

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Nov. 5, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Time to fall back

Don't forget to turn clocks back one hour on Nov. 2. Under the new Energy Policy Act of 2005 standard time resumes and daylight saving time ends at 2 a.m. officially on the first Sunday in November in each time zone.

RAB meeting tonight

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, 410-272-8842 or 800-APG-9998.

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 Morale, Welfare and Recreation. See **SHORTS**, page 12

ISSUE HIGHLIGHTS

- Page 2**
ACS teaches children hands are not for hitting
- Page 3**
DTC tester represents outstanding civilians
- Page 4**
APG Outdoor Journal
- Page 5**
CFC organization helps youths
- Page 6**
Safety
- Page 7**
KUSAHC Health Notes
- Page 8**
FMWR
- Page 9**
Army observes 30th anniversary of WACs disbanding
- Page 14**
Commissary News

Anniversary honors achievements of women warriors

Story by **PHILIP H. JONES**
Army News Service

Through mid-November, the Army will honor the achievements of its women warriors as part of a three-week "Celebration of Women in the Army."

The commemoration coincides with the anniversary of the full integration of women into the Army 30 years ago with the disestablishment of the Women's Army Corps by former President Jimmy Carter Oct. 20, 1978. (See article on page 9.)

"It's important that we remember the generations of women, whose dedication, commitment and quality of service helped open the doors of opportunity for us today," said Lt. Gen. Ann

Dunwoody, deputy commander, U.S. Army Materiel Command, following her confirmation for four-star promotion. "There are so many talented women in our Army today ... you would be impressed."

Dunwoody received her commission in 1975 as a member of the WAC. On Nov. 14, she will become the first woman to achieve the rank of a four-star general in the U.S. military.

During the period Oct. 20 through Nov. 14, the Army will be highlighting stories that celebrate and honor women warriors who have served throughout America's history. Army Public Affairs has asked installations and organizations at all lev-

els to tell "Women in the Army" stories during this period and invites readers to share stories online at the national level with Army.mil. (Send stories and photos to: arnews@smc.army.mil or assignmentdesk@smc.army.mil.)

Military women, retired, active, National Guard and Army Reserves on Aberdeen Proving Ground are invited to contact the editor of APG News to make arrangements to have their story told, 410-278-1150/1152/1148, or e-mail debi.horne@us.army.mil.

From the American Revolution to the present Global War on Terrorism, women have served in an ever-increasing number of diverse roles in the U.S.

See **WOMEN**, page 9



Photo by SGT 1ST CLASS CHRISTINA BHATTI, 2ND SBCT PAO, 25TH INF DIV, MND-B Spc. Tiffany Knotts, the first and only woman Stryker driver in the Army, is assigned to the 556th Signal Company, 2nd Stryker Brigade Combat Team "Warrior," 25th Infantry Division, Multi-National Division - Baghdad. (See article in next week's APG News about this Riverside, Calif., native.)

Bush signs fiscal 2009 defense budget into law

Story by **DONNA MILES**
American Forces Press Service

President George W. Bush signed the fiscal year 2009 defense budget into law Oct. 14, authorizing a \$512 billion base to support military readiness, as well as \$66 billion for operations in Iraq and Afghanistan.

The law also authorizes a 3.9 percent pay raise for service members, to take effect Jan. 1. This represents a one-half-percent increase over Bush's initial request.

Bush signed the bill into law without issuing a public statement, before leaving the White House to meet with Defense Secretary Robert M. Gates and the Joint Chiefs of Staff at the Pentagon.

The budget represents Bush's priorities and sustains U.S. commitment to the War on Terror--increasing ground combat capabilities, improving force readiness, developing combat capabilities needed to meet future threats and improving the quality of life for service members and their families, defense officials said.

It "provides the resources necessary to maintain an agile, highly trained and lethal fighting force, increase Army and Marine Corps end strength and sustain the United States' technological advantage over current and potential enemies," Gates said after Bush announced the budget request in February.

The 2009 budget provides more

than \$20 billion to grow the force and provide needed equipment, training and facilities. The new budget will fund efforts to increase the active Army to 547,400 Soldiers and the Marine Corps' strength to 202,000.

It also includes continued funding for the Army's transformation from a division-centric force to a more flexible modular force with increased mobility and combat power.

The new budget will strengthen the National Guard and reserves, providing \$49 billion to recruit, train, equip and sustain units that provide critical military capabilities both at home and abroad.

It also provides funds needed to recapitalize aging aircraft fleets,

providing \$17.3 billion to modernize tactical fleets and develop and procure fighter aircraft for the Air Force, Navy and Marine Corps.

Quality-of-life issues play prominently in the new budget. In addition to the pay raise, the law provides more than \$41 billion for the military health system. It also bars some participants in the military's health care network from raising their fees.

The law also provides funds to continue action on recommendations of the President's Commission on Care for America's Returning Wounded Warriors. Officials said the funds will ensure world-class health and rehabilitative care to Warfighters who are wounded, ill or injured in service to the nation.

Helping Families have 'Ready Kids'

Department of Homeland Security

Ready is a national public service advertising campaign created by the U.S. Department of Homeland Security in partnership with The Advertising Council, which is designed to educate and empower Americans to prepare for and respond to emergencies including natural disasters and potential terrorist attacks.

As Homeland Security encourages Families to prepare for emergencies through Ready, it is regularly asked by parents and teachers if there is information appropriate to share with children. In response to these requests, the U.S. Department of Homeland Security and The Advertising Council created Ready Kids, a Family-friendly extension of the Ready Campaign.

Launched in February 2006, Ready Kids is a tool to help parents and teachers educate children, ages 8 to 12, about emergencies and how they can help their Families prepare. Ready Kids includes a Family-friendly Web site, www.ready.gov, and in-school materials developed by Scholastic Inc. There is also a Spanish language version of Ready Kids called Listo Niños, www.listo.gov.

"The Web site is really fun and educational," said Gail Stone, a training and program specialist at Aberdeen Proving Ground who led 'Ready Kids' activities at APG's Child Development Center and Youth centers during this year's awareness campaign in September. "The children seemed to really enjoy using the site because it is very interactive."

The activities included a poster and coloring contest, Internet searches, game playing on the Ready Kids Web site, group discussions and practicing evacuations and safety drills.

"I believe that the exercises involving Ready Kids was a success. They were educational and fun," Stone said. "It is never too early to teach children about how to respond during emergencies. I hope that as a result of these activities the children will talk with their parents about this important matter and be a part of emergency planning at home."

The U.S. Department of Homeland Security consulted with a number of organizations experienced in education and children's health to develop Ready Kids, including American Psychological Association, American Red Cross, National Association of Elementary School Principals, National Association of School Psychologists, National PTA, National Center for Child Traumatic Stress, U.S. Department of Education and U.S. Department of Health and Human Services. Their expertise helped present emergency preparedness in a way that is understandable and suitable for children.

The Ready Kids Web site features fun games and puzzles as well as age-appropriate, step-by-step instructions on what Families can do to be better prepared for emergencies and the role kids can play in that effort. The Web site has additional resources and information for parents and teachers on emergency preparedness and response.

In addition to the Web site, Homeland Security worked with



See **READY**, page 3



Aberdeen High School senior Corrin Beach, a member of the school's Latino Dancers, left, leads Master Sgt. Juan Bermudez-Gusman, 20th Support Command, right, through a dance number during the Hispanic Heritage Month program Oct. 8.

Installation celebrates Hispanic Heritage Month

Story and photos by **RACHEL PONDER**
APG NEWS

The Aberdeen Proving Ground community commemorated Hispanic Heritage month by having an event that celebrated the rich culture of Hispanic Americans at the Aberdeen Area Recreation Center Oct. 8.

Garrison Command Sgt. Maj. Pedro Rodriguez, emcee for the event, welcomed the program's guests and APG Garrison and deputy installation commander, Col. Jeffery S. Weissman.

"Hispanic Americans create a more hopeful future by creating jobs across our country in their own businesses," Rodriguez said. "The rate of Hispanic businesses is growing at three times the national rate, and an increasing number of Hispanic Americans own their own homes. We continue to benefit from a rich Hispanic culture, and we are a strong country for the talent and creativity that the many Hispanic Americans have shaped our society."

Throughout the nation's history Hispanic Americans have shown their devotion to this country by serving in military service.

"Citizens of Hispanic decent have fought in every war since our founding and have taken their rightful place as heroes in our nation's history," he said. "Today, Americans of Hispanic decent are serving in the armed forces with courage and honor, and their efforts are helping many Americans and are delivering freedom to people around the world."

"As we celebrate Hispanic Heritage month, we applaud the accomplishments of Hispanic Americans and recognize the contributions they make to our great land," Rodriguez said.

After the welcoming remarks, entertainment was provided by the Aberdeen High School Latino Dancers, under the direction of Mary Pena, an AHS Spanish teacher. The group performed two dance numbers and then taught members of the audience a dance inspired by the Hispanic culture.

After the entertainment, Weissman gave remarks about the importance of celebrating different cultures.

"I really think that the greatness and strength of our Army is due to the people that serve in the Army,"

See **HISPANIC**, page 13

CDC children learn 'hands are not for hitting'

Story and photos by
RACHEL PONDER
APG NEWS

Children who attend the Aberdeen Proving Ground Child Development Centers were treated to a reading of the award winning children's book, "Hands Are Not for Hitting," and then designed T-shirts with that message Oct. 9 and 17.

This activity is just one of the activities and events that commemorate this year's Army Domestic Violence Awareness Month theme, "Soldiers, Families and Communities: The Perfect Combination for Prevention," sponsored by Army Community Service. Communities across the nation 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.

"Violence affects everyone, and that negative behavior is carried on from generation to generation," said Lynda Fernandez, Family Advocacy Program specialist who visited the CDC along with Aida Rivera, ACS Family Advocacy Program manager, to help the children make their T-shirts. "If we start teaching the children when they are young that violence is not tolerated, it will become a learned behavior."

"Hands Are Not for Hitting," is an award winning children's book by Martine Agassi and illustrated by Marieka Heinlen that offers children an alternative to hitting and hurtful behavior by showing them in pictures positive uses for hands like eating, washing, playing and waving.

Flo Vaughan, who works at the CDC, read to the children while Fernandez and Rivera made preparations for the children to make T-shirts.

"Every year in October we do an activity with the children to teach them about preventing violence," Rivera said. "Lynda came up with the idea this year to read to the children and to make the T-shirts. I can't think of a better way to get the message across to the parents and the community about preventing violence than to get the children involved."

Rivera added that they also made T-shirts with youths at the Child, Youth & School Services centers.

"Displaying the T-shirts around post will raise awareness in our community," Fernandez said. "We named this our 'Clothesline Project,' and the shirts are displayed in offices



Aida Rivera, Army Community Services Family Advocacy program manager, helps Emma Chaney, 4, paint her hand for a T-shirt that will read "Hands are not for hitting" Oct. 17 at the AA CDC.



Flo Vaughan, room lead for the 4- to 5-year-old age group at the Aberdeen Area Child Development Center, reads "Hands Are Not for Hitting," a book by Martine Agassi that teaches children to use hands for positive behaviors and to avoid violence. Jennifer Huffman, left, a child care assistant, supervises the children.

and organizations on the installation promoting awareness to end violence.

"You have maybe heard the saying "It takes a village to raise a child?" Well, it takes a community standing together against domestic violence to make a difference," she said.

After creating their own shirts, the children at the Aberdeen Area CDC talked about their favorite things to do with their hands, and why hands are not for hitting.

"Hands are not for hitting because someone could get hurt. If someone pushes another person they could fall down and have an accident and hurt the other person even more than just a push," said Bridgette Carven, 4. "Painting is one of my favorite things to do with my hands, so I liked making the T-shirt."

Sean Dowell, 5, said, "Hands are not for hitting because it hurts, and it hurts people's feelings. When I grow up I want to be able to use my hands to do that job. I like everything about my hands, like eating chicken nuggets and strawberries and washing my hands. If I didn't have hands, I wouldn't be able to pick flowers for my mom."

Rivera said that protecting our children's future is of utmost importance.

"It is never too early for children to learn about the good things that they can do with their hands, and to learn to avoid hitting," she said. "Children are our most precious resource, and we want to make sure they have a violence-free future. They deserve no less than that."



Lynda Fernandez, Family Advocacy Program specialist, helps Mckenzie Bonine, 4, make her T-shirt that will later be displayed at various locations on post under the ACS developed "Clothesline Project."



Fernandez paints Eddie Williams', 5, hand for his T-shirt. This activity is just one of the activities and events that commemorate this year's Army Domestic Violence Awareness Month theme, "Soldiers, Families and Communities: The Perfect Combination for Prevention," sponsored by Army Community Service.

APG News

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DTC tester represents contributions of 'outstanding' civilians



Photo by CHERIE THURLBY, DoD

Mine Resistant Ambush Protected, or MRAP, vehicles in the transportation staging area at the Space and Naval Warfare Systems Center in Charleston, S.C., await shipment to the combat theater. As the senior automotive test manager for the MRAP program at the U.S. Army Developmental Test Command, Greg Brewer helped the Army understand the automotive capabilities and limitations of these vehicles.

Story by
MIKE CAST
DTC

The U.S. Army Developmental Test Command's Greg Brewer was selected as an "outstanding civilian" to represent the "vital contribution all Army civilians make," at a media engagement in New York City Oct. 1.

Secretary of the Army Pete Geren presided over the event, which was a showcase for the Army's success in recruiting.

The Army Accessions Command, responsible for recruitment and initial training of Soldiers, hired the firm of Weber Shandwick to promote the event, which underscored a very successful recruiting year. In 2008, nearly 170,000 people enlisted in the active Army, the Army Reserve and the National Guard.

The Army selected Brewer to acknowledge his work on behalf of Soldiers as the senior automotive test manager for tactical wheeled vehicles such as the Mine Resistant Ambush Protected family of vehicles. Brewer also earned the National Defense Industrial Association's Tester of the Year award for 2008 in recognition of that work.

The award citation credits Brewer with "decisive management" of testing to help Soldiers conduct missions safely in the two very different operational environments of Afghanistan

and Iraq.

It lauds Brewer for his full-court press to keep MRAP testing on track since the spring of 2007, when nine vendors with two to four vehicles each arrived at DTC for rapid test support.

"Under his guidance, this high-priority program maintained test schedules to support fielding within a nine-month window," the citation reads. "This is unheard of in the acquisition world. Greg utilized his vast testing experience to quickly organize the test scope, expedite the safety testing and ready Aberdeen Test Center and Yuma Test Center to receive vehicles for testing."

During the recruitment ceremony in Times Square, Gen. William Wallace, commander of the U.S. Army Training and Doctrine Command, took the oath of allegiance from enlistees. The Army also recognized the outstanding support of several Soldiers, including Army recruiters. Family members of enlistees and other honoraries also attended.

"The secretary of the Army gave a talk on how important new recruits are to the Army, how the Army had met its recruiting goal by recruiting almost one hundred and seventy thousand people for the active Army, the Reserve components and National Guard," Brewer said. "One of the outstanding Soldiers got up and recited the Soldiers creed, and

they had one of the recruits speak about how she felt about being inducted."

Traffic was open on either side of the staging area for the event, according to Brewer, and drivers honked and waved as they passed by. Many people came up to shake Soldiers' hands and show their support, he added.

"They fenced off a little triangle right in the middle of the road, and they set up a tent where the VIPs sat, and then they had ten people who were representative recruits from all over the country," Brewer added. "To kind of flank those people, to show how people in the Army support the recruits, there were some drill sergeants selected as outstanding drill sergeant of the year. There were also athletes from the Army World Class Athlete program, Army athletes who just came back from wrestling at the Olympics, and a couple other medal winners like that, as well as people who had just come back from Iraq, and then myself. I stood with those guys on the side."

In addition to organizing the event, Weber Shandwick had people on hand in New York City to provide media training for several event participants to help them prepare for interviews with the media. Brewer received the training on the day before the ceremony, which he felt was useful, though "common sense"

would have enabled him to answer many of the questions posed by the media trainers, he said.

"They asked some controversial questions during the mock interview to see how you could handle it," he said. "It was kind of fun."

Brewer, who has been a DTC tester for about four years, also is responsible for the automotive testing of High Mobility Multipurpose Wheeled Vehicles, mine rollers for MRAP vehicles and gunner's protection kits for both MRAP vehicles and HMMWVs.

Part of his work addresses the safety aspects of attaching armor kits to vehicles and safety enhancements such as fire-suppression systems, crew air breath-

ing bottles, seat belts and fire resistant fuel tanks. The test program includes crash testing HMMWVs to determine the vehicles' overall safety and performance requirements.

Since tests began, he has helped the Army prepare numerous safety releases and safety confirmations, documents the Army needs

to certify that the vehicles are safe to operate.

"These safety documents specify the safety limits that the Marines and Army Soldiers must adhere to," according to his citation.

He also earned plaudits from the "highest levels" within the Army for the work he performed for the MRAP program.

Ready

From front page

Scholastic Inc. to develop in-school materials for fourth, fifth and sixth grade students nationwide. These activity sheets offer lessons that meet national standards for language arts, social studies and geography, while providing teachers and parents with a vehicle to explain important emergency preparedness information to children. The in-school materials have been distributed to 261,000 middle-school teachers across the country. The materials are also available to teachers and parents via www.ready.gov or 1-800-BE-READY.

The Ready Kids materials feature the Ready Kids mascot character, a strong and confident mountain lion

named Rex, who encourages children to help their families prepare for emergencies. Rex and his family -- his wife Purrcilla, daughter Rory and best friend, Hector Hummingbird -- explain how families can take a few simple steps to prepare for all types of emergencies. The Ready Kids mascot was developed with The Advertising Council, which has a long and successful 65-year history of developing mascots for other educational programs including Smokey Bear and McGruff the Crime Dog.

As of July 31, the Ready Kids and Listo Niños Web sites have received more than 56.3 million hits and more than 3.7 million unique visitors. More than 1.9 million Ready Kids and Listo Niños materials have been requested through the toll-free number or downloaded from the Web sites.

Prominent organizations such as the National PTA, Girl Scouts of the U.S.A. and Boy Scouts of America have supported the Ready Kids program by distributing information and materials to their members. For example, the Girl Scouts used their Intranet Web site to reach the nearly 4 million Girl Scouts in this country. The Boy Scouts reached their more than 4 million members by sending information to their more than 300 local councils and featuring Ready Kids on their Web site and in Scouting magazine. The National PTA included the Ready Kids in-school materials in its back-to-school mailings to 26,000 PTAs across the nation.

APG Outdoor Journal



Photo by JOE ONDEK

Commentary: 'Quackers'

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

For years I used to think that spring gobbler turkey hunters were the worlds worst when it came to being "eat up with it," but now I'm not so sure. After giving it a lot of thought, me thinks that distinction probably ought to go to duck hunters.

As I was putting this article on this year's waterfowl season together, I got to thinking about past

hunting seasons, and it occurred to me that most of the waterfowl hunters I've known over the years were what some might call a little bit eccentric, which, as my grandma might've said, meant that they were a mite "touched" and probably needed some "watchin' over."

A picture-perfect day for a duck hunter is being out in a muddy marsh on a cold, rainy, nasty day in December or January, hunkered down in a duck blind with one hand wrapped

around a steaming cup of coffee and the other hand feeding part of his peanut butter and jelly sandwich to the furry, four legged buddy sitting next to him.

And if you put a duck call in their hands, you better stuff your ears full of cotton 'cause the racket they'll produce will put most spring gobbler hunters to shame.

At the end of the day, if the duck hunter ain't soaked clear down to his skin, mud splattered, half frozen and "plum" tucked out, he ain't fit to live with.

So, here's some words of wisdom to those of you who are gonna be forced to work with them during the upcoming duck season. Be patient...they may be standing there acting and talking normal, but don't believe it; they're still thinking about that last flight of teal that caught them by surprise.

If you're one of them waterfowl hunters, here's how the late duck seasons are going to run this winter, along with a few reminders just so you don't get into trouble.

Regular late duck seasons

Nov. 8 to 28: Daily bag limit: Six ducks per day (including mergansers) which may be any combination of the following and include no more than five long tailed ducks, four scoters, four mallards (maximum of two hen mallards), three wood ducks, two red-heads, two hooded mergansers, one pintail, one fulvous tree duck, one mottled duck, one black duck and one scaup.

Dec. 16 to Jan. 24: Daily bag limit: Six ducks per day (including mergansers) which may be made up of and include no more than five long tailed ducks, four scoters, four mallards (maximum of two hen mallards), three wood ducks,

two red-heads, two hooded mergansers, one pintail, one fulvous tree duck, and one mottled duck and one black duck. One scaup may be taken per day between Dec. 16 and Jan. 1; between Jan. 2 and 24, two scaup per day may be taken.

Special note: The season on canvasback, harlequin ducks and swans remains closed.

Sea duck season

Oct. 4 to Jan. 31: Includes scoters, long-tailed ducks, and eiders in the Sea Duck Zones only. Daily bag limit: Five (no more than four scoters per day).

Some reminders we all know but sometimes have a tendency to forget:

Shooting hours are one-half hour before sunrise to sunset, which means that the times change from day to day.

Migratory waterfowl may not be taken with shotguns holding more than three shells. Shotguns capable of holding more than three shells must be plugged with one-piece filler that cannot be removed without disassembling the firearm.

Non-toxic shot is required for hunting migratory waterfowl, coots, rails and snipe. Hunters may not use, or have in their possession while migratory waterfowl hunting, shotshells loaded with material other than steel, bismuth, tungsten-iron, tungsten-polymer, tungsten-matrix, or other shot determined by the U.S. Fish and Wildlife Service to be non-toxic.

And last but not least, keep an eye on the wind and weather if you're going out on the bay during the waterfowl season. Take my word for it: it can get downright nasty out there real quick, especially around Poole's Island and around the mouth of the Bush and Gunpowder Rivers.

Let's be careful out there....



Youth Empowerment Summit benefits African-American youths

Story by
BENRO OGUNYIPE
NBDA

Due to the absence of summer programs and the lack of summer camp opportunities designed specifically for African-American youths, National Black Deaf Advocates (#11177 in the 2008 CFC Contributor's Guide) launched the Youth Empowerment Summit program in 1997 with the help of Combined Federal Campaign funds.

It has been 11 years since the establishment of the Y.E.S., an annual one-week intensive leadership training program for African-American youths between the ages of 13 to 17.

The objectives of

the summit are to promote leadership development among Black deaf and hard of hearing youths and young adults; to increase cultural self-esteem through exposure to Black deaf and hard of hearing role models; to increase familiarity and knowledge about NBDA and contributions of Black deaf and hard of hearing people worldwide; to promote excellence in their academic and career endeavors; to have a great time with peers from different states.

CFC funds enable NBDA the opportunity to provide summer campsites and materials for the youths.

The Y.E.S. program has

been one of the NBDA's successful programs, welcoming boys and girls from all across the country. With the help of peer advisors, participants of Y.E.S. take the opportunity to improve their self-esteem, leadership and motivational skills.

One of the benefits is meeting the many successful leaders and role models within the African-American community to learn and understand NBDA's history and significant Black deaf and hard of hearing issues.

One of the first Y.E.S. participants, Earl Allen Jr. from Indianapolis, Ind., discovered 10 years ago that Y.E.S. opened doors for him and his future. During

the week-long summit program, he was elected president of the Y.E.S. group, and successfully empowered fellow boys and girls to make the most of their experience.

He excelled so much in schools that he graduated among the top 10 of his class. He has received various awards including a citizenship award and a scholarship as a result of his leadership skills.

He went on to graduate with a bachelor's degree in sociology, with concentration in criminology.

He has worked an office job with the Virginia State Police and was an officer of the University's Department of Public Safety. He also provided sensitivity presentations to new recruits and lateral transfers within the Washington, D.C. Metropolitan Police Department, where he focuses on how police officers can safely interact with members of the deaf/hard-of-hearing communities in an effort to minimize miscommunication and misconception.

Allen went back to school and earned a master's in school counseling and guidance. He is currently working with the U.S. government.

For more information, contact NBDA at vicepresident@nbda.org or visit <http://www.nbda.org>.

For more information or to make a contribution, contact your organization's campaign coordinator or keyworker, visit the APG CFC Office at Top of Bay, building 30, Down Under or call 410-278-9913.

APG top 10 charities

Listed below are the top 10 charities that Aberdeen Proving Ground personnel donated to during last year's Combined Federal Campaign.

International	National	Local
Catholic Relief Services - USCC	American Red Cross National	Harford Habitat for Humanity
Feed The Children	American Cancer Society	Susan G. Komen Breast Cancer Foundation
Campus Crusade for Christ's Great Commission Foundation	Catholic Charities USA	Humane Society Harford County
Salvation Army World Service Office	St. Jude Research Hospital	Boys & Girls Clubs of Harford County
Heifer Project International	Fisher House Foundation	Animal Rescue, Inc
Compassion International Inc.	United Negro College Fund	Chesapeake Bay Foundation
Children's Hunger Fund	Disabled American Veterans Charitable Service Trust	Aberdeen Area Youth Services
Save the Children Federation, Inc	Samaritan's Purse	The House of Ruth Maryland, Inc.
World Wildlife Fund, Inc	Armed Forces Family Survivors Fund	Sexual Assault/Spouse Abuse Resource Center, Inc.
World Vision, Inc.	Zachary and Elizabeth M. Fisher Center	Maryland Food Bank, Inc.

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.

Employees eligible for donations in the Voluntary Leave Transfer Program

Donald Adamson	Beverly King (caring for husband)	Melvin Showell
Neoma Amberman	Dana Kirkley	Willie Stevenson
Angela Barnett	Glenn Kresge	Angela A. Taylor
Karen Blades	Randolph Larracuenta	Lavonne Telsee
Debra Bonsall (daughter has brain tumor)	Joy Meadows	Gale Thompson
Jeanie Bowman	Frantz Midy	Mark Walker
Michelle Brooks	Karen Milton	Joyce Woods
Donna Butler	Deborah Moore	Charles Young
Donna Cianelli	Marie D. Nowak	Barbara Zenker
Joyce Clark	Dorothy Nowak	
Barbara Crossley	Cindy Orwig	
John Daigle	Adrienne Pearson	
Liesolette Dorsey	Judith Ratledge	
Lisa Foust	Reta Reynolds	
Rita Fowler	Steven Sadler	
Miriam Garcia	Gloria Scott	
Jerome Hesck	Barbara Seker	
Linda Hindman	Donna Sexton	
Sinclair Joe	Algje Shaw	

Traffic Safety

Commentary: Tips to make it through Halloween safely

By
JOSEPH L. DAVIS
DLES

Motorists and parents need to take extra care while driving to ensure children remain safe while trick or treating.

Motorists on APG, especially within the housing areas, need to be vigilant while driving this Halloween and refrain from distracting activities, such as cell phone use. (Only hands free cell phones are permitted on Department of Defense installations.)

An average of one pedestrian is killed in a traffic accident every 113 minutes in this country.

The hours between 3 and 7 p.m. are the most dangerous for child pedestrians. Dubbed the “witching hours” by child safety advocates, this is also the time when most children will be outside trick or treating on Halloween.

According to the National Traffic Safety Administration, 40 percent of all child pedestrian fatalities occur in the late afternoon.

Parents and caregivers should accompany trick or treaters as they make their way around neighborhoods.

Make certain the costumes are brightly colored and visible to motorists.

Provide flashlights or glow sticks to help them to be seen.

Safety tips for trick or treating

- Carry a flashlight while walking to be visible at night and in low light. Make sure the children know that drivers might not be able to see them, especially at night.

- Use other kinds of light sources in addition to a flashlight, such as a flashing LED light.

- Wear retro-reflective materials. Retro-reflective material that outlines the human form provides an even stronger visual cue to drivers that a pedestrian is in front of them and to proceed cautiously.

- Always stop and look left and right before entering a street.

- Don't assume that it is safe to cross in marked crosswalks if there isn't a stop sign or traffic light. Attempt to make eye contact with the driver and make certain the vehicle has stopped before entering the intersection.

- While backing or exiting from a driveway, always check for pedestrians.

- Pedestrians should never walk or hide behind a vehicle that is backing up.

Please be careful. Have a safe Halloween and look out for the little goblins and witches. One more thing, don't forget to buckle up!

(Editor's note: Davis is a traffic supervisor with the APG Police.)



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.

Read the following scenario and then from the options provided, select the best answer. The correct response is printed upside down.

Driving Situation #7

Imagine you're driving the legal speed limit on a two-lane highway with a steep drop off to the right – and no guard rail. As you crest the top of a hill and start down, you see a car pulling a boat ahead of you. It's moving very slowly and you realize you won't be able to stop in time, and there's a car coming toward you in the opposite lane. What should you do?

A. Grasp the steering wheel firmly and brake hard.

B. Veer left to avoid a rear-end collision.

Answer A. Your choice to “grasp the steering wheel firmly and brake hard” is the correct thing to do. Rear-ending the vehicle in front won't be as bad as a head-on collision or going off the road and down a steep bank. This is one of those accidents you can't really avoid, but can minimize.

Answer B. Your choice to “veer left to avoid a rear-end collision” indicates that you forgot that a head-on collision is much worse than a rear-end collision with a moving vehicle. Yes, you would hit the boat, but by grasping the wheel firmly and braking hard, chances are you'd come out of it alive. “A” was the best answer.

‘Fall back’ in time November 2

Story by

JENELLE L. FERGUSON

Installation Safety Office

Daylight saving time will end on the first Sunday in November when clocks are set back one hour at 2 a.m., which becomes 1 a.m. local standard time.

Moving clocks back means nightfall comes earlier, which can create visibility challenges.

“The number of fatalities and injuries on our roads increase severely as we put the clocks back and the evenings become darker earlier,” said Overton R. Johnson Jr., chief, of the Installation Safety Office.

According to Johnson, motorists need to be extra cautious when out on the road.

“Pedestrians, as well as the large number of deer on APG, become more difficult to see in low light and dark conditions. Drivers should use this time change as a reminder to not put themselves or others at risk for an accident,” he said.

Johnson emphasized that drivers should watch for pedestrians along school bus routes and intersections, as well as exercise caution when backing out of driveways and driving in parking lots.

The Installation Safety

Office suggests the following rules: pedestrians should “see and be seen,” and wear bright colors or reflective clothing during early morning and evening hours. Most pedestrian accidents occur in areas as people cross streets to get to their office, home or while shopping. As it gets darker earlier, drivers should be aware of children walking home or playing in the streets. Parents should suggest light colored clothing, including reflective material, for children to increase visibility so motorists can see them.

Important safety tips when reverting back to standard time:

- Motorists need to adjust driving habits for darker driving conditions.

- Motorists need to adapt to reduced visibility during darkness and fog that can affect both morning and evening commutes.

- Drivers will need to use their headlights much more often than they do during daylight saving time and be aware that headlights also help make their vehicle more visible in dusky or foggy light conditions.

- Drivers need to keep windows and headlights clean. A spotty windshield can reduce visibility and increase headlight glare at night.

- Clean the windows inside and out frequently to get rid of nighttime windshield haze.

- Replace and/or clean windshield wipers. Wipers will streak windshields that are dirty or that need to be replaced.



Your health is KUSAHC's goal



HPV vaccine available for female adolescents

Story by
**RETIRED CAPT
C. MICHAEL HUTTO**
and
**LT COL
HEIDI JACKSON**
KUSAHC

The Center for Disease Control and The American Academy of Pediatrics are recommending a new vaccine called Gardasil, or HPV vaccine, that protects young women from the most commonly sexually transmitted virus in the United States, the human papillomavirus.

The CDC recommends this vaccine for girls ages 11 to 12 years of age before their first sexual contact and thus exposure to HPV.

If given at this age, prevention of this virus is almost 100 percent according to the CDC.

Girls ages 13 to 26 years of age are also encouraged to receive this vaccine but it may not be as effective if they have already been exposed to one of the four types of HPV virus this vaccine prevents.

This vaccine is safe to give with other vaccines and is a three dose series with the initial dose and subsequent doses given at 2 months and 6 months after the first dose.

HPV is a common virus that is transmitted through any type of sexual/genital contact – intercourse is not necessary.

According to the CDC, many sexually active adults (50 percent) will get HPV at some time in their lives. Most people infected with HPV will not know that they have been infected as there are no signs or symptoms of infection. Therefore, transmission can occur without anyone knowing it.

The CDC estimates there are approximately 6 million new cases of genital HPV in the United States each year. Further, it is estimated that 74 percent of those cases occur in 15 to 24 year olds.

Of the approximately 40 types of HPV that can infect men and women, most will go away on their own without caus-

ing any symptoms or disease. Some types, however, can cause cervical cancer in women. Each year in the United States, 12,000 women are diagnosed with cervical cancer and nearly 4,000 women die from the disease.

Less commonly, HPV can cause cancers of the anus, vagina and the area around the opening of the vagina called the vulva. HPV can also cause genital warts in both men and women.

Gardasil, the only FDA approved HPV vaccine, helps protect against four types of HPV. Two of the types cause approximately 70 percent of the cervical cancer cases and the

remaining two types have been identified as causing about 90 percent of genital wart cases.

Research has shown the HPV vaccine to be highly effective in preventing diseases caused by the included 4 types of HPV. Because the vaccine does not treat existing HPV infections, Gardasil is less effective in preventing HPV-related disease in those already exposed to one or more types of HPV. It is therefore important for

young women to receive the vaccine before they become sexually active.

Gardasil does not protect against all types of HPV infection however. Approximately 30 percent of all cervical cancers will not be prevented by this vaccine.

Women need to continue getting screening exams (Pap tests) for cervical cancer as recommended by your healthcare provider.

See HPV, page 12

Getting flu shots in Harford County

Harford County Health Department

Upper Chesapeake HealthLink will provide flu vaccine clinics for the general public ages 12 years and older.

A separate one-day pediatric flu vaccine clinic will be held for children ages 6 months through 11 years old.

The flu vaccines cost \$20 per shot and are free to persons with Medicare Part B. Anyone eligible for Medicare Part B must bring their Medicare card with them.

Cash or checks will be accepted. No credit cards will be accepted.

Adults and children age 6 months and older should receive the vaccine. Flu-Mist® nasal spray has been approved for healthy people ages 2 through 49 years.

No medical assistance will be accepted. Recommended attire is short sleeved or loose fitted shirts.

For more information, call the Upper Chesapeake Medical Center 24-hour Flu Hotline, 443-643-2800.

Who should get a flu shot

- Adults age 50 or over – even in good health.
- Anyone with a chronic health condition including heart disease, diabetes, kidney disease, asthma, cancer, HIV/AIDS.
- Children ages 6 months through 8 years getting a flu vaccine for the first time will need a follow-up booster one month after the first dose of vaccine.

- Women who will be more than three months pregnant during flu season which is typically November through March

- Health care workers
- Household contacts or caregivers of adults or children at high risk*

*High risk includes adults age 65 and older, infants under 24 months (babies less than 6 months can get influenza but are too young to get flu vaccine), anyone with chronic health problems and pregnant women.

UC HealthLink schedule

- Nov. 1, 9 a.m. to 1 p.m., Upper Chesapeake Medical Center, Chesapeake Conference Center

- November 5, 4 to 7 p.m., Harford Mall

- Nov. 6, 4 to 7 p.m., Harford Memorial Hospital, Havre de Grace Room

- Nov. 9, noon to 3 p.m., Holy Spirit Church, located on 540 Joppa Farm Road, Joppa

- Nov. 13, 4 to 7 p.m., Upper Chesapeake Medical Center, Chesapeake Conference Center

- Nov. 15, 9 a.m. to noon, Harford Memorial Hospital, Havre de Grace Room

- Nov. 16, 10 a.m. to 2 p.m., Harford Mall

- Nov. 18, 4 to 7 p.m., Jarrettsville Fire House, located on 3825 Federal Hill Road

- Nov. 20, 10 a.m. to 2 p.m., St. Ignatius Church, located on 533 East Jarrettsville Road, Forest Hill

- Nov. 23, 9 a.m. to noon, St. Mary's Church, located on 1021 Saint Mary's Road, Pylesville

Pediatric Flu Vaccine Clinic

- Nov. 8, 9 a.m. to 1 p.m., Upper Chesapeake Medical Center, Chesapeake Conference Center

Pediatric Flu Vaccine Follow-up Clinic ONLY

- Dec. 6, 10 a.m. to noon, Upper Chesapeake Medical Center Chesapeake Conference Center

Harford County flu shot schedule

For more information about flu, visit <http://www.harfordcountyhealth.com>.

For more information, call 410-612-1779.

- Nov. 3, 10 a.m. to 2 p.m., Ripken Stadium, 873 Long Drive Aberdeen (drive-thru Vaccine Clinic) The clinic offers a flu shot for senior residents or anyone who may have difficulty walking. Rain date is Nov. 7

- Nov. 10, 4 to 7 p.m., Health Department Edgewood facility, 1321 Woodbridge Station Way
- Nov. 17, 9 a.m. to 1 p.m., Level Fire Hall, located on 3633 Level Village Road, Havre de Grace

- Nov. 10, 4 to 7 p.m., Health Department Edgewood facility, 1321 Woodbridge Station Way

- Nov. 17, 9 a.m. to 1 p.m., Level Fire Hall, located on 3633 Level Village Road, Havre de Grace

Note: Anyone with a scheduled appointment at the Health Department at Woodbridge Station located on 1321 Woodbridge Station Way, flu vaccine also will be available for a \$20 fee.



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

Free Family Movie Night

Celebrate Military Family Month with Army Community Service. ACS will present Military Family Movie Night 6 to 8 p.m., Nov. 12, at the Post Theater. "Wall-E" will be shown free of charge. Pick up tickets 8 a.m. to 3 p.m., Monday through Friday, at the Aberdeen Area ACS, building 2754.

For more information, call 410-278-7572.

Free dolphin show at the National Aquarium

As a thank you to active duty service members and their families, the National Aquarium will offer a free dolphin show.

When service members purchase Aquarium tickets, they will receive a coupon to redeem for a free Dolphin show. This offer is valid Nov. 2 through 26, and only valid with an active duty ID card or Family member ID card, which must be presented at the "Will Call" desk along with the ticket and coupon. This offer is not valid with any other ticket purchase, offer or discount.

Aquarium tickets cost \$17 for active duty, \$20.25 for adults and \$12.25 for children.

For more information or to purchase tickets, call MWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

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. 31 through Nov. 2. Tickets cost \$21.95 for adults and \$14.95 for children.

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.

MWR daily bus trips to Atlantic City

Roll the bones on daily trips to Atlantic City, N.J. FMWR Leisure Travel Services offers daily bus service to Trump Taj Mahal Casino. Cost of the trip to is \$45 per person with \$25 back in cash and a \$5 buffet coupon. Only for ages 21 and over. The bus will leave Vitali's Restaurant, Best Western in Edgewood at 9 a.m. and return at 9 p.m.

For more information, contact FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail apgr-usag-mwr-leisure-travel@conus.army.mil.

CWF trip to Massachusetts in November

Take a "pilgrimage" to Massachusetts for an opportunity to see American history and heritage.

The Civilian Welfare Fund has scheduled a trip to Massachusetts, Nov. 20 to 23. Tour locations include Plymouth Plantation, Salem, Rockport, Gloucester and Newport, R.I.

Passengers will depart BWI at 10:30 a.m. and arrive at Logan Airport, Boston, at 11:50 a.m.

Cost per person is \$1,275 for adult single; \$975 for adult double; \$925 for adult triple; and \$905 for adult quad. Cost for children ages 17 and under is \$945 for double, \$895 for triple and \$875 for quad.

Cost includes round-trip airfare; three nights lodging; private motorcoach for tours; three continental breakfasts; three dinners, including one lobster and clam bake and meal at Plymouth Plantation; entrance into the Salem Witch Museum and Mayflower II replica; travel insurance and tips for the driver and guided tour manager.

For more information or to make reservations, call CWF, 410-273-2075 or e-mail Patti Harkins, patti.harkins@us.army.mil.

Youth Basketball registration

APG Youth Basketball Registration will take place through Nov. 9, at building 2752, Rodman Road. Walk-in registration will be held 7:30 to 10:30 a.m. After 10:30 a.m., call for an appointment at 410-278-7571. To register for the Edgewood Area Youth Center program, call John Lee, 410-436-7131.

There will be league teams for ages 7 to 8; 9 to 10; 11 to 12; and 13 to 14 (age as of Dec. 31, 2008). A clinic will be held for ages

4 to 6 (age as of Dec. 31, 2008). Cost to join a league is \$45 per person; the clinic costs \$35 per person.

Practices will be held weeknights. Games will be held Saturdays beginning Jan. 3.

Youth Basketball Cheerleading registration

APG Youth Basketball Cheerleading Registration will take place through Nov. 9, at building 2752, Rodman Road. Walk-in registration will be held 7:30 to 10:30 a.m.; after 10:30 a.m., call for an appointment at 410-278-7571. To register for the Edgewood Area Youth Center program, call John Lee, 410-436-7131.

Ages 6 to 14 can register. Squads will be broken down by age groups. Cost to register is \$45 per person.

Practices will be held weeknights. Games will be held Saturdays beginning Jan. 3.

Shop at Potomac Mills Nov. 29

Feel like a little bargain hunting for this year's Christmas shopping? Potomac Mills Shopping Outlets offers more than 200 of the best brand names to help save this year. Travel to Potomac Mills Shopping Outlets Nov. 29. The bus will depart Edgewood Best Western at 7:45 a.m. Cost of the trip is \$29 per person. Space is limited, reserve tickets today.

For more informa-

tion or to purchase tickets, call FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, or e-mail apgr-usag-mwr-leisuretravel@conus.army.mil.

Free babysitting course

Become a 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., Nov. 3 and 4 at the EA Child and Youth Services, building E-1902. The objectives are to familiarize participants with the responsibilities of babysitting. This class is open to all DoD ID card holders.

For more information, to register or for an appointment, call Central Registration Office, 410-278-7571/7479.

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, 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_LeisureTravel@apg.army.mil.

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.

Brazilian Jujitsu

A Brazilian jujitsu program will be held at the Noncommissioned Officer Academy, building 4505, Suite C. Sessions will be held on Tuesdays and Thursdays, Jan. 6 through Feb. 5 and Feb. 17 through March 19.

Beginner classes will be held 6 to 6:45 p.m., ages 7 to 18.

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

Cost is \$85 per student. Open to all

DoD ID card holder Family members. Each session requires a minimum of six students registered. Registration ends one week prior to the start of class.

For more information or to register, call the Central Registration Office, building 2752, 410-278-7571/7479 or e-mail stacie.umbarger1@conus.army.mil or call 410-278-4589.

Tae Kwon Do

Join the Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do promotes discipline, as well as muscle toning and conditioning.

Classes will be held at the Child, Youth and School Center, building 2522, Monday and Wednesday, Jan. 5 through Feb. 2; Feb. 29 through March 18; and March 30 through April 22, 5:30 to 6:15 p.m. (ages 6 to 12). Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

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

Class size is limited so register early.

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.

Tutors available for all grades

Private tutors are available for students in grades 1 through 12. Tutoring for grades 1 through 8 includes all subjects. Grades 9 through 12 includes English, math, earth science and chemistry only.

Tutors are available 3 to 6 p.m., Tuesdays, through Nov. 4 and Nov. 11 through Dec. 2. Tutors cost \$145 per student for four one-hour one-on-one sessions. Parents decide what hour time frame they would like. Open to all DoD ID card holders and their Family members.

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, 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.

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.

ACS activities

Meeting of Family Information Network

Army Community Service hosts a Family Information Network meeting 6 to 7:30 p.m. the second Tuesday of each month in building 2754. No meeting Nov. 11 due to holiday. Next meeting is Dec. 9. This support group is designed to assist military members who have Family members with special needs. Its goals are to provide a supportive network as well as assist with community resources.

For more information, call 410-278-2420.

Smart Start Your Business class

All sessions 11:30 a.m. to 1 p.m., ACS classroom, 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.

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.

- 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.

- 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.

APG Bowling Center activities

Oct. 31 fun

Cosmic Bowl-Arama will begin following league bowling Oct. 31 around 10 p.m. The lights will go down and cosmic lighting will brighten the bowling center. Prizes will be given out on the hour. Bowling costs \$15 for an hour of bowling, including shoe rental.

A costume contest will be held 10 p.m. to 2 a.m., Oct. 31. Best Family costume will be judged at 11 p.m., winning Family will receive a \$20 Golden Coral gift certificate and one hour of free bowling redeemable at a later date. Best Woman Warrior will be judged at midnight; winner will receive a free game of bowling redeemable at a later date and a \$10 gift certificate at Wal-Mart. Best Political judging will take place at 1 a.m.; winner will receive a free game of

bowling redeemable at a later date and a \$10 Wal-Mart gift certificate.

November Military Family Month

In addition, since November is Military Family Month, when a Military Family comes in to bowl between 1 and 11 p.m. any Saturday in November, they will receive one hour of bowling for \$15 including shoe rental. Up to eight Family members can share a lane. This will be on a first-come, first-served basis. Reservations are being taken.

The Bowling Center would also like to invite everyone to meet their new mascot.

Bowling specials are for personnel with military, civilian or contract ID.

For more information, call 410-278-4041.

APG Bowling Center Snack Bar specials Building 2342

Week of Nov. 3

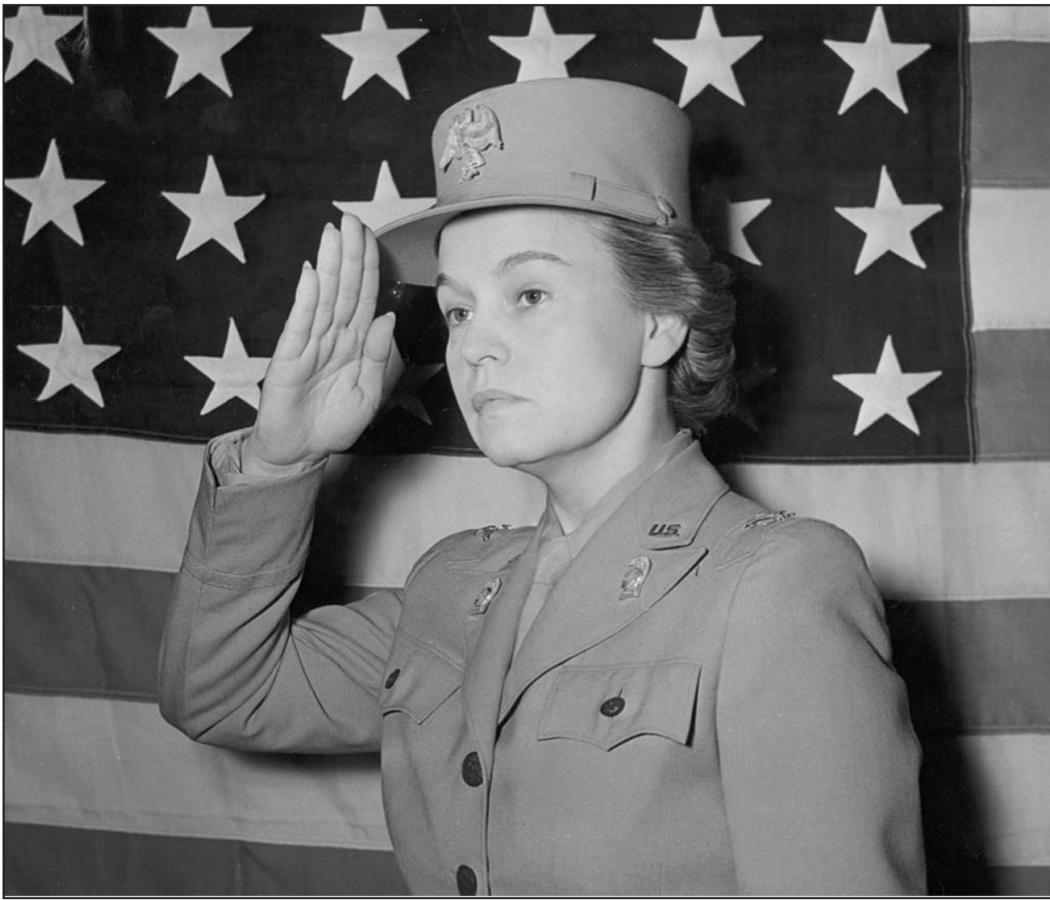
Special #1: Ham and cheese wrap with potato chips, cookie and soda for \$5.95.
Special #2: Double bacon cheese burger with french fries, cookie and soda for \$7.45.

Week of Nov. 10

Special #1: Crab cake platter with french fries, cookie and soda for \$9.95.
Special #2: Grilled cheese with soup of the day, cookie and soda for \$4.35

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





Col. Oveta Culp Hobby, first director, Women's Army Auxiliary Corps. (from U.S. Army Signal Corps Collection)



Newly arrived Women's Army Auxiliary Corps recruits at Fort Des Moines, Iowa, 1942. (from U.S. Army Signal Corps Collection)



A WAC runs an obstacle course during basic training, 1st WAC Basic Training Battalion, Fort Belvoir, Va. (from the Grace M. King Collection)

Photos by USAMHI

Army observes 30th anniversary Women's Army Corps disbanding

Story by
MELISSA K. WIFORD

Thirty years ago, on Oct. 20, 1978, President Jimmy Carter signed Public Law 95-485 disbanding the Women's Army Corps as a separate corps within the United States Army following 36 years of dedicated service.

The Army will be celebrating the 30th anniversary of the full integration of women into the regular Army through mid November, said Lt. Col. Mike Moose, spokesperson for the Army's Deputy Chief of Staff for Personnel, G-1. He said the G-1 is looking for former members of the Women's Army Corps who might like to share their stories and memories with both internal and external audiences.

Originally established as the Women's Army Auxiliary Corps, or WAAC by President Franklin D. Roosevelt during World War II, the WAC went through many different organizational statuses throughout its history.

Congresswoman Edith Nourse Rogers of Massachusetts introduced legislation in May 1941 to establish a women's auxiliary to the U.S. Army based on the premise that the addition of

women's labor would "free a man for combat," if and when the United States entered the war.

Even though Rogers compromised on the issues of women's military status and benefits, the legislation languished in Congress until the United States was attacked by Japan at Pearl Harbor in December.

In January 1942, Rogers added an amendment to her bill that would grant women the same military status and benefits as men. Bitterly contested in Congress, the bill only passed after it was decided that women would not be given military status, and on May 15, 1942, President Roosevelt signed Public Law 77-554 establishing the Women's Army Auxiliary Corps.

Recognizing that the United States Army could not provide benefits to the women stationed overseas and that the auxiliary system had proved to be cumbersome, Chief of Staff of the Army Gen. George C. Marshall requested that Congress give women military status for the duration of the war.

In January 1943, Congresswoman Rogers and Oveta Culp Hobby, director of the WAAC,

drafted a bill which was endorsed by Marshall and introduced into Congress. Military status was again contested in the House, but the bill eventually passed, and Roosevelt signed Public Law 78-110 on July 1, 1943, establishing the Women's Army Corps.

Even though the WAC provided the Army dedicated and loyal service during World War II, it was scheduled to disband at the end of hostilities.

No contingencies were developed to maintain the existence of the Women's Army Corps for service in the postwar Army or future conflicts. This was immediately recognized as an oversight by many senior Army leaders, to include Gens. George Marshall, Douglas MacArthur and Dwight Eisenhower, who had come to depend on the WACs assigned to their commands.

MacArthur called WACs, "my best Soldiers," adding that "they worked harder, complained less and were better disciplined than men."

After many years of public debate and in response to a worsening international environment, Congress finally approved regular and reserve component

status for women. On June 12, 1948, President Harry S. Truman signed Public Law 625, the Women's Armed Services Integration Act.

During the next 20 years, the WAC followed the Army's pattern of recruitment, whereby in peacetime a small well-trained force of officers and enlisted members were maintained and during wartime a recall of reserve Soldiers to active service was employed as well as increased recruitment.

These fluctuations remained the pattern until the early 1970s, when in response to President Richard Nixon's intention to reduce and eventually eliminate the drafting of men, a plan was developed to expand the WAC.

The recruitment of women was seen as part of the answer to the shortages that the Army was projecting for the 1980s and 1990s in male recruitment. Many different studies -- to include the: Women's Enlisted Expansion Model, Women Officer Strength Model, Women Content in Units Force Development Test, Women in the Army Study and Evaluation of Women in the Army -- were developed and conducted

by the Departments of the Army and Defense to examine whether rapid increases in women's recruitment would affect military readiness.

Eventually the findings of these different expansion studies, combined with the new expanded military occupation specialties available to women through the Combat Exclusion Policy, allowed women to further integrate into the Army.

By 1978, the DoD and Congress were fully committed to ending this last remainder of segregation within the Army. Senator William Proxmire of Wisconsin proposed an amendment to the Fiscal Year 1979 Defense Procurement Authorization Bill which called for the end of the WAC. The bill was passed, and the WAC was disbanded. Since the signing of PL 95-485 by Carter, women have been fully integrated into the Army.

(Editor's note: Melissa K. Wiford serves the U.S. Army Military History Institute. Anyone interested in sharing their experiences as a former WAC can contact Army G-1 at g1pao.hqda@us.army.mil.)

Women

From front page

Army. Ever since Mary Ludwig Hays McCauley ("Molly Pitcher") replaced her husband when

he collapsed at his cannon, women have continually proven that the narrow stereotype, limiting their choice of occupation, was wrong, said Col. Jon Dahms, chief, OCPA Planning Support.

Throughout the U.S. Army's history, women warriors have

demonstrated their patriotism and fighting spirit, Dahms said. He said that they have proven the heart of a warrior is not limited to one gender. When freedom is threatened, he said women warriors are equal to any task...and when their country calls, they

respond - not in gender-hyphenated roles - but as U.S. Army Soldiers.

"Our female Soldiers' patriotism, fighting spirit and ability to reach across cultures strengthen our nation's presence around the world," Dahms

said. "We ask that all installations and organizations share the stories of their own women warriors."

(Editor's note: Philip Jones is a contractor in the Office of the Chief of Public Affairs, Plans Division.)



Veterans' Voices

DoD launches Web site on chemical-biological warfare exposures

Story by
NAVY LT. JENNIFER CRAGG
Special to American Forces Press Service

The Defense Department has launched a new Web site to educate the public about chemical and biological testing conducted from the early 1940s through the mid-1970s.

"This is a new Web site that we have created for all those who may have interest in everything that we have been able to uncover and understand about the chemical and biological testing of warfare agents done from probably the early 1940s up through 1975," said Dr. Michael Kilpatrick, strategic communications director for the Military Health System.

He explained the recently launched Chemical-Bio-

logical Warfare Exposures Web site during a "DotMil-Docs" radio program on BlogTalkRadio.com Oct. 2.

Officials launched the site to educate people on what was done and to also let them know what DoD knows about it, Kilpatrick said.

"The CB exposures Web site explains why the testing was done, where it was done, what was used in the testing, and really what DoD learned from the testing," he said.

Kilpatrick added that the Web site presents sections on chemical and biological testing that was conducted during World War II, during Project 112/SHAD -- shipboard hazard and defense -- and the Cold War. He explained why some of the testing, in particular during World

War II, was conducted.

"Chemical agents were used against our troops in World War I," Kilpatrick said. "As we went into World War II, we didn't know how to best protect our people, and during the Cold War we continued testing to understand how chemical and biological warfare agents behaved in different climates and terrains."

Officials have been working for a couple of years trying to understand the chemical and biological exposure research that happened during the Cold War, Kilpatrick said.

"As we got information," he said, "we passed names of individuals and medically related information to the Department of Veterans Affairs."

Project 112/SHAD was a series of tests conduct-

ed from 1962 to 1973 on Navy ships at sea in various climates and in land-based tests in various terrains using chemical and biological agents, as well as simulated agents. Service members were not test subjects.

"The Project 112/SHAD records were more difficult, because these were, essentially, classified tests looking at the behavior of chemical-biological-warfare agents," Kilpatrick said. "Since the Sailors on the ships... were not human volunteers, it was more difficult to find out who they were. That process involved going through the ships' logs to determine who was assigned to those ships."

As officials conclude their search through archived files, they are relying on veterans who

were involved in the testing to provide additional information, Kilpatrick said.

"Veterans can really help point us in other directions or give us other clues," he said. "As we are trying to recreate what happened thirty to sixty years ago, it is oftentimes very difficult. They may have papers, which would not have been archived, that may help fill in blanks about what we understand happened."

DoD and VA officials are working together to identify and notify service members who were exposed in chemical-biological testing from the 1940s through the mid-1970s. Once DoD finds who was exposed to what agents at what time and where, that information is passed to the VA to then try to locate the individual and notify him.

"Once we have searched all locations for archived information on these exposures, the active part will be over," Kilpatrick said. "DoD plans to complete this search in 2011. However, the process is open-ended. It will never be closed. That's why we ask any veteran with any information to contact us. Our goal is to account for everyone who has been exposed."

Kilpatrick added that any veterans who think that they could have been exposed or who have any information on the tests can submit an e-mail to CBWebmaster@tma.osd.mil, or call DoD's contact managers toll-free at 800-497-6261.

(Editor's note: Navy Lt. Jennifer Cragg is assigned to the New Media Directorate of the Defense Media Activity.)

Community Notes

THURSDAY

OCTOBER 30 HALLOWEEN PARTY

American Legion Auxiliary Edgewood Service Post 17 will hold its Annual Community Halloween Party, 7 to 8:30 p.m. at the post located at 415 Edgewood Road. Horn's Punch and Judy Show will be featured. Costumes are not required. Everyone will receive a 'goody bag' and refreshments will be provided.

SATURDAY

NOVEMBER 1 TRAILTOTS

Explore Leight Park and focus on the leaves that are falling. This program will be held 10 to 11 a.m. for infants to age 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.

FIND IT IN A FILM CANISTER

Come learn some wilderness survival tips and then make a survival kit that fits in a film canister. This program will be held 2 to 3 p.m. for Families. The cost is \$10 per Family and registration is required.

For information, registration or directions to the Anita C. Leight Estu-

ary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

NOVEMBER 2 MEET A CRITTER

Check out one of the live critters up close while discovering what makes that animal special. This program begins at 2 p.m. and is free for all ages. No registration required.

NATURE TALES - RACCOONS

Story time with a nature twist. Come listen to some stories, learn new songs and move like the animals. This program will be held at 3 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.

SATURDAY

NOVEMBER 8 TRAIL TREK

Enjoy a splendid 3- to 4-mile hike with volunteer Eugene Burg on state park lands along the river. Location to be determined. Bring a lunch. This program will be held 9 a.m. to 1 p.m. and is for ages 10 to adult. The pro-

gram 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.

VETERANS

APPRECIATION DAY

Main Street Cigar Company will host its first annual Veterans Appreciation Day, 10 a.m., at Main Street Cigar Company located on 2225 East Churchville Road, Bel Air. Festivities include live music, wine tasting, Rocky Patel Cigar promotion, a chili cookoff and silent auction (proceeds benefit Harford County veterans). Discounts for active duty, Reserve, retired and veterans with prior military service.

For more information, call 410-734-4494, or e-mail mainstreetcigar@yahoo.com.

MIGRATION HEADACHE

Join a naturalist to discover why animals migrate from one area to another and some of the headaches the critters run into along the way. This program will be held 3 to 4 p.m. for ages 7 to 12. The cost is \$2 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.

RECYCLING EVENT

A Community Electronics Recycling event will be held 10 a.m. to 2 p.m. at St. Ignatius Church located on 533 East Jarrettsville Road, Forest Hill.

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

The public is invited to donate their old computers, CPU's, speakers, fax machines, scanners, printers, keyboards, cell phones, stereos, mice and microwaves free of charge.

A contribution of \$10 per monitor will be requested. Do not bring television sets. Tax donation receipts will be provided.

For more information or directions, call 443-866-5101 or e-mail electronics9@verizon.net.

CRITTER DINNER TIME

Come watch the turtles, fish and snakes eat and learn more about these fascinating creatures. This program begins at 10:30 a.m. and is free for all ages. No registration required.

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

SUNDAY

NOVEMBER 9 A MATTER OF SURVIVAL

Learn the basics of wilderness survival and learn some of the basic skills to help stay alive if ever lost. This program will be held 1 to 3 p.m. for ages 6 to 12. The cost is \$3 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.

TUESDAY

NOVEMBER 11 VETERANS DAY CEREMONY

The American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a Veterans Day service 11 a.m.

The club and bar will be closed during the ceremony. Light refreshments will be served following the service.

For more information, call 410-642-2771.

WEDNESDAY

NOVEMBER 12 MEET THE ARC

Everyone is invited to join the Arc Northern Chesapeake Region for an inspiring session, 6 to 7:30 a.m. at Maryland Golf and Country Clubs located on 1335 East MacPhail Road, Bel

Air. Find out what the Arc is and what they do for individuals in the community. The Subject will be "Listen With Your Heart." Hors d'oeuvres will be served.

For more information or to RSVP, call Elaine Orbino, 410-879-6785, ext. 350.

THURSDAY TO SUNDAY

NOV 13 TO 16 NINTH PASTORAL ANNIVERSARY WOMEN'S CONFERENCE

Restoration World Ministries, Inc. will hold its ninth Pastoral Anniversary at 1812 Pulaski Highway, Starlite Plaza, Suite O, Edgewood.

Guest speakers include 7:30 p.m., Nov. 13, Pastor Kenneth Telsee Sr., True Joy Healing and Restoration Ministries; 7:30 p.m., Nov. 14, Dr. LaMont Turner, Zion Temple, Havre de Grace; 7:30 p.m., Nov. 15, Pastor Melvin Boulware, Harvest Life Changers, Columbia, Md.; 11:15 a.m., Nov. 16, Bishop Erwin Scofield, Scofield Ministries, N.C.; and 4 p.m., Nov. 16, Pastor Melvin Taylor, Word of Faith Outreach Ministries.

For more information, call 410-671-6042.

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

Post Shorts

410-306-4522, or visit www.apgmwr.com/.

KUSAHC closed for holiday

Kirk U.S. Army Health Clinic will be closed Nov. 11. Patients should plan accordingly for any medication needs.

For routine medical assistance in the evenings, weekends and on federal holidays, call Staff Duty, 410-278-1725. The Staff Duty Officer will coordinate with the Medical Officer of the Day and initiate a referral, if needed.

Without authorization, patients may be responsible for copayments for care provided at other facilities.

Since there is no Emergency Room at KUSAHC, call 911 for true emergency situations.

CFC collecting old books, movies for special sale

The Aberdeen Proving Ground Combined Federal Campaign is asking for donations of paperback and hardcover books as well as movies in VHS and DVD format to sell in the first-ever CFC Book and Movie Fair to be held Nov. 13 and 14 in the Down Under area of Top of the Bay, building 30.

Paperbacks will sell for \$.50 and hardcover books and movies for \$1. The fair is open to all civilians, military personnel and contractor employees working at APG.

All proceeds from the book fair will be donated to the Chesapeake Bay

CFC as 'undesignated funds.'

For more information, call the CFC Office, 410-278-9913/9917.

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.

Thrift Shop to disburse funds

The APG Thrift Shop will accept requests for donations from service organizations and military units through Oct. 31.

The request should include the name of the organization, point of contact, address, telephone number, amount requested and specific details on what the funds will be used for.

In the past, donations have been granted to Army Emergency Relief, Army Community Service, the APG Fire Department and veterans' organizations.

Mail or drop off requests to APG Thrift Shop, building 2458, APG, MD 21005-5001.

For more information, call the store during operating hours, which are 11

a.m. to 6 p.m., Wednesday; 10 a.m. to 2 p.m., Thursday; 10 a.m. to 1 p.m., the first Saturday of the month, 410-272-8572. Consignments are only taken 11 a.m. to 2 p.m. and 4:30 to 5:30 p.m., Wednesday and 10 a.m. to 1 p.m., Thursday.

Everyone is reminded not to use the area in front or to the back of the shop as a dumping site.

The Thrift Shop only wants items that are in good as new condition.

Army 4th Annual Leadership Symposium

Registration is open through Dec. 17 for the Army Management Staff College 4th Annual Leadership Symposium: Navigating New Challenges, Jan. 27 to 29. The AMSC is located on 5500 21st Street, building 247, Fort Belvoir, Va.

Guest speakers will share their perspectives on leadership and executive development. World-renowned authors, motivational speakers and government officials will conduct workshops on effective communication, understanding an individual's importance to the orga-

nization, and finding balance in life. Participants can learn to make a difference in their organization and the federal government.

Cost of the workshop is \$50 per person and includes admission, meals, busing and workshop materials. Professional attire for military is ACU and business casual for civilians.

For a schedule of speakers, travel information, registration cost and more, visit <http://amsportal.belvoir.army.mil/Symposium/index.jsp>.

For more information, call AMSC Operations, 703-805-4747/4744, or e-mail ams Symposium@conus.army.mil.

Building 320 parking lot closed temporarily

The parking area in front of building 320 will be closed 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 beware during admittance to the store.

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

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

HPV

From page 7

Also, the HPV vaccine does not prevent infection from other sexually transmitted diseases such as HIV.

It is important for young women to have open and honest discussions with their parents as well as their healthcare provider concerning safe sexual practices.

This vaccine is offered at Kirk U.S. Army health Clinic.

For more information concerning HPV vaccination, go to the CDC Web site, www.cdc.gov/std/hpv, the National Institutes of Health Web site, www.nih.gov or ask a healthcare provider.

Chapel Events

Northeast Military TEC #1

All Catholic youths ages 15 and older are invited to attend the Northeast Military Teens Encounter Christ Weekend Retreat at Our Lady of Mattaponi Youth Retreat Center located on 11000 Mattaponi Road, Upper Marlboro, Md., 4 p.m., Dec. 12 through 4 p.m. Dec. 14. Deadline for registration is Nov. 24.

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.

Adults who have already participated in a TEC weekend or would like to assist as a TEAM member should call Gerri Merkel soon.

For more information or to get a registration form, call Gerri Merkel, 410-278-2516, or e-mail gerri.merkel@conus.army.mil

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. Children and youths are invited to dress as a Biblical character or as a saint.

Registration, as an individual 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.

KUSAHC service at chapel

The APG community is invited to the Main Post Chapel Protestant Service 10:15 a.m., Nov. 2, when the staff of Kirk U. S. Army Health Clinic will be recognized during a themed-Sunday event.

Chapel hosts Thanksgiving Prayer Luncheon

The Main Post Chapel will host a Thanksgiving Prayer Luncheon at Top of the Bay, 11:30 a.m., Nov. 14. To make a reservation, call the chapel, 410-278-4333. Tickets cost \$5 for E-5 and below and \$8 for civilians and E-6 and above. Due to space limitations, it will be on a first-come, first-reserved basis.

IG office is in the assistance business

Story by
STEVE ROCHETTE
RDECOM

With roots dating back to Gen. George Washington and the formation of the Continental Army, the Inspector General system has long played a critical role in the defense of this nation.

Now, inspectors general are well known in the military community for their investigations and inspections. But they perform a role that is much more encompassing.

"We're in the business of helping people," said Inspector General Ernie Morgan, U.S. Army Research, Development and Engineering Command. "An important part of our mission is assisting people and training them."

The training component of their mission usually involves making employees aware of Army regulations in a variety of ways. It is one of the four main functions of any Army IG, along with inspections, assistance and investigations.

An extension of the eyes, ears, voice and conscience of the commander, the IG is the fair and impartial fact finder. IGs maintain

independence and confidentiality in their dealings so employees are more comfortable approaching the office with issues.

Handling issues ranging from promotion grievances to fraud allegations, the RDECOM IG has an open door policy for Soldiers and their Families, civilians, retirees and even the outside community.

"A person need not have a relationship with the Army for us to assist, however, their complaint must relate to an installation or command issue," said RDECOM Deputy Inspector General Jim Gribbell. "We do encourage Soldiers and civilians to try and resolve issues within their chain of command initially because that is where the solution often lies."

After receiving an allegation or complaint, the office seeks to determine the validity of the claim by researching regulations and speaking with all of the involved parties. The staff also reviews each other's findings to ensure accuracy and thoroughness.

"Our office approaches each issue as if there are three sides to the story," Gribbell said. "We use the preponderance of evidence

standard, which requires fifty-one percent of evidence to support the claim for it to be valid."

Morgan and his staff of three are the sole IG presence for all RDECOM elements with the exception of ARDEC [U.S. Army Armament Research Development and Engineering Center]. As the IG for the senior mission commander, they also are responsible for all installation issues.

The office often works hand in hand with the RDECOM Office of Chief Counsel, the Aberdeen Proving Ground Staff Judge Advocate, the Equal Employment Opportunity Office and the five other IG offices on APG.

Morgan points to the growth of the office in recent years as evidence of the hard work and dedication of his staff.

"The staff does all the hard work," he said. "When I came here, this office and its functions were smaller, but now we do full-scale inspections. Just last year, my staff handled two hundred and seventy cases."

Many of the cases have involved pay disputes where a Soldier or civilian employee feels they have not received the

correct compensation or entitlements. Other cases have included allegations of misuse of government vehicles or equipment.

The increased caseload is possible because of the experience and varied backgrounds of his team, which has close to 50 years of combined experience as inspectors general.

"Each staff member brings a unique background to the table and has specific skills and strengths whether it's investigating, researching or assisting. I'm really lucky to work alongside this group," Morgan said.

The IG office maintains a visible presence at APG functions. A representative from the office attends the Newcomer's Briefings, Retiree Appreciation Day, Garrison staff meetings, BRAC town hall meetings and the Well-Being Action Council meetings. They also travel to each of the RDECOM elements every year.

IG offices on APG

- RDECOM & APG IG: 410-436-5716
- 20th Support Command (CBRNE): 410-436-0319
- U.S. Army Center for Health

Protection and Preventive Medicine: 410-436-8229

• Chemical Materials Agency: 410-436-3834

• U.S. Army Developmental Test Command: 410-278-1093

• U.S. Army Ordnance Center & Schools: 410-278-2066

Before contacting the IG checklist

- Be sure there is a problem, not just a peeve.
- Give the chain of command a chance to solve the problem.
- If IG assistance is needed, contact a local IG first. (Higher command IG's refer to local IG for action)
- Be honest and don't provide misleading information.
- Keep in mind that IGs are not policy makers.
- Keep in mind that IGs can only recommend not order a solution. (Only commanders can order)
- Remember, IGs can only resolve a case on the basis of fact.
- Don't expect instant action on the request...be patient.
- Be prepared to take "no" for the answer. (If the answer is no, the IG will always explain why.)

CERDEC director receives Presidential Rank Award

CERDEC

The U.S. Army Communications-Electronics Research, Development and Engineering Center's director has been tapped to receive the government's second-highest award given to selected career Senior Executive Service members, the Presidential Rank Award-Meritorious Executive Category.

Gary Blohm was named one of 16 Department of the Army executives recently recognized as 2008 Meritorious Executives. By law, the Meritorious Executive distinction may be given to no more than 5 percent of SES members in any given year.

"Winners of the prestigious Presidential Rank Award represent the cream of the crop within the federal executive ranks," OPM Acting Director Michael Hager said in a statement announcing the 2008 awards. "Their professional dedication and commitment to excellence is helping to advance President Bush's agenda for enhancing federal government performance

and creating a more effective civil service."

The Presidential Rank Awards program is an individual award program granted by the United States government to career SES members and senior career employees. The Presidential Rank Award honors high-performing senior career employees for "sustained, extraordinary accomplishment." Executives from across government are nominated by their agency heads, evaluated by citizen panels, and designated by the president. It is considered the most prestigious recognition afforded to career professionals.

"I'm honored, but you don't get this award by yourself; it really shows the quality of folks that I've been working with over these past few years, not only the CERDEC as a whole, but the Space & Terrestrial Communications Directorate and Program Manager Future Combat Systems when I was the deputy program manager there," Blohm said.

As director of the CERDEC, Blohm is responsible for science and technology programs involving the development of advanced command, control, communications, computers, intelligence and information warfare, and night vision and electronics sensors technologies for the U.S. Army.

Before assuming his current leadership position, Blohm was the Deputy Program Manager for Network and Complementary Programs, Future Combat Systems (Brigade Combat Team). As the Deputy Program Manager Future Combat Systems, he was responsible for integration of all network elements of FCS to include the standards, communications (transport) systems, enterprise services, development of future force battle command applications, and intelligence, surveillance and reconnaissance systems. He was also responsible for integration of all complementary programs into the FCS program by working with the Army Program Executive Office,

other service acquisition programs and agencies (DISA, NSA, etc.)

Blohm was assigned to the Army's CIO/G6 office to serve as the Army's lead for a joint tactical network for ground forces study, co-led by Office of the Secretary of Defense, Director of Program Analysis and Evaluation. He was responsible for leading a team consisting of the Army staff, the program executive offices, the Marine Corps, joint staff and OSD elements to execute the study and develop a plan to bring additional networking capability to the ground forces more rapidly.

Prior to that he served as the director of the CERDEC Space & Terrestrial Communications Directorate where he was the focal point for providing the technology, system and network integration and engineering design to implement tactical communications systems for America's Warfighters. Blohm was responsible for the research, development, testing, and engineering support for initial acquisition, system integration,

first fielding and support of space and terrestrial communications and information security networks and systems for use by the Army, joint services and other government agencies.

He was the principal engineer for DA Satellite Communications Systems Engineering and was the Army's representative for numerous satellite architecture developments. Blohm was instrumental in the development of super high frequency tri-band satellite communications military standards. He also served as the U.S. representative to the NATO working group on satellite communications.

Blohm was the Advanced Technology Development Manager for both the Digital Battlefield Communications Advanced Technology and the Multifunctional On-the-Move Secure Adaptive Integrated Communications Demonstrations. These programs focused on developing mobile communications technologies for the Warfighter Information Network - Tactical and Joint Tactical

Radio System programs.

He entered civil service in 1985 with the U.S. Army Satellite Communications Agency where he served as project engineer and fielding technical team chief on the Ground Mobile Forces Tactical Satellite Communication Terminal program.

Blohm earned his bachelor's degree in electrical engineering from Stevens Institute of Technology and also received his master's in business administration from Fairleigh Dickinson University. He is a recognized member of the Armed Forces Communications Electronics Association and the Association of the United States Army.

"CERDEC is a viable, vibrant organization, and I look forward to the challenges and opportunities ahead as we successfully execute our move to Aberdeen Proving Ground," Blohm said. "We will maintain our support to the Warfighter without missing a beat."

The OPM award ceremony date will be announced later.

Hispanic

From front page

and I think that the greatness of our people is rooted in the diversity of our heritages as well as our freedoms and our care and love of others," Weissman said. "I think it is especially important that despite our busy schedules we come together a few times a year to celebrate where we came from and what we bring to this American experience. Celebrate the cultures that make up this great country."

Weissman then introduced the guest speaker, Jorge Christian, who serves as the protection engineering group leader for the Engineering Directorate in the U.S. Army Research, Development and Engineering Command, U.S. Army Edgewood Chemical Biological Center.

"We found a jewel in our own community, that really embodies the spirit of this occasion of Hispanic Heritage month," Weissman said.

Christian opened his speech by saying that he is honored to give a speech about Hispanic Heritage Month at APG.

"During Hispanic Heritage Month, all of us have a special and extraordinary opportunity to learn more about one another, to share the spirit and richness of the Hispanic community, and to celebrate the cultural attributes that are based on the cornerstones of Family, faith, hard work, and patriotism," Christian said. "These values form the fundamental characteristics of the considerable contributions that Hispanics have made to our community."

"Contrary to popular belief, the word Hispanic does not refer to race, instead, it is an ethnic term from a diverse group of people of many races and origins who hold Spanish as the common language," Christian said. "There are more than forty-one million Hispanic-Americans in the United States, and our hard work, deep faith and closely-knit Family ties have made America a better and stronger country."



Aberdeen High School Latino Dancers senior Ebony Waters, left, and junior Kris Castro, perform during the Hispanic Heritage month celebration hosted by the Aberdeen Proving Ground Hispanic Heritage Committee Oct. 8.

Christian said that although Hispanics have made great progress in our culture, they still have room for improvement. He said that Hispanics are the largest and youngest minority group in the United States, yet 87 percent of Hispanics do not have bachelor's degrees, and nearly half leave school by the eighth grade. Currently, the Hispanic dropout rate is 2.5 times higher than that of African Americans and 3.5 times higher than the rate of non-Hispanic whites.

Christian also said that Hispanics are vastly underrepresented in elected public office.

"Hispanics comprise only five percent of the U.S. House of Representatives and there are only three in the U.S. Senate," Christian said. "Therefore, the quest for the American Dream has become the Hispanic dream, as well—the hope for a better future. Hispanics are still realizing the potential

social, corporate, economic and political success, as well as, working towards taking full advantage of the richness of the American culture to pursue their dreams and support the growth of this country. This is still a work in progress."

Christian said that there are initiatives to improve the quality of life for Hispanic Americans. He said that Hispanics in the state of Maryland are influencing change. In response to this trend of growth of the Hispanic population, Gov. Martin O'Malley announced the movement of the Hispanic Affairs Commission to the Executive Level.

"The governor pointed out that as the Hispanic community grows, it is important that the members of the Commission on Hispanic Affairs develop a good understanding of community needs and how to connect them to services and progressive programs that provide opportunities," Christian said.

Christian also mentioned that the National Council of La Raza is currently seeking to increase the level of tangible assets held by Hispanics and others in need through the promotion of savings, increasing the rate of Hispanic homeownership and providing capital for Hispanic-based organizations.

Christian concluded his remarks by saying, "Those are just a few examples of the many ways in which every day Hispanics are making contributions to our society. We honor and respect those that came before us for their contributions to our communities. The same spirit and drives that have made us active contributors to the society at large are the principal forces that give us support to implement the ideas of those Hispanics that made their mark doing everything that they could do to help others."

Attendees dined on Puerto Rican foods provided by Staff Sgt. Cesar Salcedo, Sgt. Sammy Narario, and other members from the Joint Personal Effects Depot. Dishes included Spanish rice, pollo enfricase (a chicken dish) and flan for desert. La Tolteca restaurant in Bel Air provided His-

panic dishes of chicken quesadillas, beef quesadillas, chicken tacos, beef tacos and assorted enchiladas, salsa and chips.

Librada Peters, who works in the Non-appropriated Fund Human Resources Office, said that she attends the event each year to celebrate her culture.

"Many Hispanics are far away from their Families and the country they grew up in. This event is one day that we can come together and celebrate," Peters said.

Master Sgt. Juan Bermudez, 20th Support Command, said that he tries to attend all of the events on post that celebrate culture.

"It is about giving back to the community, and it doesn't matter what race you are, you can come out and celebrate and have a good time," Bermudez said.

The U.S. Army Ordnance Center & Schools announced the winners of the essay and cultural display contests.

"The success of programs such as this is due to the hard work of the committee members," said Linda Patrick, CHPPM, co-coordinator. "I could not have asked for a better group of people to work with. Thanks to all for an excellent program."

"Also, we are always looking for committee members for the ethnic observances and Special Emphasis Programs for the installation," Patrick added.

Anyone wishing to volunteer can contact Sgt. 1st Class Elwood Veney, RDECOM, EO advisor, 410-436-4810 or the EEO office, 410-278-1100.

Essay winners

1st Place – Capt. Gleeson Murphy, U.S. Army Medical Research Institute of Chemical Defense

2nd Place – Pfc. Sha'Courtney Woods, 9th Area Medical Laboratory

Display winners

1st Place – ANCOC Class 34-08

2nd Place – BNCOC Class 23-08 63B

Other participants for the essay contest were Michaela Mucha, a 7th grade Havest de Grace Middle School student, and Gloria Scott, Brigade S4, Class 043-52D-08, Company C, 16th Ordnance Battalion



Commissary News



Commentary: Help your children get fit starting today



By
**LT COL
KAREN HAWKINS**
DeCA dietitian

Many parents frequently hear from their children: "I am bored;" "There is nothing to do;" "Can I watch just one more show, please?"

We are less likely to

hear, "Can I go outside and run, play ball or skate?"

And, as kids get older, they are even less likely to be physically active, according to a recent long-term study by the National Institutes of Health. Researchers looked at whether children participated in at least 60 minutes of moderate to vigorous

physical activity as recommended by the 2005 Dietary Guidelines for Americans.

Most children between the ages of 9 and 15 failed to reach the daily recommended activity level.

The study showed that at age 9 children averaged about three hours of moderate to vigorous physical

activity on weekdays and weekends. By age 15, however, they averaged only 49 minutes per weekday and 35 minutes per weekend.

As children get older, they are less likely to be physically active and more likely to gain weight.

The Defense Commissary Agency has joined TRICARE, Military One-Source, the Army and Air Force Exchange Service, and Health and Human Services to ask the military community to "Take the Pledge" to help address the chronic issue of childhood obesity. Nearly 20 percent of children and teens in Department of Defense Families are considered obese, and across the nation the numbers are even greater as one child in three is overweight. (See article below)

To help your children become more physically active and learn to make healthy choices, check out

<http://www.tricare.mil/getfit/default.aspx>. There are lots of games such as the MyPyramid Blast Off and football games for kids to enjoy while learning cool stuff about food and what it can do for them. Try to limit computer game time to no more than one hour a day as it is important for children to be physically active during the day.

The most important thing is to start increasing physical activity, as the amount of time spent exercising is likely to decrease as kids get older.

Have young children, keep a chart on the computer or refrigerator to track their activity and earn stars for accomplishment. Developing healthy lifestyle habits begins at an early age. Play with your kids as it is good for the whole family.

During October, visit <http://www.tricare.mil>, <http://www.commissaries.com>, <http://www.militaryonesource.com> and

<http://www.aafes.com>, as well as the Health and Human Services, <http://www.hhs.gov>, and the Health Resources and Services Administration, <http://www.hrsa.gov> Web sites for articles, advice columns, blogs and more about childhood obesity.

Remember to "Take the Pledge" at <http://www.surgeongeneral.gov/obesityprevention/pledges/index.html>.

For more information about making healthy choices, 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.

Sign up with the DeCA Dietitian at <http://www.twitter.com> and get messages sent to your cell phone today.

Commentary: Teaching children how to make healthy choices

By
MAJ KAREN E. FAUBER
DeCA

We all want the best for our children; yet we find it challenging at times to get healthy, satisfying meals on the table.

Work, school and all the many day-to-day activities often have us on the go. If you find yourself rushing home after work and trying to decide what to make for dinner at the last minute, you are not alone. Your commissary is working with you to help you make choices that are good for you and your family.

Many of us are concerned about our children's health, especially with the growing numbers of the overweight and obese today. The Defense Commissary

Agency recognizes that we need to teach our children the importance of healthy eating and being physically active.

The U.S. Department of Agriculture's Web site, www.mypyramid.gov, has a section designed for children on how to be more physically active and make healthy food choices. There is an interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. In the game there are "fuel" tanks for each food group to help students keep track of how their choices fit into MyPyramid. After viewing the Web site with your children, have them help plan meals and snacks for a few days. This can be a fun learning experience that the

whole family can enjoy.

To help you get started here are a few ideas from the site:

- Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn, more often.
- Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots and sweet potatoes.
- Focus on fruits. Eat them at meals and at snack time. Choose fresh, frozen, canned or dried, and go easy on the fruit juice.
- Get your calcium-rich foods. To build strong bones serve low-fat and fat-free milk and other milk products several times a day.
- Go lean with protein. Eat

lean or low-fat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

• Change your oil. We all need oil. Get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive.

• Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Encourage your children to apply what they have learned while shopping regularly at the commissary, where your savings can amount to 30 percent or more. With savings like that, it's

always worth the trip!

For more information about children's nutrition, visit <http://www.commissaries.com>. Go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm and be sure to look for other useful information in the Dietitian's Voice archive, https://www.commissaries.com/healthy_living/dietitian/column/index.cfm. For tempting, delicious recipes check out Kay's Kitchen.

And to enjoy all your commissary benefits have to offer, sign up at <http://www.commissaries.com/subscribe.cfm> for the Commissary Connection.

Commentary: Eating on the run

By
MAJ. KAREN E. FAUBER
DeCA

Eating out is a daily habit for many of us as we commute to work, drop off the kids at sports and rush to the many activities that fill our lives. We often find ourselves eating at least one meal a day at a restaurant or fast-food establishment. Yet, meals eaten away from home are higher in total calories, fat and saturated fat, and lower in calcium, fiber and iron than meals eaten at home. On average, we consume about 300 calories more a day when we eat out than when eating meals at home. Therefore, it just makes sense to try eating more meals at home.

The Dietary Guidelines recommends making smart food choices and watching portion sizes wherever you are – at the grocery store, at work, in your favorite restaurant or running errands. Try these tips:

- When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat or fat-free milk, water, or other drinks without added sugars.
- In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- On a long commute or shopping trip, pack fresh fruit, cut-up vegetables, string cheese sticks or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.

More tips for eating on the go:

- Take time to look over the menu and go for grilled, broiled or steamed foods more often.
- Many restaurant portions are large. Take home half of the main course for another meal.
- Order the regular or kid-size portion.
- Drink milk occasionally to increase calcium.
- Substitute a side salad for french fries.
- Split your order. Share fries or an extra large sandwich with a friend.
- Choose a baked potato for the fiber and fewer calories than fries. Skip the sour cream and butter and try salsa.
- When ordering a sub, choose lean beef, ham, turkey or chicken on whole-grain bread.



- For a small meal, order an appetizer for your entrée.
- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Go easy on mayonnaise-based salads and high-fat toppings.
- Order salad with dressing on the side so you can use only the amount you want.
- Eat your lower-calorie food first. Soup or salad is a good choice.
- Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

To make your own on-the-go meal, choose lean, low-sodium meats and cheeses, and mustard, along with whole-grain bread; you can find it all in the deli section of the commissary. Grab a bag of salad or cut-up veggies and some juice to make a delicious meal on-the-go with fewer calories than eating out. Your waistline and your wallet will appreciate it.

And, remember to buy all your on-the-go foods at the commissary where you can save 30 percent or more. With savings like that, it's always worth the trip.

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

And, to enjoy all of your commissary benefits sign up at <https://www.commissaries.com/subscribe.cfm> for the Commissary Connection.

Commentary: 'Take the Pledge' addresses childhood obesity

By
**LT COL
KAREN HAWKINS**
DeCA

We can work together to help our children live healthy, active lives in our communities, our schools and our homes.

Nearly 20 percent of children and teens in Department of Defense Families are considered obese, and across the nation the numbers are even greater as one child in three is overweight. These numbers go beyond expanding waistlines: Overweight children and adolescents are more likely to have risk factors associated with heart disease, high blood pressure, high cholesterol and Type 2 diabetes.

The Defense Commissary Agency has joined TRICARE, Military One-Source, the Army and Air Force Exchange Service, and Health and Human Services to ask the military community to "Take the Pledge" to help address the chronic issue of childhood overweight and obesity.

I pledge to:

- Be a role model by

making healthy choices for myself.

- Help children be physically active through everyday play and participation in sports.
- Support children's healthy eating habits.

To get started

Choose fresh fruit for snacks and desert. Keep a bowl of fruit on the counter for on-the-go snacks.

Use portion control when eating meals. If the serving is bigger than your fist, then it's probably too much, unless it's a vegetable salad. If you want seconds at a meal, go for the vegetables or salad.

Choose lean meats, chicken and turkey. Grill, bake and broil instead of frying.

Be physically active every day. Playing ball, cycling, skating, swimming and walking are just some of the activities you can share with your children to help build healthy habits that can last a lifetime.

During October, visit <http://www.tricare.mil>, <http://www.commissaries.com>, <http://www.militaryonesource.com> and

<http://www.aafes.com>, as well as the HHS and HRSA Web sites for articles, advice columns, blogs and more about childhood obesity. Remember to "Take the Pledge" at <http://www.surgeongeneral.gov/obesityprevention/pledges/index.html>.

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

Sign up with the DeCA Dietitian on <http://www.twitter.com> and get messages sent to your cell phone today.

For delicious recipes, check out Kay's Kitchen. And to enjoy all of your commissary benefits, sign up at <https://www.commissaries.com/subscribe.cfm> for the Commissary Connection.

Commentary: Easy school night meals

By
KAY BLAKLEY
DeCA

The time crunch that sets in when autumn school bells ring sends even the most organized families through the drive-thru so often it's a danger to your health and your pocket book!

Here are three tips to avoid that scene.

- Combine shortcut ingredients like frozen vegetables, pre-shredded cheeses, dried pastas, packaged rice mixes and canned beans with fresh whole-food ingredients for a fast but healthy entrée.

- Keep side dishes simple – juicy wedges of fresh tomato, baby carrots, radishes and cucumber alongside a simple hot vegetable zapped in the microwave is perfectly healthy.

- Stock your recipe box with one-dish entrées that can be on the table in 30 minutes or less. Think you can make fajitas for four in 20 minutes? Frozen stir-fry peppers and a packet of fajita marinade make it a breeze. Ramen noodles are a real kid favorite, but would you have the nerve to serve it at a Family meal? Add some stir-fried chicken breast and frozen vegetables for a tasty 20 minute entrée that weighs in at just over 300 calories and a respectable 400 milligrams of sodium per serving.

Recipes for these week-night wonders, plus Family favorites like Skillet Mac & Cheese, the best Chili Mac I've ever tasted, and a hearty Tuscan Bean Stew are ready and waiting for you in Kay's Kitchen on the Web at <http://www.commissaries.com>.



Army News

Pentagon efforts improve services for transitioning service members, Families

Story by
GERRY J. GILMORE
American Forces Press Service

The Defense Department recently merged two military support programs into one as part of efforts to better address departing service members' financial and transition needs, a senior Pentagon official told U.S. legislators earlier this year.

The previously separate Financial Readiness and Transition Assistance programs were combined in March to form the new Office of Personal Finance and Transition, Jane Burke, principal director for military community and Family policy, said in testimony before members of the U.S. House of Representatives' Veterans Affairs Subcommittee on Economic Opportunity.

"Returning to private life after serving in the military is a very complex undertaking," Burke told legislators. "To assist them in doing so, we must empower our service members with the tools and information they need to develop individual solutions to the challenges they may face as they return to civilian life."

The merger of the financial and transition assistance programs was made in recognition "that financial readiness, military and veterans benefits, and transition assistance are closely linked to one another and must be addressed as a whole," Burke explained. This, she said, is an example of the Pentagon's desire to improve programs that assist transitioning service members and their Families.

Whether having served on active duty or in the reserve components, transitioning service members' and Families' primary goals "are finding a job, changing careers, enrolling in higher education, and ultimately improving their economic quality of life," Burke said.

The Defense, Veterans Affairs and Labor departments have partnered over the past decade to assist service members' return to civilian life, Burke observed.

All three organizations, Burke said, share responsibility for the transition assistance program's four key components:

- Mandatory pre-separation counseling for departing

active duty, National Guard or reserve members, is performed by service members' individual service branch. Service members are introduced to information about employment opportunities and how to go about finding a job. Members looking for jobs or a career change are encouraged to visit and register with the One-Stop Career Center nearest their residence once they return home.

- Attendance at Department of Labor-sponsored transition assistance program employment workshops is voluntary for active duty service members and spouses, except for mandatory participation by Marine Corps members. Service members receive information about labor market conditions, individual skills assessment, how to write effective resumes, proper interviewing techniques and methods of searching for jobs.

- Veterans Affairs benefits briefings are voluntary for active duty service members. These briefings address education and training, healthcare, home loans, life insurance, vocational rehabilitation and employment, disability

benefits, burial benefits, and dependents' and survivors' benefits. Demobilizing National Guard and reserve component members receive a VA briefing that includes information on the Disabled Transition Assistance Program.

- Participation in the Disabled Transition Assistance Program managed by Veterans Affairs is voluntary for active duty members. This program is for service members and veterans who have or suspect they have a service-connected disability or an injury or illness that was aggravated by military service. DTAP addresses re-employment, rapid access to employment, employment through long-term services, independent living services and self employment. DTAP also addresses other issues such as medical, dental, optical, mental health treatment, special adapted housing, veterans centers, vocational/educational counseling and special hiring authorities for federal employment.

DoD has established a goal to have 85 percent of separating active duty, National Guard and reserve

members attend transition assistance program and disabled transition program seminars, Burke said.

"To meet this goal, we have tasked the services to allow service members to attend these sessions so they have access to the employment resources they need to help them transition into the workforce or into an educational institution," Burke said.

When the transition assistance program was first developed in 1990, it was not designed with the needs of the National Guard and reserves in mind, Burke said. The 2007 launch of the www.TurboTAP.org Web portal addressed those concerns, she said.

TurboTAP "allows each service member, regardless of component, to obtain a lifelong account and a tailored individual transition plan based on their transition needs, which can also connect them to information on military and veterans benefits, many of which have significant cash value," Burke explained. Examples of such programs include the Montgomery GI Bill, the Thrift Savings Plan and the Savings Deposit Program, she

said.

TurboTAP better meets the needs of National Guard, reserve and active component service members and their Families "because the Web site gives them the tools to connect and access the information to meet their needs when they are ready - present or future," Burke said. Military OneSource and Military Home Front, she noted, are two other DoD-endorsed Web sites that, along with TurboTAP, contain important transitional, financial and benefits information for separating service members.

Service members and their Families have sacrificed much in support of the Global War on Terror, Burke said. Therefore, she said, it is the department's duty "to provide our troops with the decision-making tools they need to help them with the key financial and transition decision points" to assist them in making career and economic security plans.

The new office of personal finance and transition in partnership with other federal and private agencies "will get us there," Burke said.

Language company first in the Army

Story by
C. TODD LOPEZ
Army News Service

The recently formed 51st Translator Interpreter Company at Fort Irwin, Calif., is the first unit of its kind in the Army.

The company, which officially unfurled its flag Oct. 23, provides uniform-wearing interpreters and translators to units deploying to places like Iraq and Afghanistan. While not yet fully manned, the unit will eventually include more than 140 native speakers of languages like Arabic, Farsi, Pashtu, Kurdish and Dari.

Stateside, the Soldiers of the 51st TICO provide cultural and language training to the brigade combat teams that rotate to the National Training Center. Overseas, those same Soldiers work as translators and interpreters.

Right now, the 51st has about 120 Soldiers assigned, with about 90 of those working in theater.

"The mission over there will be to finally permanently have a 09L capability in foreign languages, so we are looking at a very high proficiency in foreign languages," said Errol Smith, the assistant deputy for foreign language programs at the Pentagon. "Given they are native in those languages, they provide a lot of cultural awareness skills to the Army."

The 51st TICO is manned by Soldiers from the relatively new military occupational specialty, 09 Lima. The 09L MOS is filled with native or "heritage" speakers of the languages the Army deems important for current missions. Heritage speakers have been speaking a particular language their entire lives, in the home or in school. Soldiers in the unit are often recruited from communities in the United States where many of the residents speak the same foreign language and share a common ethnic background.

"They've grown up in the U.S., and grew up speaking their mother's tongue, though many have never been to their mother's nation of birth," said Col. John Bird, director of training development and support, U.S. Army Intelligence Center, Fort Huachuca, Ariz.

What heritage speakers bring to the Army is real-life familiarity with the nuances of a language and the cultures that speak it - something school-trained lin-



Photo by SPC. PHILLIP ADAM TURNER, 1ST CAV. DIV. PUBLIC AFFAIRS
A translator gives instruction to an "Iraqi" civilian at FOB Denver's entry control point Oct. 12 at the National Training Center located on Fort Irwin, Calif.

guists often cannot do.

"An 09L can walk into a room and identify by body language and gestures whether it is a safe environment for his commander," Smith said.

Having knowledge of the culture of those that speak a language doesn't just help with formalities and how to shake hands -- it also serves to save the lives of Soldiers and civilians. Smith noted one situation in Iraq where the knowledge of a trusted 09L kept the Army from making a mistake that might have cost lives.

"Intelligence [was] monitoring a section of the city and noticed a lot of action in a cemetery," he said. "An operation to raid the cemetery was about to kick off when an 09L noticed what was about to happen and told everybody to stand down. It was a holy day, and on that holy day the Iraqis go visit the relatives that passed on -- that bit of cultural knowledge played a huge role in preventing embarrassment."

Smith also said having native Arabic speakers in the ranks helps the Army endear itself to the civilian populations it works within. The positive aspects of those relationships are borne out in lives saved.

"A teenage boy in Iraq

approached a patrolling 09L and asked 'how is it that you look like one of us and speak like one of us but are one of them?' The Soldier explained he was born and raised there, emigrated to America, and is back to help build schools, provide water, and provide security," Smith said. "The next time the Soldier was patrolling in the street the teenage boy came up to him again, had warmed up to him, and gave him information, a warning, to not go into a section of the city. A task force went in there later and apprehended about eighty insurgents."

That 09Ls wear the Army uniform is a plus to commanders as well. Contracted translators and interpreters are not actually in the Army. But an 09L who wears the Army uniform is subject to the same operating schedules as other Soldiers and is also subject to the Uniform Code of Military Justice, something commanders appreciate, said Brig. Gen. Richard C. Longo, director of training in the Army's Office of the Deputy Chief of Staff for Operations and Plans, G-3/5/7.

"[Commanders] are much more comfortable with an interpreter that is also a Soldier standing next to them, rather than somebody that may have been

contracted," he said.

Soldiers recruited to work as 09Ls come from places where there are large Arab-American populations: Dearborn, Mich., Washington, D.C., Southern California, Miami, New York, New Jersey, Texas and the Chicago area, for instance.

And about 75 percent of the 09L Soldiers are green card holders, not American citizens. But they still must pass rigorous security and background checks to be accepted into the program.

"First thing is a counter-intelligence screening," Smith said. "That's a requirement for the MOS -- they have to pass that."

The Soldiers accepted into the program can also volunteer for additional investigation, including a polygraph and some biometrics work -- volunteering for that allows them limited access authorization. With that, Smith said, they are authorized access to some classified material while in theater.

Smith said the Army is not having trouble finding Soldiers to fill the billets at the 51st TICO or within the ranks of the 09L MOS. Last year, he said, the Army met its 09L recruiting goal by 117 percent, the year before by 100 percent, and the year before that with 130 percent.

"There is a nationwide recruiting effort, and we have certainly built a very strong relationship with the Arab-American community as far as reaching out to them," Smith said. "Overall, we have done well in this program."

Sometime in 2009, the Army will stand up a second TICO. The 52nd TICO will be at Fort Polk, La., home of the Joint Readiness Training Center. Smith said the new company will likely help with the increasing demand from theater for 09Ls.

"This is one of the most significant pieces to having language capability in theater, because they offer critical skills to our commanders in theater and their skills have saved lives on the ground," Smith said. "And commanders have screamed for more."

The standup of the 51st TICO is only part of the Army's emphasis on language integration into the force. The Army is now working to have every Soldier contribute in some way to its language capability.

"We can't afford to train every Soldier in the Army to be a certified linguist, but we can't afford not to have everybody in the Army understand cultural awareness, and maybe some rudimentary language capability," Longo said. "We as an Army are committed to cultural and language programs. What we are looking for is the right blend of culture and language in our units. And that right blend is defined as: some people have to be experts, and everybody has to know something."

The general said some 178,000 Soldiers have signed up to use the Rosetta Stone language learning software available online through Army Knowledge Online.

And the Army has also developed programs for Reserve Officer Training Corps cadets who are interested in taking language courses. Cadets who contracted after Aug. 8 of this year can participate in the Army's Critical Language Incentive Pay program. Those cadets can earn between \$100 and \$250 dollars a month, based on the level of the language course they take in college.

For Soldiers already in the force, they may now use the tuition assistance program to take language courses, even if they are not pursuing a degree.

Santa launches 'Operation Santa Sign'

Supports military personnel, Families at Fisher House Foundation

Fisher House

This holiday season Santa Claus is, once again, pulling out all of the stops to support members of the military and their Families. Santa announced "Operation Santa Sign," in which \$2 from the sale of each "OFFICIAL SANTA LANDING ZONE" yard sign made between now and Dec. 31 will be donated to the Fisher House Foundation, Inc. (www.FisherHouse.org) and their 40 military Family support locations on 18 military bases and at 11 VA medical centers throughout the United States and overseas in Germany.

Military personnel and their Families can also save an additional 10 percent by using a special promo code "FisherHouse" (no spaces) on all products at www>YourNameUniversity.com during the checkout process. This discount is offered in addition to any vol-



ume discount they qualify for based on the number of items they purchase.

"Operation Santa Sign" is sponsored nationally by YourNameUniversity.com - the distributor of Santa's yard sign and other famous North Pole merchandise. YourNameUniversity.com is also commit-

ted to bringing some of the holiday spirit to military Families by donating Santa Signs for display at every Fisher House location.

"We are very proud to be working with Fisher House, supporting our military personnel and their Families this holiday season," said Larry Peck, president and founder of YourNameUniversity.com. "We all want to do anything and everything we can to make the holidays more enjoyable for our troops as they recover from injuries sustained while serving our country."

"We are delighted to be this year's non-profit beneficiary of Operation Santa Sign," said Fisher House Foundation Executive Vice President Jim Weiskopf. "We depend on the generosity of the public to raise the donations needed to expand our program, and we are determined to do just that for as long as the needs exist."

More about 'The Official Santa Landing Zone' yard sign

This popular and one-of-a-kind sign notifies children, their friends and their entire neighborhood that Santa has designated their home as an official landing site for his sleigh on Christmas Eve.

With fewer homes having chimneys, these days Santa has been having a really hard time figuring out where to land. So Santa now has to do what airports do - designate a proper landing zone for the sleigh so he can more easily manage his Christmas Eve drop-offs. After all, how would Santa know where to land if a house doesn't have an "OFFICIAL SANTA LANDING ZONE" sign in the yard?"

The 4-color plastic sign is 24" wide x 18" high and comes with an easy to use step stake. It is 100 percent "Made In The USA" and can be viewed at www.OperationSantaSign.com.

Support the troops with timely holiday mailing

Discount on largest Flat-Rate Priority Mail box to APO/FPO addresses

USPS

Holiday gifts from home are a big morale boost for military service members stationed around the world. To help the Families and friends of military personnel, the Postal Service is offering a discount on its largest Priority Mail Flat-Rate box.

Mail sent to overseas military addresses is charged only domestic mail

prices. The domestic mail price for the largest Flat-Rate Priority Mail box is \$12.95, but for packages to APO/FPO addresses overseas the price is reduced to only \$10.95. Flat-Rate boxes are free at any post office, or can be ordered online at usps.com.

Postage, labels and customs forms can be printed online any time using Click-N-Ship at www.usps.com/clicknship.

"Flat-Rate Priority Mail boxes offer the best bargain in holiday shipping," said Paul Vogel, managing director, Global Business and senior vice president. "The contents can be any weight for one low rate. If it fits, it ships."

The Postal Service continues to show its support by offering free Military Care Kits, designed specifically for military Families sending pack-

ages overseas. The mailing kits can be ordered by phone by calling 1-800-610-8734 and asking for the Care Kit. Each kit includes two Priority Mail boxes, six Priority Mail Flat-Rate boxes, eight Priority Mail labels, one roll of Priority Mail tape and eight customs forms with envelopes.

"The best support for the troops this holiday season is a gift that's on time,

so mail before the deadline," Vogel said.

To ensure delivery of holiday cards and packages by Dec. 25 to military APO/FPO addresses overseas, the Postal Service recommends that mail for service members be entered no later than the mailing dates listed below. Mail addressed to military post offices overseas is subject to certain conditions or restric-

tions regarding content, preparation and handling. APO/FPO addresses generally require customs forms.

To see a table of active APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes, go to pe.usps.com and click "Postal Bulletins" in the left column. Select the current issue and look for the heading "Overseas Military Mail."

Military Mail Addressed To	Express Mail® Military Service (EMMS) 1/	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) 2/	Space Available Mail (SAM) 3/	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 28	Nov. 13
APO/FPO AE ZIP 093	N/A	Dec. 4	Dec. 4	Dec. 1	Nov. 21	Nov. 13
APO/FPO AE ZIPs 094-098	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 28	Nov. 13
APO/FPO AA ZIPs 340	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 28	Nov. 13
APO/FPO AP ZIPs 962-966	Dec. 18	Dec. 11	Dec. 11	Dec. 4	Nov. 28	Nov. 13