

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Sept. 24, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Notice of possible noise conditions

The U.S. Army Aberdeen Test Center at Aberdeen Proving Ground plans to conduct training exercises that will include several large detonations in the Edgewood Area which are likely to generate sound and/or vibration outside the installation boundaries.

The detonations are scheduled through Oct. 4.

If weather conditions are not favorable, firing will be rescheduled.

Questions should be directed to 410-278-1147 or 800-688-8705.

Home Ownership Workshop

Army Community Service will offer free Home Ownership Workshops, 1 p.m. every Thursday, through Sept. 25 at the ACS, building 2754, Rodman Road. Participants may sign up for Sept. 18 and 25.

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

Topics of discussion include: Learn Effective Ways To Buy and Sell Real Estate; New and Exciting First Time Buyer Programs; Four Keys to Home Ownership; Competing Successfully in Today's Market; Breaking Through the Down Payment Barrier; The Home Financing Process, Selecting an Area.

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

Free American Sign Language class offered

A free American Sign Language class will be

See **SHORTS**, page 7

ISSUE HIGHLIGHTS

Page 2

More on women's equality

Page 3

Respite care offers relief

Page 4

KUSAHC Health Notes

Page 5

Marines build morale; Contacting the IG

Page 6

APG Outdoor Journal

Page 8

Focusing on the nation's Ready campaigns

Page 11

Office Eagle celebrates BISM's 100 years

Page 12

Safety

Page 15

FMWR

Page 16

Community Notes

FMWR's Swan Creek Inn wins the top Army Lodging award

Story by **YVONNE JOHNSON**
APG News

The Aberdeen Proving Ground Army Lodging Program received the top prize in Army Lodging during an award ceremony at the Galt House Hotel in Louisville, Ky., Aug. 26.

APG was named the top lodging operation Army-wide, after winning first-place in the Lodging Operation of the Year, large category. It's the organizations' third award, having won in 1998 and 2003.

The presentation was made during the Soldier Family Action Plan Training Symposium hosted by the U.S. Army Family and Morale, Welfare and Recreation Command. Attendees included FMWR directors, division chiefs, program managers and representatives from the National Guard and Reserves and Army Lodging representatives

from every region.

Richard L. McClain, lodging manager, accepted the award on behalf of the Aberdeen Proving Ground Directorate of FMWR chief Michael A. Lupacchino who called the accomplishment, "truly impressive."

"There's a lot of work to do each and every day, and a lot gets done each and every day for our Soldiers and customers who are our first investment," Lupacchino said.

"We appreciate the whole team effort," he added. "They have the tools, resources, and all these rules and regulations to operate under, and they still provide a superior service. I take no credit for it but it's definitely an honor to be associated with this operation."

McClain said that the inspection process began with a self assessment from Headquarters Army Lodging to check for compliance

with Army Lodging standards.

From there program managers selected facilities based on the self-assessments.

"It's an honor just to be selected," McClain said.

Regional inspectors then provide just 72-hours notice before they conduct a two-to-three day inspection of the entire facility.

In addition to the championship trophy, the inn received \$15,000 from which all employees who participated in the inspection preparations will receive \$135, and \$7,500 will be spent on facility upgrades or improvements.

McClain said the award was not about any one manager, supervisor or employee but a total team effort.

"We take on this endeavor as a Family," he said. "We invest in each other, take care of each other, and we share the good times and bad times together. We take care

of the people who work for us just like we take care of customers on a daily basis."

"I don't know anyone who does it better," said Linda Edwards, DFMWR, adding that the organization holds several "camaraderie-building events throughout the year. A good deal of Swan Creek's success is due to the management and staff not only achieving high standards but maintaining them, three-hundred and sixty-five days a year."

In addition, Swan Creek competed against installations with newer facilities, Edwards said.

McClain credited Teresa Nemeth, assistant general manager and Michael Zyski, maintenance leader, with handling the lodge's day-to-day activities.

"I had all the confidence in the world because we have the best

See **LODGING**, page 11

Army releases message announcing new service uniform

Story by **C. TODD LOPEZ**
Army News

Out with the old, in with the blue. The Army has made it official: the green service uniform, which has defined the service since the mid-1950s, is on the outs.

In place of the green uniform will be a variation of the blue uniform, something many Soldiers already own.

Official word on the new "Army Service Uniform," or ASU, was released Aug. 20 in a message to all Army activities. The message defines the wear policy and the "bridging" strategy for transition to the new uniform.

"It's a culmination of transformation efforts that started in 2004," said Sgt. Maj. of the Army Kenneth O. Preston of the new ASU. "We had three 'Class A' style uniforms, all the same style jacket, with just a different color -- the policies on how we wore accoutrements on them were different. We asked the question -- if we wear one only, which would it be? And the blue uniform was the most popular of the three."

The new ASU coat, similar to the existing blue coat, will be made of a wrinkle-resistant material and will have a more "athletic" cut.

Other changes to the uniform include authorization of a combat service identification badge to recognize combat service, overseas service bars authorized on the jacket sleeve for both enlisted Soldiers and officers, the wear of distinctive unit insignia on the shoulder loops of the blue coat for enlisted Soldiers, authorizing paratroopers to wear the black jump boots with the blue ASU and the decision to transition to a new short sleeve and long sleeve white shirt with shoulder loops.

It is also permissible for enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat.

Officers and Soldiers in the grade of corporal and above will additionally wear a gold braid on their slacks to indicate leadership roles.

"That is kind of a right of passage as you transition from being a [junior] enlisted Soldier to a noncommissioned officer," Preston said of the gold braid.

New items for the ASU will be avail-



Photo by SGT MAJ PHIL PRATER
The new Army Service Uniform is based on the Army's current dress blue uniform and will replace the white, blue and green service uniforms. Paratroopers are authorized to wear the black combat boots with the new ASU.

able in military clothing sales after July 2009.

Soldiers will be expected to possess the entire uniform by July 2014. The two key components of the uniform, the coat and slacks, are expected to cost around \$140, with modifications bringing the total cost to \$200.

Enlisted Soldiers will receive an increase in their annual uniform allowance to help offset the cost of the uniform.



Route 24 gate closes Oct. 4

Most of the traffic changes announced thus far have been for the Aberdeen Area of Aberdeen Proving Ground; however, the Edgewood Area is about to experience a major change.

In order to prepare for base realignment and closure, upgrades are needed at the Route 24 Gate. On Oct. 4, the Route 24 Gate will close at 11 p.m. and remain closed until the summer of 2009. Two additional lanes will be added as well as improvements to the existing infrastructure.

To facilitate traffic, the Magnolia Road Gate will open at 11 p.m., Oct. 4 and will be operational 24 hours a day, 7 days a week and on holidays. It will be the only gate accessible to visitors and commercial vehicles.

The Wise Road Gate operating hours will remain the same, 4 a.m. to 8 p.m., Monday through Friday and closed on weekends and holidays. Only vehicles with government and RapidGate identification will be permitted to use the Wise Road Gate.

As always, drivers are asked to be vigilant of the changes, and continued patience is requested as APG transforms for the future.

Questions may be directed to Ray McDermott with the Directorate of Installation Operations, 410-458-2352.

New road to golf course opens next week

The existing golf course entrance off of Maryland Boulevard will be moved to its new permanent location just inside the Maryland Boulevard (Route 715) Gate sometime next week. Access to the golf course will be from this new location and the old (existing) location will not be used.

Signage will designate the new entrance.

Everyone's continued patience is appreciated as APG transforms for the future.

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

Be alert for Ricketts Point Road closures

John C. Grimberg Company will continue working on the storm drain outfall for the Sample Receipt Facility this week. The inbound or southbound lane of Ricketts Point Road will be closed while they work to cross under the water main. Lane closures may occur periodically through Saturday, Sept. 20, depending upon weather and work requirements. Traffic will be controlled by flaggers during lane closures.

FWP names APG's best

Story by **RACHEL PONDER**
APG NEWS

The Federal Women's Program named Aberdeen Proving Ground's Outstanding Woman of the Year, Supervisor of the Year and Organization Most Supportive of FWP Goals during the annual Women's Equality Day Awards Program at the Ball Conference Center, Aug. 26.

Barbara Hagerich of the U.S. Army Materiel Systems Analysis Activity received the award for the Outstanding Woman of the Year; Col. Coleen Shull, from the U.S. Army Dental Corps, received the Supervisor/Manager of the Year and AMSAA won the award for Organization Most Sup-

portive of FWP Goals.

"The objective of the FWP is to achieve a civilian workforce in which women are employed at all levels, in all occupations and in all segments of the Army commensurate with their representation in the relevant civilian labor force," said Diane Siler acting APG FWP manager. "These awards recognize persons and organizations that strive to comply with the goals of the FWP. Without these awards, their efforts would probably be unrecognized."

This year marks the 88th anniversary of the ratification of the 19th Amendment giving women the right to vote, and is the 23rd year that APG has

See **FWP**, page 2

Freedom Walk remembers 9-11



Photo by YVONNE JOHNSON
Soldiers of the Joint Personal Effects Depot mingle with children, staff and Family members of the St. Joan of Arc School during the Patriot Day Freedom Walk to Friendship Park in Aberdeen Sept. 11. See article page 13.

Commentary: Women's Suffrage movement is 'pathway' to greater female participation in military

Story and photo by
PFC LYNDSEY DRANSFIELD
Army News

Editor's Note: Women's Equality Day has been celebrated on Aug. 26 each year since its inception in 1971. It commemorates the adoption of the 19th Amendment which gave women the right to vote in 1920.

Since the American Revolution and the founding of our country, many women have honorably served in our nation's defense. Today, outstanding female Soldiers continue to serve throughout the armed services, demonstrating patriotism, strength and bravery during prolonged periods of conflict.

Female Soldiers and leaders serving with 4th Infantry Division and Multi-National Division - Baghdad have added greatly to the strength of the

division as a whole and have been vital to the division's success in bringing greater stability to Baghdad.

Maj. Ruth Sonak, a native of Humble, Texas, who serves as commander of Company C, Division Special Troops Battalion, 4th Infantry Division, MND-B, said she believes opportunities for women in the military are unlimited.

"Women have a lot to offer, and if they do well at their job, they'll succeed," she said. "It wasn't that long ago when women didn't even have the right to vote, and now we have women who are general officers in the Army. I remember when I thought seeing a [female] lieutenant colonel was a big deal."

Since Sonak joined the Army in 1995, she said she feels her peers and senior officers have treated her with dignity and respect,

as well as provided every opportunity for her to prosper. It may have been different if it weren't for women who paved the way for gender equality.

"I think the suffrage movement effectively changed the way Americans look at the role of women in society and has continued to be a pathway for us to have more opportunities," she said.

Whether it was providing medical care for the wounded, preparing meals for the troops, sloughing through mud in full combat gear or flying a fighter jet while engaged under fire, women throughout history have responded to their country's call. It was only in the early twentieth century that these women, and all American women, were given the legal right to vote, manifesting our nation's first inching toward the equal rights movements.

"Are we alone to ask and take the utmost that our women can give - service and sacrifice of every kind - and still say we do not see what title that gives them to stand by our sides in the guidance of the affairs of their nations and ours?" asked President Woodrow Wilson during an address to the Senate, Sept. 30, 1918. "We have made partners of the women in this war; shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?"

Despite Wilson's plea, it wasn't until nearly two years later, on Aug. 26, 1920, that the 19th Amendment was ratified as a part of the U.S. Constitution, legally providing that "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on the account of sex."

The passing of the 19th Amendment took years to bring about, and work by women such as Susan B. Anthony, Elizabeth Cady Stanton and Lucretia Mott was vital to the women's suffrage movement.

While those women were absolutely imperative at that time, it is equally safe to say that military women have played and continue to play a significant role in women's rights issues.

Sgt. Maj. Mary Carter, a native of Norfolk, Va., who serves as the senior noncommissioned officer of the Paralegal Office, 4th Infantry Division and has served in the Army for more than 28 years, said that not only are the opportunities unlimited, but she believes the Army contributes to the development of women - as well as any individual.

"The Army teaches val-

ues, and if you practice those values, you develop strength," she said. "The woman suffrage movement has made it possible for us to utilize that strength and continue to do better in our careers as well as our lives."

Carter said she feels that because of the sacrifices made by the American men and women who dedicated their lives to equal rights for women, it is the responsibility of women today to continue the progress.

"We, as women, have rights," she said. "We need to embrace our ability to do things as women and pass it along so that women in the future will continue to have those rights."

Sonak smiles while out on patrol with her Soldiers in Iraq. Sonak is one of many women who serve in various leadership capacities throughout her division and the U.S. Army.

Commentary: Book promotes efforts of U.S. Army Nurse Corps, on and off the battlefield

By
THERESE MANCEVSKI
Special contributor

"Pride of America: The Letters of Grace Anderson, U.S. Army Nurse Corps, World War I" may seem like nothing more than a sentimental chronicle of one woman's personal struggles during the year and a half she spent volunteering as a nurse for the United States during the Great War.

But the sentimentality present in the personal letters of Grace Anderson is well balanced by Shari Lynn Wigle's superb research methods, which transform the book from individu-

al personal journey to historical document with tons of social relevance. The result: a highly readable text that invites the audience to see the bigger picture through the lens of a smaller one.

In the story of Anderson, readers travel through Arkansas, France and Germany during the war, and from New York to Minnesota, and finally to Los Angeles after.

Various subplots humanize Anderson along the way, including the death of her brother Clarence, her romantic involvement with a married surgeon, and the pregnancy that resulted from that relationship.

As she prepares to deal with the social stigma associated with unmarried mothers at the time, Wigle, in a masterful stroke of brilliance, begins to parallel Anderson's personal struggles with those of the suffragists, who had been struggling to gain women the right to vote as early as 1918. Those suffragists, combined with strong lobbying by the U.S. Army Nurse Corps (of which Anderson had been a member), were instrumental in eventually getting the 19th Amendment passed, as well as the Army Reorganization Act, which granted officer status to nurses who had served in World War I.

Wigle suggests that Anderson's sacrifices, and those of the thousands of other women who proudly served in the U.S. Army Nurse Corps during World War I, did not go unnoticed by their country.

Despite the fact that these women were not allowed to wear rank or enjoy military benefits during their time overseas, the work they were able to accomplish while there prompted the country and the military to recognize their value and efforts, leading to the social and professional equality they deserved...the ones we women continue to enjoy today.

Usually I find books like

"Pride of America" are either too heavily steeped in recording a personal history or in getting all the historical data just right, so that readers ultimately become disillusioned, either by the sheer volume of facts and figures history requires, or a character they are unable to identify with. Very often one element supersedes all the others, leading to an overwhelming sense of confusion.

Wigle must have been conscious of this tendency because she seems committed to ensuring that no one element overtakes the text. And her commitment results in happy endings for all involved.

FWP

From front page

held this celebration.

The theme for this year's ceremony was "Women's Art Women's Vision."

The host of the program was Richard Decker II, the technical director for Edgewood Chemical Biological Center. Decker welcomed attendees, and said that he was pleased to see many men in the audience supporting women's rights.

He also thanked the Federal Women's Program Committee for organizing the ceremony, and thanked the organizations who support the FWP goals, especially the U.S. Army Environmental Command, the U.S. Army Center for Health Promotion and Preventive Medicine and the APG Garrison Visual Information Services Division for their support.

Decker said a few words about the importance of celebrating women's ability to vote.

"This major milestone in U.S. history did not come easily," he said. "Women struggled nearly one hundred years to obtain that right, and although the obstacles were sometimes overwhelming, it was a huge achievement as it paved the way to full partnership in America's great democracy."

Decker added that women have always been an important part of APG, and the opportunities for women have increased over the years.

"Women have been integral partners at Aberdeen Proving Ground since its beginning and over the years, as the opportunities increased, their numbers increased," Decker said. "APG was the home of the famous 'Women Ordnance Workers.' These civilian women worked on



Barbara Hagerich
Woman of the Year

airplanes, operated heavy cranes, made weapons, manufactured artillery shells, and did proof firing guns and ammunition. They did everything men in ordnance had done before being called to war.

"Today's awards recognize individuals and organizations for their exemplary commitment to support the FWP Goals," Decker said. "We honor and appreciate the individuals and organizations receiving awards today as well as the previous award winners in our audience. Throughout their efforts, women at APG continue to progress in their careers while doing exemplary work in support of the Warfighter."

Decker gave the audience a brief background of the guest speaker Kendel Ehrlich, who held the role of the First Lady of Maryland January 2003 through January 2007.

Ehrlich attended the University of Delaware and the University of Baltimore Law School, resulting in a bachelor's degree in criminal justice and a minor degree in political science. She then worked as a felony trial lawyer for the Public Defender's Office in the state capital of Annapolis.



Col. Coleen Shull
Supervisor of the Year

Currently, she is on the Board of Chesapeake Hospice and is also an account executive with Comcast Cable Communications, Inc., and host and executive producer of "Live Right: Straight Talk and Substance Abuse," as well as "moms@home," an ongoing series in which four professional moms discuss issues relating to all aspects of parenting.

"It is my honor to be here today," Ehrlich said. "This is an exciting time in this country. In this presidential election we are getting through a lot of barriers."

Ehrlich added that she is grateful to the women who came before her that fought for the right to vote and to hold leadership positions. She said that these women paved the way for the women of today. (See article on women's suffrage above.)

Ehrlich added that women today have a lot of responsibilities, and are very busy. Most women have to balance a career and manage a home. She added that many women are "unsung heroines," quietly volunteering behind the scenes, without thanks or praise.

"If it weren't for these volunteers many operations would

never get done," Ehrlich said.

Ehrlich said that women have room to progress, adding that when she was working as a lawyer she saw many cases of abused women who felt like they needed to stay with their abuser because they could not live on their own.

"Women need to be independent, they need to prepare and have options," Ehrlich said. "They need to make education a top priority. This is a nation that will allow women many options dependence is not an option any more."

Ehrlich said that she also credits her family for her career success.

"I grew up in a Family where I was taught I could do anything I wanted to do," Ehrlich said. "Mothers and fathers need to encourage independence and education for young women."

After Ehrlich's speech nominees were presented with certificates of appreciation.

Melissa Smith, vice-president for the Tri-County Chapter of Federally Employed Women announced the winner of the 2008 Dottie Dorman Working Woman Scholarship, Theresa Griffin. Griffin is currently attending Cecil County Community College and taking classes to become a registered nurse.

After the ceremony, Sgt. 1st Class James Matney, APG Dental Command, who accepted the award on behalf of Shull who could not be at the ceremony due to a Family emergency, said that Shull deserves the award because she makes a point to encourage and inspire all staff members to do their best regardless of their gender or race.

"She is a mentor to young Soldiers and dentists in the command; the majority are women," Matney said.

Sgt. Julissa Torres said that

Shull mentored her and encouraged her to get training so that she could be promoted to sergeant.

"For five years I was not performing at a level where I would be able to be promoted, Torres said." "Colonel Shull believed in me, and showed me that I had potential. She is wonderful. She pushes everyone to excel."

When later asked about receiving the award, Shull thanked the Soldiers that she works with. "Of course I feel proud but the source of my pride comes from the great Soldiers and civilian employees with whom I work every day. As a manager I'm inspired by seeing individuals grow both as a leader and an individual. I am grateful for the existence of the Federal Women's Program. I grew up on both sides of Title IX, so I understand the need for the work environment to be inclusive of all people. I very much take to heart that I as a leader am responsible to create a positive command climate."

Hagerich, who is a secretary for AMSAA and member of the FWP, expressed her gratitude for winning the Outstanding Woman of the Year Award.

"I want to thank all of those who nominated me," she said. "I want to thank my supervisors. I really love working for AMSAA. At my job I volunteer to do extra projects, and I mentor younger women in the organization, and encourage them to take on projects that will help them in their career. I encourage them to be more involved. We can make changes in the organization if we interject our opinions."

Siler concluded the ceremony by giving a few remarks.

"I challenge you today to go out and continue to make good things happen," she said. "As Rosie the Riveter said, 'We can do it!'"

APG News

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation

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'Executive Night' offers overview of night vision, electronic sensor technology

Story by
ERICA FINEMAN-BERTOLI
CERDEC

The U.S. Army Communications-Electronics Research, Development and Engineering Center's Night Vision and Electronic Sensors Directorate, a subordinate command of the U.S. Army Research, Development and Engineering Command, is planning an evening of technology demonstrations for Department of Defense military and civilian leaders, and members of Congress. The 2008 Executive Night Vision Technology Exposition, scheduled for Oct. 1, will highlight the latest developments in night vision and electronic sensor technology.

The single evening event, to be hosted at NVESD at Fort Belvoir, Va., is intended to provide participants with a high-level overview of the latest night vision and electronic sensors technology, as well as affording an opportuni-

ty to experience a selection of these technologies first hand through interactive demonstrations.

While night vision technology has been a major part of the Army portfolio for many years, current innovations in this area continue to solidify the U.S. Army as the dominant ground force both in the current theater of war and throughout the world.

"NVESD is known world wide, and especially by our forces in the fight, for providing advanced capabilities critical to our Warfighters' success," said Maj. Gen. Fred D. Robinson, RDECOM commanding general. "Today their expertise in night vision and sensor technologies is being applied to address new challenges confronting our Soldiers and will be tomorrow."

Recent advances in NVESD technology have directly impacted the Warfighter in the field, providing real-time information and advanced situational aware-

ness regardless of terrain, environment or time of day.

"The Army is using its advanced night vision sensors in Iraq and Afghanistan twenty four hours a day, seven days a week. The capabilities of these critical combat tactical sensors are vital in the asymmetrical fight against terrorism," said Col. Curtis McCoy, U.S. Army G8 Office.

The goal of the event is to familiarize Army and civilian leaders with the scope and breadth of available and emerging night vision and sensor technology so they are in the best position to equip the Soldier in the field.

"We must continue to invest in these technologies and their essential efforts to support our Warfighters in Iraq, Afghanistan, and throughout the world. We must ensure the continued force dominance of our Army and our military," Robinson said.

Event attendees will participate in a series of demonstrations with the latest

NVESD systems including 3rd generation night vision systems, counter improvised explosive devices, advancements in persistent surveillance technology and biometrics. Demonstrators will discuss the capabilities and importance of these technologies to the Warfighter in Iraq and Afghanistan and in the ongoing Global War on Terror.

Participation is limited. Individuals interesting in participating in this cutting edge event must register at www.nvl.army.mil/demo.

Respite care provided for children with special needs

Story by
RACHEL PONDER
APG NEWS

Keirsten Newby, a military spouse and a stay-at-home mother of three knows how it feels to be overwhelmed. On top of the challenges she faces as a military spouse, she has a special needs child that requires constant attention.

Newby said that APG's Exceptional Family Member Program, which provides respite care, has been invaluable to her and her Family as they face the challenge of raising Alden, a six year old child with Down's syndrome.

"Alden is a very sweet kid but he has to be constantly watched, which takes a lot of energy," Newby said. "The respite program really helps parents with special needs children because it gives us [the opportunity] for a much needed break. For some parents with special needs, just being able to go to the grocery store alone is a restful break."

Respite, which means a period of rest or relief, gives a caregiver temporary relief from responsibilities of caring for individuals with chronic physical or mental disabilities. This program enhances the military member's ability to be mission ready for the Army and for his or her Family as well. Those who qualify for respite care are able to use the hours as they see fit.

Newby added that she is allotted 40 hours a month for respite care. The number of respite care hours allotted to Families varies case by case. A qualifying Family is eligible to receive



a maximum of 40 hours of respite care monthly for each certified exceptional Family member.

"The problem is that parents of special needs children are used to doing so much. They often keep plugging away without any help," Newby said. "It is nice to have a place where people can give us information for help."

Most of the hours that I receive through respite care are used for medical appointments for me or other Family members, she added.

Newby said that an added benefit to the program that she was able to choose the respite care provider, so she was able to pick a provider that she trusts.

"I asked my Bible study group if there is anyone that would like to provide respite care for Alden. Deborah Bauerle offered to provide these services. She was great with Alden, and I highly recommend her to other parents."

Newby added that respite providers have to fill out an application and go through training provided by Army Community Services.

Newby said that she would like see other Families who need respite care

using the program. She said she highly recommends Deborah Bauerle as a respite care provider.

"She is very patient with Alban," Newby said.

Bauerle, who has taken classes towards a special education degree, said that she would like to provide care for other special needs children.

"I know that caring for a special needs child can be very draining," Bauerle said. "I think that the respite care program is a great program, and I hope more Families that need it use it."

Families that are requesting respite services will be given an appointment with Patricia Harper, Army Community Service EFMP manager.

"The Respite Care program is available to qualifying Families and eagerly awaits more participants," Harper said. "This program will be a complete success once the community starts reaping the great rewards that comes with utilization."

Respite applications can be picked up and returned to ACS building 2754 Rodman Road, room 211.

For more information call 410-218-2754 or e-mail patricia.harper@us.army.mil



Your health is KUSAHC's goal



TRICARE Service Center is here to help

KUSAHC

Health Net Federal Services facilitates for TRICARE, one of the Military's Health Plans. The TRICARE Service Center is located on the first floor of Kirk U.S. Army Health Clinic.

"The Health Net staff works with the Military Treatment Facility to deliver outstanding customer support," said Command Sgt. Maj. Pedro Rodriguez, Aberdeen Proving Ground Garrison command sergeant major, during the April Well-Being Council meeting.

When arriving at the KUSAHC TSC, the first contact is Rebecca Cornacchia, the liaison between TRICARE, the MTF and Network providers. She reviews each patient's situation and advises on what course is needed to resolve the issue. Cornacchia will assist with claims resolutions and portability issues.

Enrollments, claims resolutions, referrals and authorizations for surgeries can all be completed at the center, said Margaret Gibson, manager of the TSC.

Gibson recommends beneficiaries to the Health Net Federal Services Web site, <https://www.hnfs.com>, in addition to using the TSC.

"It is important that beneficiaries read up on their benefits before they get sick," Gibson said. "They need to be knowledgeable before a crisis happens."

The Web site also offers valuable services such as viewing and paying bills online and providing information on diseases such as diabetes, she said.

One of the main reasons beneficiaries come to the center is because they have questions about explanations of benefit statements they receive in the mail after an appointment. Explanations of benefits break down what insurance benefits were covered or did not cover.

"Some people do not know how to read the explanations and don't understand that they are not bills," Gibson said.

Also, for those retirees with supplemental insurance, TRICARE pays last.

Gibson said some retirees aren't aware they have TRICARE. If their other insurance doesn't pay in full, TRICARE picks up the remainder of the bill to their doctor.

Health Net community representative Robert Townsend is the primary contact for new providers to the TRICARE network. He educates providers by maintaining critical business

and working relationships helping to ensure quality health care is provided to all beneficiaries. Townsend monitors any gaps in coverage if providers are no longer participating and conducts contract negotiations. He also accompanies the Health Benefits Advisor for briefings throughout APG targeting audiences such as new Soldier units.

Jackie Daniels is the CLR (clear, legible report) Advocate with Health Net for TRICARE. She receives and coordinates medical reports and consults from outside providers to ensure all patient data is available for follow-up care with the beneficiary's medical care.

The hours of operation are 7:30 a.m. to 4:30 p.m., Monday through Friday. Health Net Customer Service number is 1-877-874-TRICARE (1-877-874-2273).

Concerns regarding dental benefits or outside pharmacy coverage such as Express Scripts can be answered by Megan Krebs, health benefits advisor at KUSAHC. Krebs can be reached Monday through Friday, 8 a.m. to 4 p.m. by calling 410-278-1719. Health Net does not manage these benefits.

Commentary: Eye protection--it's not just for work/battle

Story by

**LT COL NANCY A. DUDASH, AND
DR JAMES W. STOUT**
U.S. Army Center for Health Promotion and Preventive Medicine

"I haven't been hurt yet," and "I'm very experienced and I know what I am doing" are a sampling of the excuses optometrist Dr. James W. Stout hears from Soldiers who are not wearing personal eye protective equipment.

Stout, a vision expert in the U.S. Army Center for Health Promotion and Preventive Medicine's Tri-Service Vision Conservation and Readiness Program, isn't buying them.

The Army has included

Military Combat Eye Protection in Soldiers' uniform issue during basic training and in all deployment training. Soldiers are required to maintain the MCEP for readiness checks. And increasingly, commanders have noted MCEP's value and are enforcing its use.

In garrison, about 3 to 4 percent of the workforce (active duty military and civilian) have reported eye injuries. In 60 to 70 percent of eye injuries, workers were not wearing safety glasses or goggles. In the military, the highest incidence of eye injury is in grades E-1 through E-4. In vehicle maintenance, welding or mechanics, eye injuries may be prevented if the same enforcement for MCEPs is applied to the

work environment.

Home activities are just as risky as work for eye injuries according to the U.S. Eye Injury Registry, which tracks eye injuries. Our homes, yards and garages contain many of the same hazards as our work environments. We are at risk for eye injuries when performing vehicle maintenance, using lawnmowers and string weed trimmers, and handling chemicals. Oven and drain cleaners containing alkali, the most dangerous chemical to the eye, require special handling and eye protection.

The big difference between work and home is that we "think" home is safer; therefore, we are less likely to wear eye

protection.

The same industrial safety glasses and goggles worn at work, or the MCEP, can provide protection at home. If purchasing non-MCEP safety eyewear for home, check the package for ANSI Z87.1 specifications for adequate safety performance standards.

There is one more important reason to wear eye protection. Sports and recreational activities are responsible for more than 600,000 eye injuries each year, according to an article published in "American Family Physician." Every 13 minutes an emergency room in the United States treats a sports eye injury that could have been prevented. Awareness of eye injuries and proper eye protection are the first steps in changing these statistics.

Here are some guidelines:

- Use the right eye protection for the right activity.
- When you buy protection, make sure the manufacturer's package indicates the device meets the standard for the activity you are performing.
- Different agencies have created standards that govern the safety requirements for specific activities. ANSI (the American Society of Testing and Materials) creates performance standard for safety eyewear, including standards for sports eye protection.
- Combat eye protection standards are mandated

See EYE, page 11

USMC Detachment builds morale with horseshoes

Story by
YVONNE JOHNSON
APG News

Thanks to the foresight of its noncommissioned officers, what began as a simple recreational project has turned into a morale-sustaining competition for the members of the U.S. Marine Corps Detachment.

Out of the desire to supply a recreational activity that could be enjoyed during short breaks or during the lunch hour, Staff Sgt. Barry St. Onge, a former student platoon sergeant, constructed a pair of plywood horseshoe pits within the detachment complex in May.

Continuous play damaged the pits however, rendering them unusable until Sgt. Thomas Buhls volunteered to rebuild the pits. It took less than three weeks for Buhls to restore them with a more solid structure, using railroad ties instead of plywood, completing the project in July.

Buhls then organized weekly horseshoe tournaments, each time with eight to 13 teams competing.

The third cookout and horseshoe tournament was held Aug. 10 with dozens of Marines in attendance and 11 teams competing.

Pfcs. Jarrett Roy Rothrock and Armando



Photo courtesy of SGT THOMAS BUHLS
U.S. Marine Corps Pfc. Justin Aldreth, left, and Jarrett Roy Rothrock, throw a friendly game (or a heated tournament) of horseshoes near the U.S. Marine Corps Detachment barracks thanks to former students, Sgt. Thomas Buhls and Staff Sgt. Barry St. Onge, who erected the horseshoe pit over the summer.

Ramon Jr. won the championship game 15-7.

Buhls said he has “a passion for horseshoe pitching” and that he undertook the project with “extreme determination.”

“Simply having the pits was not enough in itself,” Buhls said. “I saw a way to build esprit de corps and camaraderie among our Marines, especially with

there being so few of us here at APG.”

The USMC detachment is part of the U.S. Army Ordnance Center and School’s Ordnance Mechanical Maintenance School.

Buhls has completed his training with the USMC Detachment and has returned to his home base at Camp Lejeune, N.C.

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

See IG page 8

Quick action by APG wildlife/ marine officers save windsurfer

By
BILL ARMSTRONG
APG Wildlife and Marine Law Enforcement
Division

A possible tragedy was narrowly averted over Labor Day weekend during the onslaught of Tropical Storm Hanna on Aberdeen Proving Ground, with the prompt emergency response of Wildlife and Marine Officers Larry A. Merrill and George B. Roberts of the APG Directorate of Law Enforcement and Security.

At the height of the storm, they responded to an emergency 911 call from a frantic wind-surfing enthusiast at the Gunpowder Falls State Park at Hammerman, reporting a person overdue and missing during an outing on the Gunpowder River. As a result of the call, marine search and rescue units were dispatched by several state and federal agencies, including the U.S. Coast Guard, the Baltimore County Police Department, Bowley's Quarters Fire Department and the Maryland Natural Resources Police.

Despite the winds and pounding waters of the Chesapeake Bay, Merrill and Roberts were able to successfully navigate their way over to the Gunpowder River from Lauderick Creek on the Bush River and locate the individual struggling in the turbulent waters south of Maxwell Point.

"It was really tough going out there on the bay," commented Roberts. "The winds were howling when we cleared the Bush River heading for the Gunpowder, probably somewhere up around forty mph, and the waves were nearly six feet. We took a pounding."

The 911 call came in to the APG Police Desk just after 5 p.m., reporting that a windsurfer, Robert Zacharski, of Cranberry Township, Pa., was overdue and missing in the Gunpowder River.

According to Gunpowder Falls State Park personnel, Zacharski, along with some other windsurfers, ignored severe weather warnings from park personnel and launched their sail-boards into APG waters.

After failing to return to the Hammerman beach area as planned, friends initiated the emergency 911 call. As a result, marine rescue units were dispatched, including two search and rescue helicopters from the U.S. Coast Guard.

"It was so bad out there," said Merrill,



"that the Coast Guard vessel out of Still Pond was forced to turn back. Tugboat Teddy was the first one to spot the guy clinging to his surfboard. The wind was steadily pushing him further out toward the bay. The water was really rough; we had a heck of a time getting him out of the water and onto our boat."

"When we finally pulled him out of the water, he was nearly exhausted," Roberts said. "He's one lucky fellow; another hour, especially with darkness coming on, we might never have gotten to him in time."

"I hope this serves as a lesson to those folks. You don't fool around with Mother Nature, especially in a storm as bad as this one was," he said.

After taking him onboard the APG Marine Vessel, Zacharski was transported to the Edgewood Area dock and given a cursory examination for possible injuries by APG Fire Department emergency medical technicians.

POST SHORTS

taught 11:30 a.m. to 12:30 p.m. every Tuesday, Sept. 16 through Dec. 16. The class will be held at Edgewood Area building E-2100 Conference Center/Classroom. Sign language will be taught for beginners and more advanced students.

Students are welcome to bring their lunch and eat it during class.

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

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

RAB meeting scheduled

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Sept. 25, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Aberdeen Area Study Areas.

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

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

Register now for UMUC Fall 2008

Registration has begun for the University of Maryland University College Fall Semester.

Online session 3 runs Sept. 21 to Dec. 14

Online session 4 runs Oct. 5 to Dec. 14

At Aberdeen Proving Ground HRMN 300 Human Resource Management will be offered.

Students are advised to register early, as some classes fill quickly. For more information or to register, visit the APG office of UMUC in building 4305, room 210, or call 410-272-8269 or 410-306-2048.

Information about UMUC is also available online at www.umuc.edu.

Thrift Shop holds \$2 bag sale in September

The Thrift Shop will hold a \$2 bag sale in September for all items displayed in the parking lot.

The shop will be closed Sept. 6.

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

10 a.m. to 1 p.m. the first Saturday of the month.

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

Combined Federal Campaign celebration Sept. 29

The Combined Federal Campaign begins this year with a celebration 9 a.m., Sept. 29, at the Post Theater.

CFC key worker training and booklets will be provided to attendees. The CFC celebration will feature a cake cutting ceremony and music.

For more information, call Nancy Sewell, chairperson, 410-306-1123.

Hispanic American Heritage Month

The APG Hispanic Heritage Committee will present National American Heritage Month, 11 a.m. to noon, Oct. 8, at the Aberdeen Area Recreation Center, building 3326. Guest speaker will be Jorge Christian, a mechanical engineer with the U.S. Army RDECOM-Edgewood Chemical Biological Center. The theme for 2008 is "Getting Involved: Our Families, Our Community, Our Nation."

For more information, call Sgt. 1st Class Elwood Veney, RDECOM, 410-436-4810; Master Sgt. Gail Brennan, OC&S, 410-278-2529; Sgt. 1st Class Michael Jones, 61st Ordnance Brigade, 410-278-4408; Sgt. 1st Class Cesar Salcedo, 410-436-4953; Linda Patrick, CHPPM, 410-436-1023; or Sheryl Coleman, ARL, 410-278-5964.

Volunteers needed

The APG Equal Employment Opportunity Minority College Relations Program committee is looking for a

Hydrant flushing begins next week

DIO

The annual hydrant flushing at Aberdeen Proving Ground will run Sept. 22 thru Nov. 14. Flushing will be completed Monday thru Friday of each week 7 a.m. to 3 p.m. The schedule is tentative and will be followed except for an unforeseen problem.

For more information, call the APG representative, Dennis Overbay, 410-652-0862 or the City of Aberdeen representative, Curtis Ball, 410-278-2335.

WEEK	DATE	AREA
1 & 2	Sept. 22 to Oct. 3	Bay Side Village Chesapeake Gardens Patriot Village Trailer Park
3	Oct. 6 to 10	2000 Block
4	Oct. 13 to 17	300 Block 3000 Block 4000 Block
5	Oct. 20 to 24	5000 Block Plumb Point Loop 4000 Block
6, 7 & 8	Oct. 27 to Nov. 14 <i>(Excluding holiday on Nov. 11)</i>	Spesutie Island ARL All Restricted Areas

few good committee members. The MCRP committee meets the third Thursday of each month, 2:30 to 3:30 p.m. The meetings will rotate between the Aberdeen and Edgewood areas. Anyone who is interested in joining the committee and would like to find out more about MCRP, can attend the next meeting on Thursday, Sept. 18, 2:30 p.m., at the Aberdeen Area Recreation Center, building 3326.

For more information, contact Rick Witherspoon, 410-278-1137.

Main Exchange offers Buddy List

Customers can now sign up at Aberdeen Proving Ground's Main Exchange to be on a "Buddy List." Customers that sign up on this list will receive

"Buddy Messages" via e-mail every Friday, alerting them of weekend sales and happenings in the store and online at www.affes.com.

Retiree Appreciation Day Oct. 18

Aberdeen Proving Ground will host the annual Retiree Appreciation Day activities 8 a.m. to noon at the Aberdeen Area Recreation Center, Oct. 18.

For more information, contact Janet Dettwiler, APG adjutant, 410-306-2301.

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

Focusing on the nation's 'Ready' campaigns

Department of Homeland Security

Launched in February 2003, Ready is a national public service advertising campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural disasters and potential terrorist attacks. The goal of the campaign is to get the public involved and ultimately to increase the level of basic preparedness across the nation.

Ready and its Spanish language version Listo ask individuals to do three key things: get an emergency supply kit, make a Family emergency plan and be informed about the different types of emergencies that could occur and their appropriate responses.

The campaign's messages have been distributed through: television, radio, print, outdoor and Internet public service advertisements developed and produced by the Advertising Council; brochures; www.ready.gov and www.listo.gov Web sites; toll-free phone lines 1-800-BE-READY and 1-888-SE-LISTO; and partnerships with a wide variety of public and private sector organizations.

A national survey conducted by The Ad Council in August 2007 found that although there is still a long way to go before all Americans are prepared for emer-



gencies, there have been indications of progress:

- The percentage of respondents that said it is "very important" for all Americans to be prepared increased from 60 percent in 2006 to 66 percent in 2007.

- From 2005 to 2007, the proportion of Americans who have taken any steps to prepare rose 9 points, from 45 percent to 54 percent. There were also several notable increases in key preparedness behaviors:

- * Put together an emergency kit: 44 percent in 2004 to 54 percent in 2007

- * Created a Family emergency plan: 32 percent in 2004 to 37 percent in 2007

- * Searched for information on preparedness: 28

percent in 2004 to 33 percent in 2007

The study also found progress in emergency preparedness among specific subgroups:

- * - More parents, dads in particular, have taken steps to prepare. Sixty-four percent of fathers report having an emergency supply kit a 20 percent increase over last year.

- * - Thirty-seven percent of Hispanics say that they have taken any steps to prepare, a significant increase from 27 percent in 2005.

- * - Half of respondents report that their employers are promoting preparedness. Fifty-one percent said that their employer has encouraged them to learn about the issue and 50 percent were offered training

or instruction on workplace emergency plans.

In 2004, Homeland Security launched Ready Business, an extension of the Ready Campaign that focuses on business preparedness. Ready Business helps owners and managers of small- to medium-sized businesses prepare their employees, operations and assets in the event of an emergency. The campaign's messages are being delivered through a Web site (www.ready.gov), brochures, radio, print and Internet PSAs and key partnerships.

- In 2006, the Department launched Ready Kids, a tool to help parents and teachers educate children ages 8 to 12 about emergencies and how they

can help get their Family prepared. The program includes a Family-friendly Web site (www.ready.gov) and in-school materials developed by Scholastic Inc.

- Homeland Security has also developed tailored preparedness information for specific Americans. The Department, American Kennel Club, American Society for the Prevention of Cruelty to Animals, American Veterinary Medical Association, and The Humane Society of the United States created materials that highlight the key steps pet owners should take to prepare themselves and their animals. Homeland Security, AARP, the American Red Cross, the National Organization on Disability and the National Fire Protection Association also created emergency information for seniors and Americans with disabilities and special needs. Materials developed for these specific Americans include brochures and instructional videos available at www.ready.gov.

- The Department highlights public emergency preparedness through National Preparedness Month, a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. In 2007, 1,800 national, regional, state and

local organizations participated in National Preparedness Month by distributing information, hosting events and sponsoring activities across the country to promote emergency preparedness. National Preparedness Month 2007 consisted of four themed weeks that focused on different areas of emergency preparedness, including: back-to-school (Ready Kids); business preparedness (Ready Business); multi-cultural preparedness (Listo Campaign); and home and Family preparedness, including pets, older Americans and those individuals with disabilities and special needs (Ready America).

To help the Army Family to prepare for emergencies, the Army launched its Ready Army Campaign this month as part of National Preparedness month.

Ready Army is designed to prepare the entire Army Family at installations and communities across the United States and around the world for all potential hazards, natural and man-made, that they may face.

While partnered and aligned with the Department of Homeland Security's national preparedness campaign called 'Ready,' Ready Army is specific to Army communities and is intended for use at the installation level. More information is available at <https://www.us.army.mil/suite/portal/index.jsp>.

IG

From page 5

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 and 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 the 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. Some 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
- 20thSupportCommand (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 & School: 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 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.)

Office Eagle celebrates 100-year anniversary of Blind Industry, Services of Maryland



Nicole Deseta, left, an Office Eagle associate, checks out purchases while Renee Diveley, a project liaison for the U.S. Army Research Laboratory, is buying for her organization.

Story by
RACHEL PONDER
APG NEWS

The Office Eagle stores on Aberdeen Proving Ground celebrated the Blind Industries and Services of Maryland's 100-year anniversary with two separate celebrations. The events also celebrated National Disabilities Employee Awareness Month, which is in October.

Aberdeen Area

The Aberdeen Area Office Eagle celebrated the BISM's 100-year anniversary with refreshments and an awards presentation Aug. 21.

BISM offers employment opportunities and training for blind and vision impaired people. The organization employs more than 400 associates, the majority of whom are blind, and manufactures more than 150 products at facilities located in Baltimore, Cumberland and Salisbury.

The store provides office supplies to organizations on APG.

Fred Puente, the president of BISM who was present at the celebration, said that all BISM employees are referred to as associates to indicate that every worker is important to the success of the company.

"This Office Eagle is a great store. It is supported by the APG community and is the best example in our company of associates who contribute competently despite their so-called disabilities," Puente said.

During the awards presentation APG Garrison Command Sgt. Maj. Pedro Rodriguez was presented with a BISM 100-year coin and plaque for APG's continued support of Office Eagle. Rodriguez thanked the store's associates.

"You provide an outstanding service, and we really appreciate the support you give our Soldiers," Rodriguez said.

Barry Councill, store manager for the AA Office Eagle, who was also presented with a BISM 100-year coin and plaque, said he was

proud of his associates.

"This is one of the more interesting stores, beyond blind associates we have associates with other disabilities that work here," Councill said. "Eight out of ten associates at the Aberdeen Office Eagle store are blind or disabled. They are running the store; we just provide them with some direction."

Councill added that associates work together in teams to accomplish tasks. For example, associates usually work in pairs when ringing up items at a cash register.

The store also has equipment that helps blind or visually impaired Associates complete their tasks, such as talking registers and scanners.

Fred Puente, the president of Blind Industry and Services of Maryland, thanked the APG community for supporting the store during the awards presentation.

"I love what I do, and I am very blessed," Puente said. "I work with very special individuals."

Puente added that the associates are expected to perform at the same level or higher than workers in other retail stores.

"Rather than using the term disability, I prefer the term difability, which means different abilities than other folks," Puente said. "Office Eagle customers expect a quality product, on time, and at a decent price."

Puente added that he is very proud of the associates at the AA store who provide excellent service to customers while selling large quantities of merchandise.

"This store does very well in its sales," Puente said. "We couldn't do it without excellent associates and the support of the APG community."

After the awards presentation attendees were treated to Subway sandwiches, chips, cake, cookies and other refreshments.

"I have been working here about a year," said William Sheffield. "This is a fun place to work, I real-

ly enjoy my job."

Renee Diveley, a project liaison for the U.S. Army Research Laboratory who came into the store to buy supplies for her organization, said that she enjoys shopping at Office Eagle.

"It is located on post, so it is convenient and the employees are great, very friendly," Diveley said.

Edgewood Area

The Edgewood Area Office Eagle celebrated the anniversary Sept. 10 with refreshments and an awards presentation recognizing loyal customers and associates.

The celebration also served as a going away party for John Grizzel, the store's manager, who had been promoted to plant operations manager for BISM's Baltimore branch office.

Puente and Ed Lozzi, were present at the celebration as well as Ken Barnett, director of store operations, and Grizzel's supervisor, who thanked attendees for coming out to support Office Eagle, and mentioned that Grizzel has been working at the Edgewood Office since the opening of the store Oct. 1, 1999.

"John provided everyone with excellent customer service, and we really appreciate that. He has left some pretty big shoes to fill," Barnett said. "This store is run unbelievably well, and it is because of John's leadership and dedication of his associates."

When Grizzel spoke, he admitted that he was a bit emotional about leaving the store.

"This is a bittersweet time for me, I am happy I am going to continue to work for BISM, which is a great company, but I will miss all of my customers and associates in Edgewood," Grizzel said.

Grizzel continued by saying that he works with two associates who are blind or partially blind. One associate, Joseph Grzelik, lost his vision when he was hit by a car at age 13.

"Joe, you are an inspiration to me," Grzelik said. "Support from customers

like you," he told attendees, "allows us to employ Joe and make a difference in his life and others."

"Steve Hairsine is also an inspiration to me. What he does is truly amazing. He has 99 percent accuracy and many of the orders are very large."

"I believe that the new store manager, Sanela Hotic, really believes in what we do and has compassion for what we do," Grzelik said.

After Grzelik spoke he was presented with a plaque of appreciation and a framed collage of pictures of associates and customers at Office Eagle. Edgewood Area associates also received Certificates of Appreciation.

Grzelik also presented customers who shopped frequently at Office Eagle with Certificates of Appreciation. They were Linda Reynolds, Jane Calahan, Ken Cameron, Steve Sadler, Nancy Coleman-Jones, Lori Atkins, Carol Smith, Carol Iacovelli and Sharon Angelucci.

Grzelick added that he wished he could give a certificate to all of the Office Eagle customers.

"USA CHPPM [the U.S. Army Center for Health Promotion and Preventive Medicine] really supports this store," Grzelick said. "There are about two hundred employees from CHPPM that shop here."

After the presentation several customers commented on how they appreciate Office Eagle's service.

Coleman-Jones, who is an administrative support technician for U.S. Army Chemical Materials Agency said that she shops at Office Eagle three to four times a week, and appreciates the service that she receives at the store.

"John is a wonderful, outstanding store manager," she said.

Reynolds, who works as a purchasing agent for the U.S. Army Medical Research Institute of Chemical Defense, added that Office Eagle's turn around for orders is much better than its competitors.

"I always get my orders the next day, sometimes even the same day," Reynolds said. "John really knows this store, and his associates provide great service."

Hairsine, an Office Eagle associate who has limited vision, said that he has worked for Office Eagle for eight years. "I like my job. Basically at work I do a little bit of everything. I call customers, do some cleaning, process orders, work on computers and take customers to the Office Eagle Web site to help them choose products," he said.

Hairsine added that he has adjusted his computer to make the print larger on the screen so that he can see the print better, and when he processes orders he has a special screen that serves as a magnifying glass to help him read

numbers on the products. He also uses a special key board with large numbers and letters so that he can easily type. His guide-dog, named Seattle, accompanies him to work.

"I feel like working with customers comes naturally to me," Hairsine said. "Over the years customers have come to know us (Office Eagle Associates) by name."

Lodging

From front page

people here," said Nemeth who has 11 years with the organization. "I can't say enough about this staff. They were excited during the whole process," she said.

She said the award was a tribute to both former manager Carol Lamp, "who taught us about compassion, empathy, caring and giving," and to McClain, "who genuinely cares about our staff and customers."

"This award says a lot about this organization's ability to remain consistent, year after year," she said.

Nemeth said the \$7,500 award will go toward a new lounge for the facility's Soldiers and guests.

With a 13-man maintenance crew that includes two painters, Zyski expressed pride in "getting it done the same day."

"We do everything," he said, "from carpentry to plumbing, cutting grass,

landscaping and clearing snow to repairing furniture, televisions, laundry equipment, appliances and locking systems."

"It would have to be a big job for us not to handle it," he said.

"I think a lot of this crew, and I'm proud of this operation," he added. "We go out of our way to make sure

everything is good to go, and we feel good that we got the win. It means we're doing what we're supposed to be doing.

"It's all about taking care of the customer and treating people the way you'd want to be treated. I've never been in the military but I respect everything they do," Zyski said.

Eye

From page 4

by the Program Executive Office-Soldier, which maintains the Authorized Protective Eyewear List.

Remember, if an eye injury occurs, consult an eye-care professional right away. If assisting an injured person, keep him still and calm to avoid worsening the injury. Never rub an eye with a speck or other foreign material in it. If the injury is due to a chemical splash, rinse the eye continuously with water for 15 minutes then transport the injured to a doctor.

Eye injuries are a leading cause of visual impairment and rank second only to eye disease as the most common cause of blindness. Eye safety looks good these days. So no excuses: Wear it.

For more information about vision conservation, visit:

- Tri-Service Vision Conservation Program, <http://dodvision.com/>
- ANSI, <http://www.astm.org/>.

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, 410-306-0173, or e-mail carolyn.russell2@us.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Donald Adamson	Liesollette Dorsey	Paul Kuwik	Barbara Seker
Neoma Amberman	Wayne Doyle	Glenn Kresge	Donna Sexton
Angela Barnett	Lisa Foust	Frantz Midy	Algie Shaw
Karen Blades	Rita Fowler	Karen Milton	Mark Shipman
Debra Bonsall	Miriam Garcia	Cheryl Mitchell	Melvin Showell
(daughter has brain tumor)	Hester Hayes	Marie D. Nowak	Willie Stevenson
Jeanie Bowman	Jerome Hesch	Dorothy Nowak	Angela A. Taylor
Michelle Brooks	Linda Hindman	Cindy Orwig	Carrie Theiss
Jane Calahan	William Horn	Adrienne Pearson	Mark Walker
Donna Cianelli	Sinclair Joe	Michael Querns	Joyce Woods
Joyce Clark	Mollie Kilby	Judith Ratledge	Charles Young
Barbara Crossley	Beverly King (caring for husband)	Reta Reynolds	Barbara Zenker
John Daigle	Dana Kirkley	Steven Sadler	
		Gloria Scott	

Commentary: Lessening losses

By
BRIG GEN WILLIAM H. FORRESTER
U.S. Army Combat Readiness/Safety Center

Our Army is doing great. We know exactly how many accident fatalities we experience; we don't, however, know how many we prevent. And the latter is where the good news stories are found.

But, we, as an Army, can do better in both areas.

Every day and everywhere I go, I see firsthand engaged leaders making a positive impact in the lives of Soldiers, Families and civilians. Where I believe we experience a breakdown is at two critical points: the level of understanding and the magnitude of our engagement strategy.

Allow me to explain. Several research institute surveys define cultural generations by categorizing groups based on various criteria and expectations. Researchers allow different generation groups to select from a defined list those criteria they believe best categorize and define their age groups. This simplification of generations provides Army leaders with a window of clarity to gain a basic understanding of our Soldiers.

standing of our Soldiers.

For brevity, let's use the "2008 World of Work" survey results discussed in the Kansas City Star on July 7. This survey samples a segment of the U.S. population based on character traits and ages.

In my opinion, there is no set of criteria that is completely descriptive of any generation, but the likenesses I see in our Army's culture are amazingly similar.

The characterization of generations by age, matched against the top five traits chosen from 31 character traits, are:

Gen Y-ers (born 1980 - 1990)

- Make personal friends at the workplace
- Sociable
- Think out of the box
- Open to new ideas
- Friendly

Gen X-ers (born 1965 - 1979)

- Confident
- Competent
- Willing to take responsibility
- Willing to put in the extra time to get the job done
- Ethical

Boomers (born 1946 - 1964)

- Strong work ethic
- Competent
- Ethical
- Ability to handle a crisis
- Willing to take on responsibility
- Good communication skills

Mature (born 1925 - 1945)

- Strong work ethic
- Ethical
- Committed to the company
- Competent
- Confident

Why is any of this important and why do I take you through this exercise? I consider this instructional in crafting solutions to lessen the losses of our Generation Y teammates. Further, our Generation Y brothers and sisters are, according to the number of recorded deaths our Army has experienced, our most vulnerable teammates.

How do we target the Generation Y-ers who seem to be in the majority of the Army's accidental fatalities? Generation Y Soldiers' expectations are defined and developed by past influencers (Family, church, media, etc.). To forcibly change

and positively adjust their lifestyles without degrading what they bring to the fight is tough work. Another approach I suggest and ask you to explore involves Generation X-ers and Boomers using some "out of the box" thinking themselves.

This non-conventional approach may put you out of your comfort zone, but the chances that it will widen the possibility for success are high. At the very minimum, we will increase our awareness of this target-rich environment for change. Maybe the Generation X-ers and Boomers, not the Generation Y-ers, are the ones who need to adjust their approach and think "out of the box" to create messages and solution sets that transcend the communication barrier between them and the Generation Y-ers.

Each generation is unique and Generation Y-ers are no different. But Generation X-ers' and Boomers' ability to crack the code on the mechanics of what makes the Generation Y-ers unique holds unexplored possibilities of preventing losses. Our efforts surely will create a positive change as we, leaders, grow based upon our enhanced understanding of Generation Y-ers who seem to be the most vulnerable.

Army Safe is Army Strong !!



Graphic by BLAKE GRANTHAM

Commentary: Best Practices from outside the box

By
COMMAND SGT MAJ TOD L. GLIDEWELL
U.S. Army Combat Readiness/Safety Center

[It's] September, and school is back in session for most of our children. Take a couple of extra seconds to look before backing up, and slow down as you move out through areas with children. The safety of Family members is as important to the Army as the safety of our Soldiers.

We have known for years the impact Family members have on the retention of quality Soldiers, but they also have a higher propensity to join the military than any other demographic group in America. When they know their Families are safe, Soldiers can focus on the mission at hand, thereby actually allowing Soldiers to operate safer.

I'm always looking for new ideas and ways to promote safety that I can pass on to others. I recently had the opportunity to visit an

installation safety day held on Fort Campbell, Ky. The Home Safety Council, Residential Communities Initiative partners, Actus Lease Lend and Winn Residential teamed with post officials to sponsor the Great Safety Adventure. The GSA is an award-winning "field trip on wheels" that brings home safety to neighborhoods. Out of all the safety exhibits featured throughout the event, the traveling exhibit was clearly the big hit with the children.

Home Safety Council President Meredith Appy explained that the organization has two safety adventure trucks, one traveling the East Coast and one the West Coast, teaching home safety to school-age children.

During the interactive tour of the exhibit, children and their parents were able to explore the animated home.

Trained safety experts called Safety Rangers and Rover, the Home Safety Hound, led the tour, identifying common home safety hazards that are typically overlooked. Rover and the Safety Rangers focus on the five leading causes of home injuries: (1) falls, (2) poisoning, (3) fires and burns, (4) choking and suffocation and (5) drowning. Led by Safety Ranger Kristy, I took the tour with a group of 6-year-old children from one of the installation's child development centers and found it an informative, as well as enjoyable, experience.

A high-tech way to promote safety utilizes the instant, around-the-world communication capabilities provided by the World Wide Web. Information-savvy Soldiers, and, in most cases, leaders are aware of the "broadcast yourself" Internet phenomenon known as YouTube. But did you know that you could find safety information on YouTube? Bridgestone-Firestone offered a \$5,000 scholarship under its Safety Scholar program. To compete for the

scholarship, teens shot and submitted original 20- to 50-second safety videos intended to message their peers. Fort Bliss' 11th Air Defense Artillery Brigade has duplicated the program. Col. Forrest E. Smith, who has since departed Fort Bliss, and Command Sgt. Maj. Henry Hurd held a similar safety video contest. The command team selected the best videos from the unit and aired the winning submissions via the on-post command information channel.

What a novel idea—peers messaging peers to make a difference. The Family and Morale, Welfare and Recreation Command and the U.S. Army Combat Readiness/Safety Center are preparing to conduct an Army wide video contest with the same aim in mind, and I look forward to seeing videos demonstrating positive safety behavior from the perspective of Soldiers keeping Soldiers and Families safe.

Adventures in driving decision making

Panic on the highway!

Installation Safety Office

How many people really know what to do in an emergency on the highway? Many people have watched "Cops" or "World's Most Amazing Videos" on television and wondered what people were thinking when they drove off the highway or into another vehicle. Well, here's a chance to put driving skills to the test without leaving the comfort of that armchair.

"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 time.

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

Driving Situation #1

Imagine you are driving on a heavily traveled interstate highway going 65 mph. It's been a clear day, but suddenly you run into a dense blanket of fog. You have very little visibility. You know there are cars behind you and ahead of you, but you cannot see them. What should you do?

A. Honk, turn your lights on, pump your brakes, then medium brake to slow.

B. Turn your lights on, honk and brake hard to stop immediately.

 Answer A is correct. You made a good decision. You have to keep moving because the car behind you may not stop and yet you have to slow down because the cars ahead will be slowing down. Here the critical thing is to communicate your position to the other drivers. Honking your horn, turning on your lights and pumping your brakes are all ways of communicating. By pumping your brakes you keep the brake lights flashing on and off. Not only do the flashing lights call attention to themselves, but the brake lights are brighter than the tail lights.
 Answer B is not the best decision in this situation. If you stop, someone's going to slam into the rear of your vehicle. The cars behind you aren't going to stop, but everyone is going to slow down. So should you. Honking your horn, turning your headlights on and pumping your brakes are ways you have of telling other people where you are. Your brakes lights are brighter than your tail lights and the flashing caused by pumping calls attention to them. The correct answer was "A."

Commissary News

Commentary: 'Is this stuff still good?' Food-product dating made easy

By
KAY BLAKLEY
DeCA

Understanding how food-product dating works might not be a subject you've lost any sleep over. But, if you're a typical consumer, it has probably been a source of confusion that's resulted in some perfectly good food being thrown in the garbage or poured down the drain.

Many consumers incorrectly assume that a date stamped on a product's package is an expiration date. They automatically throw it

out once that date arrives, thinking the food is unsafe to use. This is not true.

Does federal law require product dating?

Except for infant formula and some baby food, product dating is not required by federal regulations. Even so, you will typically find what's called an "open date" (use of a calendar date as opposed to a code) on perishable foods such as meat, poultry, eggs and dairy products. This dating is done voluntarily by the manufacturer.

It is intended to help the store determine how long to display the product for sale and to help the consumer know the time limit to purchase or use the product at its best quality. It is not a safety date.

Types of dates and what they mean

If a calendar date is shown on a product, federal regulations do require that a phrase explaining its meaning be printed immediately adjacent to the date. These phrases are "sell-by," "use-by" and "best if used by (or before)."

A "Sell-By" date tells the store how long to display the product for sale. You should buy the product before this date.

A "Best if Used By (or Before)" date is a recommendation for best flavor or quality. It is not a purchase or safety date.

A "Use-By" date is the last date recommended for use of the product while at peak quality. This date is determined by the manufacturer based on analysis of the product throughout its shelf life.

Most asked about items

The items that cause most concern among commissary shoppers are exactly those perishable items listed above – dairy products, eggs, meat and poultry. So, let's take a look at each product or category of products separately.

Milk: A "sell-by" date is normally stamped on every carton. Make sure you purchase the milk before this date. Take it straight home and refrigerate immediately at 40 degrees Fahrenheit or lower. Don't leave it in the trunk

See FOOD, page 15

JPED mission, partnership hail 9-11 victims, heroes

Story and photo by
YVONNE JOHNSON
APG News

Like no other mission on Aberdeen Proving Ground, the Joint Personal Effects Depot deals daily with the consequences of the War on Terrorism that came about as a result of the Sept. 11, 2001, terrorist attacks.

The organization is tasked with processing the personal effects of all military and civilians killed or wounded in Operations Iraqi and Enduring Freedom.

As the seventh anniversary of the attacks neared, the JPED took steps to ensure the importance of 9-11 has not faded in the minds of its workers. Its efforts culminated with a day-long remembrance, starting with a dedication ceremony of a memorial the morning of Sept. 11. In the afternoon, about 25 members of the JPED then joined the St. Joan of Arc School in Aberdeen on its annual Patriot's Day Freedom Walk to Friendship Park.

The JPED is in the third year of its partnership agreement with the school; one that also is shared between several APG organizations and Harford County Public Schools.

JPED 1st Sgt. Alfred Venham and unit commander Lt. Col. Louis S. Kilmon led the memorial service which was conducted within the organization's gated compound and attended by its Soldiers, Marines, Airmen and civilians.

Guests in attendance included Lt. Col. Paul Kauffman, Casualty and Mortuary Affairs chaplain, Human Resources Command, who delivered the opening prayers; Casualty Military Affairs Operations Center, Sgt. Maj. George Hampton; and APG Garrison Command Sgt. Maj. Pedro Rodriguez.

Venham addressed the gathering, describing the chronology of events during the terrorist attacks and reminding them of the losses since that day.

"Since then, more than four-thousand of our country's men and women have been killed and more than thirty-thousand have been wounded to protect our way of life," Venham said.

He asked for a moment of silence in remembrance before the unveiling of the monument which was shrouded under desert camouflage material.

Master Sgts. Lonzia Hawkins, S-1 noncommissioned officer in charge; Nelson Delgado, Operations NCOIC; and Sgt. 1st Class Chester Craig, S-3 NCOIC, unveiled the monument and then raised it up and carried it into the headquarters building where it was placed beside the permanent memorial.

"God bless our military and all who serve this great nation," Venham said as the monument passed by.

Just before the gathering filed inside to view the memorial, Sgt. Eric Tunkel, U.S. Army Materiel Command Band, played "Taps" to close the ceremony.

The ceremony ended with the viewing of a 9-11 video created by JPED Sgt. Yajaira Bermudez, research NCO, and her husband, Staff Sgt. Juan Bermudez, S-6 communications NCOIC.

The touching film brought tears to the eyes of many in the crowd, including Kilmon who emotionally thanked Venham for his efforts and encouraged the workers to continue their good work.

"We've been at this for five years now," Kilmon said. "You do a great job. We love you guys. Keep it up."

Venham added his thanks to all who worked



Spc. Rikiesha A.C. Hawkins poses with the 9-11 memorial she helped to create in the Joint Personal Effects Depot headquarters building during the unit's remembrance and dedication ceremony Sept. 11. A supply specialist with the Maryland Army National Guard, Hawkins is the daughter of Master Sgt. Lonzia Hawkins, JPED S-1.

on the project which began six months prior. He commended Sgt. Yajaira Bermudez who also created a memorial plaque that includes the names of all who died on 9-11, and he presented a certificate of appreciation to Maryland Army National Guard Spc. Rikiesha A.C. Hawkins, a supply specialist, who painted the mural. A student with the Maryland Institute College of Art, Hawkins also works at the JPED and is the daughter of S-1 NCO Master Sgt. Lonzia Hawkins.

She said that the painting was created from a picture Venham gave her.

"He showed it to me and asked me to do what I could with it," she said, adding that her studies focus on community art.

"We focus on how we can give back to the community with art that can uplift their spirits," she said. "I feel proud of my contribution to this ceremony, and I'm appreciative of those on the ground fighting everyday for our nation."

Several others added their appreciation for the opportunity to show respect for the victims of 9-11.

Retired Sgt. 1st Class Henry Owens, who works in the JPED receiving section, sang the national anthem during the ceremony.

"It was emotional for me because we deal with this, in one way or the other, everyday," Owens said.

"I don't think that day will ever fade from our memories," added JPED employee Carl Wilkinson. "This ceremony paid the proper honor and respect. You can never honor those who died for our nation too much."

Lesa Guthrie, JPED S3 personnel actions clerk, said she thought the ceremony served as a "wake up call."

"You really don't realize what you have until something like [9-11] slaps you in the face," she said. "This was a good reminder of what we're here for."

"Emotions run high because that's the American way," Hampton said after the ceremony. "After seven years we still feel remember how we felt that day and twenty years from now we'll still feel the same way."

Hawkins said the memorial was a reflection of the JPED mission.

"It was a blessing for the first sergeant and the commander to have the vision to put this on for us," he said. "Nine-eleven is with us everyday. We serve those who served."

Venham said the purpose was to "bring back the reality of the War on Terrorism and how what we do impacts the Families."

"We didn't want to just make a memorial, we wanted to dedicate it," he said. "It's a reminder that

this is a wartime mission and that everything we do has to be done in a professional manner as a show of respect to the sacrifices of the fallen."

"It isn't me that makes things happen at the JPED," he added. "It's the service members and contractors. I just give the directions."

A closer look

The monument consists of a metal base in the shape of the Pentagon. The seals of America's military branches and the HRC emblem border the base, and standing in its center is the symbol of the fallen - desert boots, a "mock"

weapon, helmet and dog tags. The permanent memorial upon which the monument rests stands about 4-feet high. It consists of a broken wall of simulated stone. A painting of two Soldiers comforting each other is centered between the breaks in the wall and three pair of boots, symbolizing the types of boots worn by America's military components, are displayed in front.

Freedom Walk

Led by Dr. Jane Towery, principal of St. Joan of Arc School, the students, faculty and staff were joined by Family members, JPED service members and civil-

ians, as well as an escort of Aberdeen Police Department officers during the four-block walk to Friendship Park.

"This is the first partnership event of the new school year," Kilmon said, adding that other events will include Memorial and Veterans Day ceremonies. In addition the school's students regularly bring posters, artwork and baked goods to JPED employees throughout the year.

"They want to keep the partnership going, and they do a good job," he said.

At the park, attendees were greeted by Towery, Aberdeen Mayor Michael Bennett and Col. John P. Rooney, commander of the U.S. Aberdeen Test Center, who served as master of ceremonies.

Acknowledging that many of them weren't born or were too young to remember 9-11, Rooney talked about the importance of remembering the victims as well as the heroes.

He said that although many innocent lives were lost, there were many heroic acts at the World Trade Center, the Pentagon and aboard the plane that crashed in the Pennsylvania field.

He said that it was important to remember that "there are many bad people out there who want to do us harm and we have to be ready to respond."

"The people on that plane knew what was going on and decided to do something about it," he said. "They saved a whole

bunch of people on the ground and that's about as big a sacrifice as you can make."

He said that he volunteered for weeks after 9-11 assisting the Family members of the lost and missing, noting that "volunteering means helping when it's not required."

"That's why we love freedom. It gives you the opportunity to do all of those things," he said. "When you think about nine-eleven, remember the fallen, but also remember the people who stood up."

Also offering remarks was Lt. Jon Krass, Harford County Sheriff's Department who talked about serving and "giving back to the community." He thanked all public servants - police, fire and medical personnel - noting their heroic acts on 9-11 and adding that they serve with courage, honor and integrity.

"These words are not just something we say, we live them everyday," he said.

The program included the singing of patriotic songs and the reading of essays by student leaders.

Boy Scout Troop 200 posted and retired the colors and Father Samuel Young, St. Joan of Arc parish, gave the opening and closing prayers.

Towery thanked all guests, including Rooney, Bennett and the JPED, for attending.

"It means a lot to us to have our APG Soldiers here with us as we remember nine-eleven," she said.



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

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.

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 \$35 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-liesuretravel@conus.army.mil.

Youth Basketball Cheerleading registration

APG Youth Basketball Cheerleading Registration will take place Oct. 15 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.

Youth Basketball registration

APG Youth Basketball

Registration will take place Oct. 15 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.

Punt, Pass, Kick Competition

A Pass, Punt and Kick Competition will be held at the Edgewood Youth Center 1 p.m., Sept. 20 for boys and girls ages 8 to 15. Participants must fill

out an entry form, show proof of age at registration, and a parent's signature is required. Participants can register through Sept. 18 at the Aberdeen and Edgewood Youth Centers, or visit the Web site, www.nflyouthfootball.com, and click on Punt, Pass and Kick, click on forms, fill out the liability/ waiver form and fax to Bill Kegley, CYS Sports director, 410-278-4658. For more information, call Kegley, 410-306-2297.

Comedy Jam at the Post Theater

The public is invited to a Comedy Jam, Oct. 18, at the Post Theater, building 3245. Doors open at 7 p.m., and the show starts at 8 a.m.

Comedy acts include Roy Woods Jr., Eric Meiser and Lawrence Owens.

Tickets cost \$15 for active duty military, \$20 for civilians and \$25 at the door. Attendees must be 18

years of age and older.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-7134.

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

SKIES Unlimited gymnastics program

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

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

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

Private Voice Lessons

Ages 7 and older can register for private voice lessons, 4 to 7 p.m., Mondays, Sept. 29 through Oct. 27 (no class Oct. 13), at the Aberdeen Area Youth Center, building 2522.

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

SKIES Unlimited offers Driver's Ed

Drivers Education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, Oct. 6 thru 22 (no class Oct. 13); Oct. 27 thru Nov. 12 (no class Nov. 11); Nov. 17 thru Dec. 3 (no class Nov. 27) and Dec. 8 thru 23.

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

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

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.

The Course at APG



Thru September 30, 2008

Save and Play the Golf Courses at Aberdeen Proving Ground:

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

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

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

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



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



www.apgmwr.com

APG Bowling Center open for food service only during renovations

Effective Sept. 15, due to the renovations taking place, only the APG Bowling Center Snack Bar will be open 11 a.m. to 2 p.m., Monday through Friday.

Employment Readiness Program offers free classes

Smart Start Your Business

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

This class is sponsored by APG ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and Harford Community College SBDC. This 90-minute

orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC are also discussed.

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

Food

From page 12

of your car while you squeeze in a few more errands on the way home, and don't let it linger on the counter or table during a meal. Pour the servings you need and return the carton to the refrigerator promptly.

Under optimum conditions, milk should remain fresh up to five days or longer beyond the "sell-by" date.

Yogurt: Most yogurts will be stamped with either a "sell-by" or a "best if used-by" date. Store yogurts in the same manner as fresh milk (refrigerated at 40 degrees Fahrenheit or lower) and use by the "best if used-by" date for the highest quality.

After that date you might see

some separation of fluid in the product, which will affect its appearance, but this factor alone is not an indicator of spoilage. It may be perfectly fine once it is stirred. Trust your own sense of taste and smell, plus your personal knowledge of how well it has been cared for since coming to your house when deciding to use it or toss it.

Yogurts stored under optimum conditions can be expected to be of good quality and freshness seven to 10 days beyond the "sell-by" date.

Eggs: Egg cartons will normally be stamped with a "sell-by" date. At home, refrigerate the eggs in their original carton. It is designed to keep the porous shells from absorbing odors from other foods and to protect the eggs from breaking.

Eggs have a very long shelf life. Properly refrigerated, they

can be expected to maintain reasonable quality for three to five weeks beyond the "sell-by" date.

Meat, poultry: Vacuum packed meats sold in all DeCA commissaries require both "Date of Pack" and "Sell by Date."

Commissaries carry both a "sell-by" and a "use-by" date. Purchase these meats before the "sell-by" date, keep them refrigerated properly and either use or freeze by the "use-by" date.

Tray-packed fresh meats and poultry, including turkey, plus fresh rabbit and duck are normally stamped with a "use-by" date. Recommendations for handling and storage of vacuum packed meats also apply to these products.

Once a perishable product such as meat or poultry is frozen, these dates become irrelevant because, according to USDA experts, foods kept frozen contin-

uously (at 0 degrees or below) can be safe indefinitely.

Infant formula, baby food

Federal regulations require a "use-by" date on the product label of infant formula and the varieties of baby food under FDA inspection. If consumed by that date, the formula or food must contain not less than the quantity of each nutrient as described on the product label. Additionally, infant formula must maintain a sufficient quality to pass through an ordinary bottle nipple. If stored too long, formula can separate and clog the nipple.

Dating of baby food is for quality as well as for nutrient retention. Do not buy or use baby formula or baby food after its "use-by" date.

Practicing safe-food handling at home

Your commissary maintains rigid quality assurance and sanitation standards to make sure the foods you are offered are fresh, wholesome and safe. After making your selections, though, it's up to you to care for them properly until consumed.

To answer the "Is this stuff still good?" question with confidence, practice these four rules at your house.

- Purchase fresh-dated products before the "sell-by" date.
- Refrigerate perishable products promptly, and use or freeze meat and poultry products before the "use-by" date.
- Remember that product dating is a guide for quality rather than safety.
- Also, remember these rules do not apply to infant formula and baby food, which should not be used after the "use-by" date.

Community Notes

FRIDAY

SEPTEMBER 19 BASKET BINGO

Basket Bingo to benefit Aberdeen High School Cheerleaders, will be held 7 p.m. at the Aberdeen Fire Hall, Rogers Street. Doors open at 6 p.m. Tickets cost \$12 each; extra bingo cards cost \$5. Food, drinks, baked goods will be available. Bring a canned good and/or non-perishable for bonus prize ticket. No smoking allowed.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332; Kathy Anderson,

410-272-8247 or Tracy Kumbier, 410-292-1137.

SUNDAY

SEPTEMBER 21 POKER RUN AND BREAKFAST

American Legion Riders, Post 17, located on 415 Edgewood Road, Edgewood, will sponsor a Poker Run and Breakfast. Participants can sign up for the Poker Run 10 a.m. to noon. Last rider in by 5 p.m. Cost is \$15 for the ride and breakfast; \$10 for just the ride; and \$6 for breakfast only. Breakfast starts at 9 a.m. The road at Han-

son and Willoughby Beach Road is closed; members and guests should use the West Street Gate.

FRIDAY

SEPTEMBER 26 BASKET BINGO

Basket Bingo to benefit Thrivent – Habitat for Humanity Build will be held at the Aberdeen Fire Hall, Rogers Street. Bingo begins at 7 p.m., doors open at 6 p.m. Tickets cost \$12 each for all paper cards; extra cards cost \$5. Food, drinks and baked goods will be available. Bring a canned good and/or non-

perishable for a chance on a special drawing. No smoking allowed.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332.

SATURDAY

SEPTEMBER 27 RUMMAGE SALE

The Ladies Auxiliary of VFW Post 5337, 3706 Pulaski Highway in Abingdon will host a rummage Sale, 8 a.m. to 2 p.m. Anyone wishing to reserve a table should call 410-671-6983.

HARFORD

MEMORIAL

HOSPITAL 5K

CELEBRATION RUN

Harford Memorial Hospital will hold its 12th Annual 5K Celebration Run, 8:30 a.m., rain or shine. Race day registration will be held at Harford Memorial Hospital, 7:30 to 8:15 a.m. The race will take place in front of the hospital on South Union Avenue. Walkers will follow runners on an approximately one mile course.

The entry fee costs \$15 for pre-registration by Sept. 26 and \$20 the day of the race. Cost includes a race shirt. First, second and third place trophies will be awarded.

For more information or to receive a registration form, call Upper Chesapeake Health's Marketing Department, 443-643-4200.

COMMUNITY YARD SALE

The Havre de Grace Recreation Committee will sponsor a "Trash to Treas-

ure Community Yard Sale," 8:30 a.m. to 4 p.m., at the Havre de Grace Activity Center located on 351 Lewis Lane. Events include pit beef, car wash and more. Spaces will be rented for \$15 for individuals and \$25 for businesses. There are no residency requirements. No rain date.

Vendors must supply their own table unless they are in the Activity Center gymnasium. A signed agreement is necessary for all vendors.

All proceeds from table rentals will benefit the HDG Drama Guild. Agreements are available at the HdG Activity Center, 410-939-6724 or online at <http://www.hdgdramatroop.com/indexrentalagreement.html>. Signed agreements, rental fees and special requests are due no later than Friday, Sept. 19.

For more information, call 410-702-5914 or visit www.hdgDramaTroop.com.

SATURDAY AND SUNDAY

SEPTEMBER 27 AND 28 HARVEST FESTIVAL AT STEPPINGSTONE

The Steppingstone Museum, located at 461 Quaker Bottom in Susquehanna State Park, Havre de Grace, will hold its annual Fall Harvest Festival and Craft Show, 11 a.m. to 5 p.m. Events include a craft booths, bluegrass and country music, pumpkin painting, clogging, square dancing, historical craft demonstrations, tours, and more. Free parking is available. Cost of admission is \$5 for adults; free admission for museum members and children ages 12 and under.

For more information, call 410-939-2299 or 1-888-419-1762 or visit the museum's Web site, www.steppingstonemuseum.org.

SUNDAY

SEPTEMBER 28 ALL DAY BINGO

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

WORLD RABIES DAY RABIES VACCINATIONS

The Harford County Health Department will sponsor a Rabies Vaccination Clinic, 1 to 4 p.m., at The 4 Paws Spa located on 121 Industry Lane, Suite A, Forest Hill, Md. Veterinarians will vaccinate dogs, cats and ferrets at just \$5 per animal.

For more information, call William D. Wiseman, MAHE, director, Public Health Education Cancer Prevention Services Harford County Health Department, 410-612-1771, or e-mail wwiseman@dnhm.state.md.us, or call David Reiher, Environmental Health Services Division, 443-643-0315 or e-mail dreiher@dnhm.state.md.us.

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

SCHOOL LIAISON

eKnowledge Corporation, NFL/CFL extend SAT/ACT Program donation

www.eknowledge.com

eKnowledge Corporation and a group of National and Canadian Football League players have extended their multi-million dollar donation of SAT and ACT PowerPrep test preparation programs valued at \$200 to military service members and their Families for another year.

Those who request the free SAT/ACT products pay only a small fee to package, process and ship the products anywhere in the world.

Now in its fourth year, the eKnowledge/NFL player donation effort has delivered more than 100,000 free SAT/ACT test preparation programs valued at \$20 million to military service members and their Families worldwide.

"We're proud of our men and women in uniform and appreciate their sacrifice for our country," said Charlie Beall, CEO of eKnowledge Corporation and a former Marine infantry officer. "[This] was the right thing to do for them."

Active duty service members, veterans and their Family members who would like to receive a free eKnowledge SAT/ACT PowerPrep program should visit the new Web site at www.eknowledge.com/military; call 951-256-4076 or e-mail support@eknowledge.com.

Some of the players who pledged to support the eKnowledge donation program include Jon Bradley, Detroit Lions; Scott Young, Philadelphia Eagles; Garrick Jones, Calgary Stampedeers; Corey Williams, Green Bay Packers; and Jason Radar, Miami Dolphins.

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