also a key factor driving up motorcycle ridership numbers.

Rear Adm. Arthur Johnson, commander of the Naval Safety Center, said the 90-percent of the motorcycle fatalities in the past two fiscal years for the

Navy and Marines were on sport bikes.

One of the areas the Navy is looking into is the possibility of partnering with insurance companies and the Motorcycle Industry Council to incentivize training and mentorship riding programs.

"Right now, number one on the list at the Naval Safety Center is PMV and motorcycle safety," Johnson said.

Over the course of the meeting, the leaders discussed the harmonization of the services' motorcycle safety training programs and how to best integrate each of their capabilities.

"It's great when we get the opportunity to get together," said Maj. Gen. Wendell Griffin, Air Force chief of Safety and commander of the Air Force Safety Center. "There is a lot of power in this [meeting] and a lot of power in us getting together."

Forrester added, "In taking care of our formations, we have more in common than we have differences."

## Adventures in driving decision making

### Panic on the highway!

Installation Safety Office  
"Adventures in driving decision making" is brought to everyone by the Installation Safety Office. These will appear on the "Safety" page in the APG News with a new scenario each week.

After reading this week's scenario, select the best answer. The correct response is printed upside down.

**Driving Situation #5**  
Imagine you're driving on a city four-lane divided highway in the right hand lane. You're going the legal speed limit of 35 mph. There is traffic on your left. Ahead you see a pedestrian standing on the curb. He's not at a crosswalk. You obviously have the right of way and can't imagine that he would step out into traffic. But he does, 75 feet in front of your car. What should you do?

- A. Honk, turn your lights on, pump your brakes, then medium brake to slow.
- B. Turn your lights on, honk and brake hard to stop immediately.

Answer A is correct. You made a good decision. Your choice to "hard brake, ease up to medium brake and steer up over the curb" is the only possible decision under these circumstances. Answer A was the best choice.

Answer B. Your choice to "honk, stomp on brake and hold" is not a wise decision. You wouldn't be able to stop. Going 55 miles per hour, it'll take you at least 105 feet to stop. The thing you were probably hoping is that the pedestrian would hear your horn and squealing brakes and get out of your way. But you can't count on that and you aren't going to have a second chance if you're wrong. "Hard brake, ease up to medium brake and steer up over the curb" is the only possible decision under these circumstances. Answer A was the best choice.

## eBooks

From page 6  
Based on customer requests, eChapterOne is preparing to offer digital "gift cards" so friends and family of U.S. military serving overseas can easily include eBooks in the "care packages" sent to their loved ones. Within a few months eChapterOne will also be selling downloadable audiobooks.  
"That's what our military customers are asking for, so that's what we are going to offer them," Spencer said.  
**About eChapterOne**  
eChapterOne offers over 100,000 eBooks in its

online eBookStore, eChapterOne.com, where customers can read Chapter One of thousands of best selling books for free. They also offer their customers executive-quality summaries of important business/leadership books, Executive Summaries for Leaders™. eChapterOne offers a variety of services to authors and publishers in the eBook market including converting print books into eBook formats, and promoting books for authors and publishers through marketing partners who make Chapter Ones of best selling eBooks available to their customers. eChapterOne is a virtual company headquartered in Marietta, Ga.

## USACRC launches range, weapons safety toolbox

USACRC  
The U.S. Army Combat Readiness/Safety Center has developed a Range & Weapons Safety Toolbox to help commanders and leaders prevent weapons handling accidents on military ranges.

From fiscal year 2000 through the first quarter of FY 2008, 62 Class A through C weapons-handling accidents occurred on military ranges. While many of these accidents resulted in relatively minor injuries with limited time lost from duty, 13 Soldiers were fatally injured and five Soldiers will live the remainder of their lives with a physical impairment or disability.

The Range & Weapons Safety Toolbox is a collection of resources to help commanders and leaders establish and maintain an effective range safety program.



The new site hosts reference materials, such as publications, training support packages and a variety of training aids, as well as links to other sites and tools like the Defense Ammunition Center Explosive Safety Toolbox and

the Ground Risk Assessment Tool, which is designed to assist in identifying hazards and controls for various missions.  
The toolbox can be accessed through the USACRC Web site, <https://crc.army.mil/rangeweaponsafety>.

## CFC

From front page

### Charities supporting victims of hurricanes and other national disasters

10099	American Radio Relay League, Inc., 860-594-0397, <a href="http://www.arrl.org">www.arrl.org</a>
10266	American Red Cross (American National Red Cross), 202-303-4897, <a href="http://www.redcross.org">www.redcross.org</a>
10735	AmeriCares, 800-486-HELP, <a href="http://www.americares.org">www.americares.org</a>
11627	America's Second Harvest - The Nation's Food Bank Network, 800-771-2303, <a href="http://www.secondharvest.org">www.secondharvest.org</a>
10870	Ananda Marga Universal Relief Team, Inc., 301-984-0217, <a href="http://www.amurt.net">www.amurt.net</a>
10674	Catholic Charities USA, 703-549-1390, <a href="http://www.catholiccharitiesusa.org">www.catholiccharitiesusa.org</a>
11110	Christian Reformed World Relief Committee, 800-55C-RWRC
10729	Church World Service/CROP, 800-297-1516, <a href="http://www.churchworldservice.org">www.churchworldservice.org</a>
76183	CityTeam Ministries, 408-232-5600, <a href="http://www.cityteam.org">www.cityteam.org</a>
11497	Convoy of Hope, 417-823-8998, <a href="http://www.convoyofhope.org">www.convoyofhope.org</a>
12518	Disaster Psychiatry Outreach, 212-598-9995, <a href="http://www.disasterpsych.org">www.disasterpsych.org</a>
10986	Feed The Children, 80-627-4556, <a href="http://www.feedthechildren.org">www.feedthechildren.org</a>
10328	Food for the Poor, 954-427-2222, <a href="http://www.foodforthepeoor.org">www.foodforthepeoor.org</a>
10945	Habitat for Humanity International, 800-422-4828, <a href="http://www.habitat.org">www.habitat.org</a>
11894	Humane Society of the United States, 202-452-1100, <a href="http://www.hsus.org">www.hsus.org</a>
10783	International Aid, Inc., 616-846-7490, <a href="http://www.internationalaid.org">www.internationalaid.org</a>
10730	Mercy Corps, 800-292-3355, <a href="http://www.mercycorps.org">www.mercycorps.org</a>
11844	Mercy Medical Airlift, 800-296-1217, <a href="http://www.mercymedical.org">www.mercymedical.org</a>
10905	National Council of the United States Society of St. Vincent de Paul, 314-576-3993, <a href="http://www.svdpusa.org">www.svdpusa.org</a>
12155	National Organization for Victim Assistance, 703-535-6682, <a href="http://www.trynova.org">www.trynova.org</a>
10530	Operation Blessing International Relief and Development Corp., 800-730-2537, <a href="http://www.ob.org">www.ob.org</a>
10393	Operation USA, 800-678-7255, <a href="http://www.opusa.org">www.opusa.org</a>
11288	Points of Light Foundation, 202-729-8000, <a href="http://www.pointsoflight.org">www.pointsoflight.org</a>
10532	Samaritan's Purse, 800-528-1980, <a href="http://www.samaritanspurse.org">www.samaritanspurse.org</a>
12085	Save the Children Federation, Inc., 800-728-3843, <a href="http://www.savethechildren.org">www.savethechildren.org</a>
20618	Taiwan Buddhist Tzu Chi Foundation, USA, 909-447-7799 <a href="http://www.tzuchi.org">www.tzuchi.org</a>
11116	United Methodist Committee on Relief, 800-554-8583, <a href="http://www.umcor.org">www.umcor.org</a>
11188	United Way of America, 703-836-7100, <a href="http://www.unitedway.org">www.unitedway.org</a>
11973	Volunteers of America, 800-899-0089 <a href="http://www.voa.org">www.voa.org</a>
11117	World Vision Inc., (World Vision International) 800-777-5777, <a href="http://www.worldvision.org">www.worldvision.org</a>

# Commissary agency marks 17 years of service, 141 years of commissary history

Story by  
**DR. PETER SKIRBUNT**  
DeCA historian

Seventeen years ago, to improve efficiency and increase taxpayer savings, Congress and the Department of Defense created the Defense Commissary Agency by consolidating the military services' retail grocery operations into one organization.

DeCA's director and chief executive officer Philip E. Sakowitz Jr., said that within the DoD, the term "DeCA" has become synonymous with leading change and achieving results.

"DeCA saves taxpayer dollars while delivering a military benefit that is vital to military Families' quality of life and to the recruitment and retention of military personnel," Sakowitz said. "We're proud to have accomplished so much in our agency's short lifetime."

While Oct. 1 marked DeCA's 17th anniversary, the commissary benefit itself is far older - in fact, it's now 141 years old.

Beginning July 1, 1867, Congress authorized the Army to sell food items, "at cost," to officers and enlisted men. These sales were authorized at every Army post with a subsistence warehouse. The official stock list was only 82 items, and the warehouses' "checkout counters" were simply tables at which one or two clerks were seated, but this was the start of what has become a very modern commissary benefit.

Since 1867, commissaries have emulated civilian-sector grocery stores' layouts and the number of items they offer for sale. Commissaries grew from warehouses to general stores to supermarkets by the mid-20th century. In 1952, a small surcharge mandated by Congress - currently 5 percent, a level it has maintained for 25 years - enabled commissaries to provide military Families with new and renovated facilities comparable to state-of-the-art civilian stores.

DeCA has opened 99 new stores since 1991, while remodeling, renovating, upgrading and modernizing nearly 200 more.

In the last 17 years, more people than ever before have become eligible to use the benefit, and customer savings have increased.

National Guard and Reserve members, always key components of the military, were given full-time commissary privileges in 2004.

The number of items commis-



Photo courtesy of NATIONAL ARCHIVES  
Soldiers shop at a makeshift commissary somewhere in France, 1918. For many years, the term "Sales Commissary" was used to distinguish the stores from "Issue Commissaries."

saries stock has also increased, from about 13,000 in the largest stores in 1991 to 18,000 in 2008.

In most commissaries, ID checks have been moved from the front door to the registers for the convenience of customers. Other conveniences such as self-checkouts, sushi-to-go, delibakeries, credit and debit card acceptance, gift certificates, and much more have been added to modern commissaries.

Commissaries provide substantial savings, particularly in high-cost-of-living areas of the country, and overseas they bring a morale-building "taste of home" by providing familiar American food products. In 1991, commissaries provided average customer savings of 20 percent when compared with local grocery chains. Today, thanks to numerous DeCA initiatives, those savings average 30 percent or more.

"Commissaries have become increasingly important in the military community," Sakowitz said. "There is a growing recognition that the commissary benefit serves our people in uniform, wherever they are stationed. When forces deploy, the Families left behind depend upon their local community services, including commis-

saries, to see them through tough, lonely times."

When natural disasters strike military installations, as happened three years ago when hurricanes Rita and Katrina devastated the Gulf Coast, commissaries provided crucial services to Families who were in need of food and supplies. Even though some commissaries were severely damaged, temporary stores brought some sense of normality to affected customers.

Sakowitz points out that commissaries are actively involved in military communities as well.

"The Scholarships for Military Children program, funded by commissary suppliers, has awarded more than \$5.5 million in scholarships to 3,532 children in military Families."

With 17 years of experience and a heritage of 141 years of commissary operations, the Defense Commissary Agency looks forward to providing this highly valued military benefit for years to come.

"We strive to make the benefit worth the extra time and trouble it may take people to get to the nearest commissary," Sakowitz said. "The benefit is increasingly worth the trip."



Photos courtesy of APG COMMISSARY ARCHIVES  
Commissary employee Mrs. Wein stocks shelves as customer Mrs. Firth continues her shopping in the APG commissary in 1945.



Commissary employee Mrs. Grohc accounts for bags of sugar being stocked by Cpls. Ihrke and Ely in February 1945.



APG Commissary meat counter employees from left, Mike Tatman, Mickey Chalone, Harvey Ntswonger, Julian Bristow, unknown and Alfred Wood man their station in the Meat Market, 1948.



Photos by RACHEL PONDER, APG NEWS  
Customer Jean Flores pays for her purchases using one of the recently installed self checkouts.



APG Commissary staff employees Vida Martin, left and Timothy Cappuccio replenish the meat case in preparation for the daily sales.