



See page 3 for Year of the NCO article.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for April 29 is plastic, glass and metal. Put items in blue bags and place them on the curb.



FMWR concert ticket presale ends tomorrow

The special presale ticket price of \$30 for the APG community ends April 24. Sales will be walk-in only at the Aberdeen and Edgewood Area Recreation Centers.

For more information, visit the FMWR Web site, www.apgmwr.com.

Aberdeen Youth Center hosts Spring into Action Day this Saturday

Children and youths ages 3 through high school level and parents are invited to participate in Spring into Action Day, 8:30 a.m. to 1 p.m., April 25, at the Aberdeen Youth Center, building 2522.

Events include the 50-yard dash, team building activities, 800-meter run, water balloon toss, football throw, home-run derby, a fitness course, sports games and health stations.

For more information, call 410-306-2297.

RecruitMilitary Career Fair today

RecruitMilitary, the Presidents National Hire Veterans Committee (Department of Labor), the American Legion, and the Military Spouse Corporate Career

See SHORTS, page 14

ISSUE HIGHLIGHTS

Page 2

Army Family Covenant: ACS' Hearts Apart hosts financial seminar

Page 3

Year of the NCO focus on former POW now NCOA instructor

Page 5

Education: ECBC offers career day to Warriors

Page 7

What do you know about alcohol?

Page 9

Veterans' Voices focus on volunteers

Page 11

Playground safety

Page 13

FMWR - Talent Showcase holding auditions

Page 19

Commanders offer Earth Day messages

Treasures of APG revealed at Arbor Day celebration

Story and photos by **YVONNE JOHNSON**
APG News

Colorful posters, a guided nature trail tour and another environmental award for Aberdeen Proving Ground highlighted the Arbor Day festivities held at the Maryland Boulevard picnic area April 9.

The APG Garrison environmental staff hosted the event.

Woodsy Owl, the icon for the U.S. Forest Service, along with April Tull, an environmental engineer with the Department of Public Works, greeted guests to the event at a welcome table filled with pamphlets, brochures and other information about protecting trees and the environment.

Prior to the opening ceremony, visitors viewed a display of posters created by children and youths from the Aberdeen Area Youth Center for the Arbor Day poster contest, "Trees Are

See ARBOR DAY, page 19



Len Wrabel, a forester and owner of MAR-LEN Environmental Services, measures a 250-year-old black oak tree at the Maryland Boulevard picnic area during the APG Garrison Arbor Day Celebration April 9.

APG Armed Forces Day activities set for May 16

Story by **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground is inviting its Harford, Cecil and Baltimore County neighbors to join in the 2009 Armed Forces Day celebration, beginning with opening ceremonies on Fanshaw Field, 9 a.m., Saturday, May 16.

Maj. Gen. Paul S. Izzo, commander of APG and the U.S. Army Research, Development and Engineering Command will welcome the community and remark on the installation's commitment to bring back community involvement, according to John Kearney, Garrison director of Plans, Training, Mobilization and Security.

"This is an effort to get back to the old spirit of doing things," Kearney said. "Come visit with us so we can showcase what our armed forces are doing today and honor those who have come before us and those who lost their lives defending this country."

The event is free and open to the public. A valid driver's license or photo ID is

required for entry to the installation. Kearney said that all five lanes at the Route 715 Gate will be open specifically for this day, with one lane designated for visitors.

Highlights of the opening ceremonies will include an air show and flyover of rotary wing aircraft from the Maryland Army National Guard and Air National Guard, a re-signing of the Army Family Covenant and a Pageant of Army uniforms by the Noncommissioned Officer Academy to honor 2009 being named the Year of the NCO by the Department of the Army.

In addition, RDECOM's U.S. Army Natick Soldier Systems Center will present Future Soldier 2030, a technology demonstration of the potentially futuristic Soldier and equipment.

Musical guests for the opening ceremonies will be the Chapel Hill Sensations, a group of about 40 5th graders from Chapel Hill Elementary School in Perry Hall who will sing patriotic songs. The group has appeared at Ripken Stadium and on Channel 13 WJZ's

See ACTIVITIES, page 18

Better education benefits on horizon for Soldiers, Families

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

A full ride to college is on the way for qualified Soldiers and veterans.

The "Post-9/11 Veteran's Education Assistance Act Of 2008," sometimes called the "Post-9/11 G.I. Bill," paves the way for thousands of qualified Soldiers, Sailors, Airmen, Marines and military veterans to get a complete four-year degree at no cost to themselves.

Soldiers and veterans can begin applying for benefits under the Post-9/11 G.I. Bill beginning Aug. 1. Benefits from the program can be paid out for a total of 36 months.

Under a typical degree program, where students attend school for nine months at a time and are then off during the sum-

mer months, the plan would allow veterans to get a four-year degree while attending school in residence.

"We've moved from a program that pays in essence a flat rate to individuals, to a program that is based on what it is actually costing an individual to go to college," said Keith Wilson, director of Education Services for Veteran's Affairs.

Under the Montgomery G.I. Bill program, the VA sent out individual checks to recipients, and recipients used the money any way they saw fit: for tuition, housing, food, etc., Wilson said. But the payment was not based on how much their tuition cost.

"It was up to the individual to come up with whatever additional money they needed to go to school, if any," he said.

See EDUCATION, page 18

New tax withholding tables will affect retirees and survivors

MILPO

The recent stimulus plan reduces federal income taxes up to \$400 for working individuals and \$800 for couples via smaller tax withholding from their paychecks. Non-working military retirees or survivors are not eligible for the tax reduction yet they are still subject to the reduced withholding in their retired pay or survivor annuities.

The Defense Finance and Accounting Service is required to use the new tax withholding tables published by the Internal Revenue Service for retired paychecks or annuities beginning May 1.

To add to the confusion, the stimulus bill also provides a \$250 payment to those drawing Social Security or VA disability compensation. So if a retiree or survivor draws VA disability or Social Security, he/

she will get the \$250 payment on top of the reduced income tax withholding.

A working retiree who also draws Social Security or VA disability compensation will get the \$250 payment and will also have the additional \$400 (\$800 married filing jointly) withheld from both military retired pay and employer pay.

There will be some rude awakenings next year when retirees or survivors discover they've been "under-withheld" and owe an unexpectedly large tax bill on their 2009 taxes.

Scenarios with solutions

- A non-working military retiree with Social Security or VA disability compensation will end up having \$400/\$800 (single/married) less withheld from their retirement

See TAX, page 14



Gate closure through May 2

Maryland Boulevard will be closed for outbound traffic west of the Bush River/Deer Creek Loop intersection starting at 7 a.m., April 25, and again on May 2 for testing of the active vehicle barrier systems for the new gate facility.

The Harford Boulevard Gate will open at 7 a.m. on those days for outbound traffic only.

The Maryland Boulevard Gate will remain open for inbound traffic, trucks and visitors.

Inbound traffic will again be detoured around the new gate canopy and barrier via Ruggles Golf Course Road and Reilly Road. Both detours will be signed to provide guidance.

Maryland Boulevard will reopen for outbound traffic and the Harford Boulevard Gate will close at 4:30 p.m. each day.

Bel Air Street closes April 27

Starting on or about April 27, Bel Air Street south of Boothby Hill Avenue will experience single lane closures to allow Cain Contracting to install new storm drains. Closures will be marked by signs and flaggers will control traffic.

For more information, contact Jerry Norris, Directorate of Public Works, 410-306-1159.

Retreat ceremony closes Aberdeen Boulevard May 12

Due to a retreat ceremony and gun salute on May 12, the area of Aberdeen Boulevard in front of the U.S. Army Ordnance Center and Schools headquarters, building 3071, will close to traffic between Bel Air Street and Boothby Hill Avenue, 3:45 to 5 p.m. Traffic will be detoured via Boothby Hill Avenue to exit the installation during this time.

Annual housing survey nears

Story by **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground Family housing residents will be receiving a Department of the Army Resident Survey in the mail within the next couple of weeks.

This annual survey provides residents the opportunity to tell the Housing Division how well it is meeting their current on-post housing needs. The survey will also provide a baseline for future comparisons as the Housing Division transitions to Picern Military Housing.

The information residents provide will help guide APG in planning future improvements to housing facilities and services.

Answers are strictly confidential and residents are urged to offer honest responses. This is an opportunity to help make a difference. For more information, call 410-306-2009 or 410-278-2443.

ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS

Free financial seminar teaches APG community smart credit use

Story by
SUSAN ANDERSON
APG News Intern

Aberdeen Proving Ground Army Community Service, Hearts Apart, hosted a free seminar April 1 to give attendees a basic understanding of the types of credit available and how to use them to their advantage.

Guest speaker Arcelio V. Alleyne, ACS financial readiness program manager, said that if there is one piece of advice that he could stress above all, it would be to always pay more than the minimum payment on credit cards.

“Don’t be complacent with making the minimum payment, because all you’re doing is making the credit card companies richer, and it’s going to take you a very long time to pay off your debt,” he said.

Phyllis Ethridge, ACS relocation readiness specialist, explained that the seminar is typical of what ACS is trying to accomplish through its Hearts Apart program.

“We want to expose and showcase the talents of our staff that we have here at Army Community Service so that Family members will know what types of services and resources they have at their fingertips,” Ethridge said. “All of our services are free, and available to all Army military and civilian employees.”

The wide range of services available through Hearts Apart include financial readiness counseling, relocation counseling, deployment and mobilization assistance and support, Family employment readiness and more.

“If someone comes to us in need of a service we cannot provide, then we can outsource or use another resource off the installation to get them the help that they need,” Ethridge said.

For more information on Hearts Apart or other ACS programs, contact Ethridge, 410-278-2464 or e-mail phyllis.ethridge@us.army.mil

The following is a synopsis of Alleyne’s seminar on using credit wisely.

What is credit?

Credit is one’s reputation as a borrower. It’s the answer to the question, “how likely is this person to make full and on time payments on their debt?” A person’s credit score is a way for creditors to make a quick assessment.

Advantages, disadvantages of using credit

Using credit can be convenient and safe. It can come in handy in case of an emergency, and it can enable one to make large purchases that can be paid off over time that they would otherwise not be able to afford. Credit is also often necessary to make reservations or order items over the phone or online.

However, every time a person uses a card some of their financial flexibility is lost, obligating them to make the minimum monthly payment on the balance

now owed. There can also be a false sense of financial security when credit is used too often leading one to believe that he or she can afford something when they cannot. It is easy to overspend when using credit and one may come to find over time that they feel as though they are always paying for past financial mistakes.

Four basic types of credit

- **Service credit:** a line of credit extended by a phone or other utility company. Service credit often requires a deposit and has penalty fees for late payments.

- **Loans:** can be secured, requiring the borrower to put up collateral such as a car or home if payments are not made, or unsecured, requiring no collateral. Payment terms vary from days to years, and may require regular payments over time or a final payment of one lump sum.

- **Installment credit:** also known as an easy payment plan, a borrower can take goods home with the promise to pay later, in scheduled installments. The items purchased may be used as security for the loan.

- **Credit cards:** may be issued by financial institutions, individual retailers or businesses. They can be looked at as interest free loans if paid in full each month. (Note that a debit card is not a credit card, though it can be used the same way. With a debit card, funds are drawn directly from one’s checking account as items are purchased.)

Establishing credit

The process of establishing good credit requires borrowers to take out lines of credit and prove, over time, that they can make full and on time payments. To establish credit a person must first open a checking or savings account. Once that’s done they can apply for a department store credit card, gas card, bank credit card, short term cash loan from a bank or a secured credit card. One lesser known way is to have a land line telephone installed and billed in your name.

Some institutions may require a cosigner when a person is building up credit. If you are ever asked to cosign for someone, remember that you are assuming 100 percent of the financial responsibility and not 50 percent. That line of credit will now appear on the cosigner’s credit report and any late payments made will adversely affect the cosigner’s score just as much as it would if it were in one name only.

Questions to ask before applying for credit

- Can I afford the monthly payments?
- Can I pay more than the minimum balance?
- What’s the interest rate?
- How much do I spend on living expenses each month?
- How much do I save each month?

Things to watch for when shopping for credit

- **Acceleration clauses:** these allow creditors to demand payments of an out-

standing balance or additional collateral in the event different circumstances, such as failure to make payments, bankruptcies or loan covenants, which are restrictions on the credit holder’s freedom to incur more debt.

- **Repossession:** allows a creditor to repossess purchased merchandise due to failure to make payments.

- **Balloon clause:** requires a large last payment, often more than double the average payment amount.

- **Prepayment penalty:** credit holder incurs penalties for paying off debt early.

- Interest rate/annual percentage rate (APR)

- Method of finance charge calculation

- Grace period
- Fees
- Rewards

Signs credit is not being used wisely

Exceeding credit limits, paying no more than the minimum on monthly payments, not being able to handle minor emergencies, requesting increased credit limits, missing payments and not knowing how much is owed are all signs that the use of credit is out of control. Wage garnishment is a sign that an individual has reached the end of the road. Don’t wait until then to take necessary measures to clean up credit; seek counseling through Hearts Apart.

Cleaning up bad credit

First, a person should pull their credit report annually at a minimum and dispute any inaccuracies.

Alleyne does not recommend turning to a company that claims that they can clean up a person’s credit.

“They can’t do anything that you can’t do yourself,” he explained. “If a line of credit is yours, then there is nothing that they can do to get it removed. If it is not, then they’ll just do the same thing you would do, which is dispute the account and wait for the investigation to take its course. It usually takes about thirty to forty-five days to get the results of the inquiry.”

Communication with creditors is always encouraged, as creditors may be willing to work with the credit holder to make payments more manageable when

a credit holder is experiencing financial hardship.

In the case that there is something a person would like creditors to know when deciding whether or not to issue credit, a 100-word statement can be added to an individual’s credit file to explain a specific situation of an account.

The return on savings is usually a fraction of what the interest is on different forms of credit, especially credit cards. If one has savings, they should consider paying off any high interest credit that they have.

Credit holders should always know their rights and should familiarize themselves with the Fair Credit Reporting Act and Fair Credit Billing Act. Free financial advice is provided through Hearts Apart and is just a phone call away for anyone with questions.

Advice on wise credit use

Above all, watch for warning signs of credit over use.

Everyone should check their credit every so often to know what’s on the report and to be able to challenge any inaccuracies. Individuals can visit www.annualcreditreport.com annually for a free copy of their credit report. Remember that there are three major credit reporting agencies; Experian; Trans Union; Equifax. Be sure to check with all three, as they may not all report the same things.

When it comes to credit cards, avoid high interest cards, and don’t use the card for day-to-day expenses; unless, that is, a person has the discipline to become what Alleyne calls a “professional credit card user.”

“Remember that a credit card can provide you with an interest free loan provided that you don’t carry a balance,” Alleyne said. “Make your payments on time and within the grace period specific to your card, which is usually twenty-five to twenty-eight days, and you can reap the benefits.”

Also check with credit card companies to see what type of cash back, mileage, or other benefits they may offer to their users.

For questions regarding wise credit uses or other financial guidance, contact Alleyne, 410-278-2450 or e-mail arcelio.alleyne@us.army.mil.

ACS hosts Better Business Bureau rep

Army Community Service is hosting a financial seminar 6 to 7 p.m., April 29, in the ACS building 2754, featuring the president and CEO of the Better Business Bureau of Baltimore, Angie Barnett.

The topic, “Your Credit and Debt Issues,” deals with alerting consumers on how to avoid so called ‘miracle cures’ for financial woes and how a consumer’s financial uncertainty makes them prey to the certain sting of a financial scam or rip off. Learn about the new FICO 08, and a consumer’s rights if a debt collector calls.

For more information, call Arcelio Alleyne, financial readiness program manager, 410-278-2450.

‘Military Saves’ encourages Soldiers to build nest egg

Story and photo by
C. TODD LOPEZ
Army News Service

Financial security at home can mean one less distraction from the mission downrange.

“Imagine deploying, or going out to training -- and what is in the back of your mind is how are you going to pay your mortgage, or is your Family going to get evicted while you are deployed,” said Michael Wood, Family and Morale, Welfare and Recreation Command, and the Army liaison to the Military Saves program. “You are not going to be focused on the mission. Financial literacy is a readiness issue.”

Having your financial situation in order, in part by committing to a savings plan, can contribute to mission readiness, Wood said. To help Soldiers make

that happen, the Army participates in the Department of Defense-sponsored “Military Saves” program, which encourages Soldiers to become financially literate and to save their money.

The “Military Saves” program asks participants to take a pledge to commit to financial security through savings, reducing debt and building wealth. Soldiers can learn more about “Military Saves” through the campaign’s Web site at www.militarysaves.org.

“We use the Military Saves campaign as an opportunity to reinforce, encourage, motivate and educate Soldiers on ways to increase savings,” Wood said.

“Military Saves” is primarily a campaign to motivate service members and their Families to save money each month, and to additionally encourage unit lead-

See **SAVE**, page 17



APG News

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

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APG celebrates The Year of the NCO



Former POW provides unique perspective to NCO Academy students



Photo by SFC REGINALD NIMOX
Aberdeen Proving Ground Noncommissioned Officer Academy Warrior Training Center instructor Sgt. James Riley instructs students, from left, Staff Sgts. I-chail Chen, Matthew Hall and Bobby Morris, and Sgt. Allen Reese, on marksmanship in the Laser Marksmanship Training System course.

Story by
SUSAN ANDERSON
APG News Intern

At least one Aberdeen Proving Ground Soldier is all too familiar with the consequences that can follow paying too close of attention to the little voice in your head that says, "this is just training."

At the APG Noncommissioned Officer Academy, this instructor is using his own unique experiences as he strives to ready Soldiers for any challenge life might throw at them while instilling a sense that the threats each and every

one of them face are very real, and that everyone is at risk - it may just be training now, but what about tomorrow?

Sgt. James Riley, an instructor at the APG NCOA, explained that in today's turbulent international environment and with modern warfare evolving as it has, it doesn't matter what a Soldier's military occupational specialty or assignment is, "if you're an American Soldier, you're at risk."

Prior to this assignment, Riley served as a 44E machinist with the 507th Maintenance Company. Deployed to Iraq in

February of 2003, his tour of duty was cut short when after less than one month in country he was taken as a prisoner of war with seven of his fellow Soldiers.

The 507th Maintenance Company was not designated as a combat unit, and at the time, Riley admits that their mindset was just that.

"That'll never happen to me, '... that's what I said; that's what they said," said Riley.

Upon returning from Iraq, Riley worked with Advanced Individual Training students for a short period before being transferred to the NCOA, where he teaches classes on many different subjects, including but not limited to combatives, first aid and short range marksmanship.

Riley said that as an NCO and instructor he has a unique opportunity to impact Soldiers' lives.

"I have the opportunity to pass on things that I've learned, some the hard way, some in different schools, all over," Riley said. "You gotta take a bit from here and there and piece it all together so that it works for you and your given situation. Soldiers need to remember that while something may not be the way that they personally or their unit does things,

everything they learn is just another tool to stick in their toolbox."

He said that it's not the big things but the little things that usually get people, and his fellow NCOA instructors agreed that his approach to his job shows that he takes it very seriously.

"He's one of those guys who performs any task you give him without question and always strives for perfection. He never gives less than one hundred percent," said Master Sgt Kenneth J. Love, Riley's supervisor at the academy.

See NCO, page 17

NCO reenlistment captures essence of CBRNE Command



Photo by MAJ JOE SCROCCA

Sergeant Isaac Diaz, right center, a motor transport operator with Headquarters and Headquarters Company, 20th Support Command (CBRNE), reenlists April 10 as his commander, Capt. Timothy Sikorski, left center, administers the reenlistment oath. Flanking them are Spc. William Ziegler in an EOD-8 Bomb Suit, and Spc. Thomas Howell in a JSLIST Chemical Suit. The ceremony was held at the 20th SUPCOM (CBRNE) headquarters on the Edgewood Area of Aberdeen Proving Ground. The 20th Support Command is headquarters for U.S. Army Forces Command chemical and explosive ordnance disposal forces. Diaz, from Andrews, Texas, entered the Army in 1994 and will relocate this spring to Fort Carson, Colo.

In memory of Grat Blackburn (1945-2009)

ARL

The U.S. Army Research Laboratory suffered a great loss on March 25 with the passing of Grat Blackburn, a contractor employee of Bowhead DSI working for ARL at Aberdeen Proving Ground and previous long-time ARL employee. He was 64.

"Everyone who knew him is pained to the core by the tragic accident that took his life," said Dr. William Bruchey, former chief of the Armor Mechanics Branch and a close friend. "He led by example, had an uncompromising work ethic, was never satisfied with just doing his job, and was accessible to everyone - all of the qualities of a great leader."

Blackburn is also credited for being a great teacher who would mentor and assist any of his coworkers.

"Anyone who entered his universe gravitated towards him, coming closer and closer to experience the qualities of a great gentleman and to ultimately become a member of his extended Family," Bruchey said.

Blackburn, a man of many talents and perhaps one of the most well-rounded research technicians working for the Army, spent his entire adult life in service to the United States. He enlisted in the U.S. Navy during the conflict in Vietnam as an electrician, serving from 1963 to 1967. His service also included duty in the Dominican Republic.

In the late 1970s, his career shifted to Soldier protection when he became a civilian employee for the U.S. Army Ballistic Research Laboratory at APG, a predecessor to ARL. During this time, Blackburn supported research and development efforts at the Supersonic Wind Tunnel.

By the mid-1980s, he had advanced to the position of research technician. He was instrumental in the design and construction of Experimental Facility 14 (EF14), the first full-scale environmentally-controlled ballistic test range. His efforts enabled the development of all the armor variants to appear on the Abrams Main Battle Tank. This groundbreaking effort led to adoption of the test techniques in future ranges at both BRL/ARL and the U.S. Army Aberdeen Test Center.

Also during this period, he developed his expertise in materials behavior and explosive handling to support warhead development. He led the design and construction of Experimental Facility 7a for shaped charge jet research.

Many of Blackburn's design innovations were later incorporated into ARL's experimental facilities for warhead testing in direct support of Operation Iraqi Freedom. He was a major contributor to the first use of nano-materials to improve the per-



Photo courtesy of SETH HALSEY

formance of shaped charge jet weapons.

In the late 1990s, Blackburn shifted his efforts from offense to defense when he became a senior research technician in the Armor Mechanics Branch. He was a major contributor to the integration efforts for the U.S. Army Research Development and Engineering Command High Mobility Multi-purpose Wheeled Vehicle Armor Survivability Kit. More than 10,000 of these kits were sent to Iraq during operation Iraqi Freedom and are credited with saving countless lives. He then worked on another HMMWV project, the Interim Fragmentation Kit. This armor was the forerunner of the current armor kits now on the Mine Resistant Ambush Protected vehicle.

Blackburn was later chosen as lead technician for the ARL Pulsed Power Survivability Program, which was tasked with developing advanced armor systems for the military. His efforts supported programs across the entire Department of Defense.

In a collective statement, the team of engineers, scientists and technicians who worked with Blackburn at the ARL 1100f complex noted that "Grat had a unique ability to take any idea a research engineer could come up with and distill it into something practical and workable, and integrate it into a fighting vehicle." These co-workers include Chet Benjamin, Kenneth Dudeck, Paul Berning, Dale Smith, Eddie Mullins, Aaron Bard, Seth Halsey, Michael Keele and Peter Bartkowski.

Keele, a close friend, commented that it was fitting to invoke the words of President Ronald Reagan when referring to Blackburn: "He was daring and brave, and had that special grace, that special spirit that says, give me a challenge, and I'll meet it with joy."

Blackburn is survived by his wife Peggy, his mother Rebecca, his daughter Nikki and her husband Nick Smith, his daughter Amy and her husband Kevin Moore, and his grandchildren Ben, Savannah, Maggie, Joe and Cassidy.



Community and APG: Partners in Education

ECBC provides career exploration for young Warriors



Mark Colgan, left, talks to a student about working as an Edgewood Chemical Biological Center electronics engineer during Havre de Grace High School's career day held at St. Patrick's Church Hall April 1. More than 400 area high school juniors and seniors attended the event to explore their interest in various career paths.

Story and photo by
MARY DOAK
ECBC

Edgewood Chemical Biological Center was among 60 local agencies to participate in a novel career exploration event held at St. Patrick's Church Hall on April 1.

Havre de Grace High School's career day provided 400 sophomores and juniors an opportunity to interview professionals to gauge student interest in various occupations.

The participating organizations were divided into 10 career categories – environmental, agricultural and natural resources; transportation technologies; information technology; manufacturing, engineering and technology; construction and development; business management and finance; consumer services, hospitality and tourism; human resource services; arts, media and communications and health and biosciences. Each grouping was color-coded and divided throughout the hall to make it easy for students to choose career paths to explore.

Having a robot along for the event probably didn't hurt Mark Colgan's chances of attracting students to him. Once they got there, the ECBC electronics engineer was able to explain the many opportunities available in the engi-

neering field. But, Colgan saw the day as an opportunity for ECBC as well.

"It's always a great opportunity when we get to share what we do at ECBC with the community," he explained. "There are a lot of talented students at our local schools, and it is rewarding to see their excitement as they ask questions about science and technology."

Students provided questions in advance and were given 30 minutes to conduct three interviews with participating professionals.

In another corner of the hall, ECBC biologist Amanda Chambers told students about some of the biofuel research projects on which she has worked.

"I believe I have struck a gold mine," said Kathy Kunda, coordinator of the Business and Education Partnership Advisory Council, Cecil County Public Schools, after hearing of the projects that are underway at ECBC.

Part of Kunda's job is to arrange outreach events for students, and she said she clearly saw the value in having the center as a participant. By all accounts, the students will be glad to hear more about ECBC.

"I was very surprised to find out how eager the students were to hear about what we do in the 'real world,'" said

Chris Gaughan, an ECBC electronics engineer. He was on hand to explain to students how he uses computer modeling and simulation to conduct analysis of chemical and biological contamination.

"I've attended a lot of college career fairs but I've not attended any for high school students" Gaughan said. "It was great to see how sharp and bright the students were."

"I am extremely grateful for the number of career professionals provided by

ECBC," said event coordinator Kathryn Connolly. "[ECBC's] interest in helping us to inspire these young career explorers, along with the support from many of our local businesses, is truly admirable."

(Editor's note: In addition to the three presenters at the career fair, ECBC's Community and Educational Outreach Program Manager Mary Doak was on hand to answer students' questions about internship programs and other outreach efforts.)



What do you really know about alcohol?

APG ASAP Office

The Aberdeen Proving Ground Army Substance Abuse Program believes that for individuals to make good decisions, they must have facts. Alcohol Awareness Month is the perfect time to start with the basic facts about alcohol.

What is alcohol?

Alcohol is a drug that contains ethanol, a substance, which depresses the body's central nervous system.

What are the different forms of alcohol?

Wine, wine coolers, beer and distilled spirits all contain alcohol. A 12-ounce wine cooler contains approximately 7 percent alcohol, the same amount as in 1-1/2 ounces of 80 proof distilled spirits, 5 ounces of wine or a 12-ounce beer. They are metabolized or cleared from the body at the approximate rate of one drink per hour, with individual variances.

How does alcohol affect the body?

The moment alcohol enters the body; it is absorbed directly into the bloodstream first through the walls of the stomach and then the small intestine. The heart starts beating faster and skin becomes flushed. Coordination, depth perception, reflexes, vision, reason and judgment are adversely affected after two drinks for men and one drink for women. Alcohol attacks liver cells, destroys proteins, disrupts the body's blood sugar balance, flushes out water soluble vitamins and inflames the esophagus and pancreas when taken in excess.

What's the truth about 'sobering up'?

Drinking coffee only makes a wide awake drunk. Going for a brisk walk or taking a cold shower will provide exercise and a clean drunk. The only thing that will "sober up" is time. The liver does most of the work to rid the body of alcohol, and nothing can be done to speed up the elimination process. Drinking milk or eating a meal before drinking alcohol will slow down the absorption of alcohol but will not prevent a person from getting drunk when binge drinking.

While body weight and the rate of

alcohol consumption directly influence the amount of alcohol needed to make a person drunk, nothing will prevent alcohol from entering the bloodstream.

How do people become addicted to alcohol?

Alcoholism is a disease that develops when alcohol reacts with a person's particular body chemistry. Depending on a person's physical or genetic make-up, it may take just a little. Each person is born with a certain level of risk for developing this disease, some more so than others. Teenagers can quickly become addicted to alcohol because a young person's liver metabolizes alcohol more rapidly than an adult's. They may build up a tolerance to the drug, requiring more and more alcohol to achieve the same effect. The elderly are also more at risk as they no longer metabolize drugs or alcohol as well as they once did.

What are the warning signs of alcoholism?

- Increased tolerance – the higher a person's tolerance is the closer they are to becoming an alcoholic.
- Inability to stop drinking after one or two drinks or being unable to predict when a person will stop drinking once they start.
- Experiencing withdrawals ranging from insomnia to irritability to needing a drink to overcome the effects of a hangover.
- Chronic blackouts and passouts.
- Making excuses for drinking.
- Frequent absenteeism from work or school.
- Pre-drinking before going out to drink.
- Binge drinking more than five drinks at a sitting.
- Family or friends complaining about a person's drinking.

Knowing alcohol risks, effects

Short-term risks include impaired judgment, increased accidents, unwanted pregnancy, sexually transmitted diseases, legal problems, alcohol related arrests, loss of friends, DWI/DUIs and accidental death.

Long-term risks include short term memory loss, social isolation and decline, incurable brain disease (Warnecke-Karsokoff syndrome), paranoia and possible suicide (most suicides are committed

while intoxicated).

Financial problems can include loss of employment, damage to or loss of personal property and the expense of alcohol abuse.

Physical health is at greater risk for increased blood pressure, heart disease, pancreatitis, cirrhosis, cancers of the mouth and esophagus and malnutrition.

Family problems include violence, disruption of home life and alienation of spouses, parents, children and other Family members.

Work/school problems include poor attendance, substandard work/school production, alienation of co-workers and classmates and loss of employment.

Alcohol is a dangerous and powerful drug that impacts millions of lives everyday.

More alcohol facts

- Alcohol is involved in 60 percent of all auto fatalities. Individuals under the influence of alcohol commit 83 percent of murders and 72 percent of sexual assaults. 4.6 million teenagers are problem drinkers.

- Alcohol is involved in 60 percent of reported cases of child abuse.

- Alcohol costs the economy \$50 billion a year in lost productivity and health care costs.

Any member of the ASAP staff can assist with additional information. For ASAP program issues, contact Jareta Coyle, alcohol and drug control officer, 410-278-3810.

Employee Assistance Program questions can be answered by Bill Sanchious, 410-278-5319.

For prevention and awareness questions and ASAP training issues contact Cindy Scott, 410-278-4013, or Judith Smith, 410-278-3137 for biochemical drug testing questions. Visitors are always welcomed to stop by the ASAP office in building 2477 or visit the ASAP Web site, <https://www.apg.army.mil/apghome/sites/humanresources/asap/>

Look for another Alcohol Awareness article in next week's *APG News*.



Veterans' Voices

VA recognizes volunteers during National Volunteer Week Area resident gives back to veterans by volunteering

Story and photo by
MARGARET HORNBERGER
Perry Point Veterans Affairs Medical Center

What happens in an instant can affect a person's future decisions. Such was the case for Woodrow "Woody" Shenk, a resident of Darlington and hospital service coordinator for the Disabled American Veterans at the Perry Point Veterans Affairs Medical Center, a division of the VA Maryland Health Care System.

While working as a mechanic with the Department of Defense during the early 1990s, Shenk became 100 percent disabled as the result of a serious on-the-job injury.

"As I was undergoing the long recovery process from my injuries, I had time to reflect on those things that are most important to me," Shenk said. "From this reflection came a strong desire to become more involved in supporting those men and women who have served in the armed forces."

Shenk, a native of Perryman and a member of the Washington Area Collectors Blue and Gray Military Vehicle Trust, recalls that as a child he was interested in the military and always looked forward to visiting the U.S. Army Ordnance Museum and attending the annual Armed Forces Day held at Aberdeen Proving Ground.

"Many of my Family members served in the military, and I always felt an obligation to give back to those who protected our freedom," he said.

In 2008, Shenk acted on his desire to support veterans by signing up as a DAV volunteer driver at the Perry Point VAMC. Shenk joined 15 other DAV volunteer drivers who, on a daily basis, escort veterans needing transportation to and from the medical center for their medical appointments. Transportation services provided by the DAV transportation network extend from northern Harford County to the Delaware line of Cecil County. With the recent retirement of the DAV Hospital Service Coordinator, Shenk has assumed this new role and oversees the daily operation of the facility's DAV Transportation Network.

Shenk's volunteer plans also include involvement with the Veterans History Project - designed to preserve the remembrances of American war veterans and the civilians who supported them.



Woodrow "Woody" Shenk, Perry Point VA Medical Center's Disabled American Veterans Hospital Service coordinator, helps a veteran board the DAV van that will transport him to and from his VA clinic appointment.

Through coordination with VA Voluntary Service staff at the Perry Point VAMC, Shenk will collect first-hand narratives from local veterans that will be archived in the American Folklife Center at the Library of Congress.

"I volunteer at my local VA medical center because our veterans gave us the freedom to be here today," Shenk said. "If that's not enough to motivate you to give back, I don't know what is."

The theme for National Volunteer Week, commemorated April 19 through 25, is "Celebrating People in Action." The theme and the week long observance help to recognize ordinary people who, like Shenk, accomplish extraordinary things through service. In 2008, more than 280 volunteers

donated 25,629 hours of service to support the hospitalized veterans at the Perry Point VAMC.

"During these challenging economic times with our nation at war, nothing says 'I love my country' more than the act of volunteering to serve others," said Dennis H. Smith, director of the VA Maryland Health Care System. "In this community and across the land, VA volunteers are giving back every day by serving our nation's heroes."

To learn more about volunteer opportunities and how to support veterans throughout the VAMHCS, contact Rich Maichle, voluntary service specialist at the Perry Point VA Medical Center, 1-800-949-1003, ext. 1039.

AER campaign provides questions, answers

AER Office

Every year during the Army Emergency Relief campaign, the AER campaign office receives many phone calls with questions about the program.

“I’ve been working on this program for years and have compiled a list of answers to those questions that will help anyone considering contributing to AER or contacting AER for help,” said Marge Fissel, AER officer.

Does AER get its money from the government?

No. AER does not receive any appropriated or nonappropriated government money.

From where does AER get its funds?

- Voluntary contributions from active and retired Soldiers and Army civilians.
- Repayment of AER interest-free loans
- Investment income
- Unsolicited contributions

Why does AER have a fund raising campaign?

- Increase awareness about AER.

- To keep its tax exempt status by raising at least one third of the funds through donations.
- Obtain funds to use in assistance programs.

Do I have to contribute to AER to get help?

No. AER will help anyone eligible for AER assistance who has a valid emergency need.

Is there a dollar limit on AER help?

No. AER assistance will meet the emergency need.

Can an Army spouse get AER help if a Soldier is away?

Yes. Spouses should bring the following:

- Power of Attorney
- Military ID Card
- Substantiating documents

How do I find AER when I need help?

- First, see your unit commander
- Then, go to the AER Office on your installation
- If there is no AER Office near you, go to any of the following:
 - American Red Cross
 - Air Force Aid Society
 - Navy-Marine Corps Relief Society
 - Coast Guard Mutual Assistance

The AER Office on APG is located in building 2754, room 201.

For more information call the AER campaign coordinator Maj. Mathieu Petraitis, 410-278-3000.

For more information on AER, call Fissel, 410-278-2508.

Chapel News

Commentary: Whom do you fear and why?



By
CHAP (MAJ) YOUNG D. KIM
Deputy Installation Chaplain

Whom do you fear? When we were young, it was the bully at school, older siblings or our parents. As we grew older, it became our boss or the people who seemed to have power over us—those in influential and “stronger” positions or people and circumstances that threatened our security, reputations or finances.

The next question is why do we fear them? Well, because they are stronger and more powerful and seem to have some degree of control over our lives.

In Isaiah 51:12-16, God asks Israel the same thing. Whom do you fear and why do you fear them? Why, God asks, do you fear mortal men when I am the immortal creator God (vv.13-16) and have claimed you as my own? When we understand who God really is as the creator God, we realize that he is the only one with control. Hence, the Apostle Paul is able to write, “If God is for us, who can be against us?” (Romans 8:31) So, people of the creator, sovereign, almighty God, whom do you fear?

According to Isaiah 51:17-23, we are reminded—with very vivid descriptions—why we must fear God. He is fear-worthy. When God spoke, the universe came into existence. When he awakes to call people to account, nothing will escape his attention. Even the most meticulous teacher makes a grading mistake. Even the fussiest boss overlooks an error. God does not.

And not only is he all knowing but he is also all powerful. The promise of judgment is not a threat—it’s a reality. People who nonchalantly live this life in arrogance and ignorance and neglect of God will pay the price. God will defend his people, and they will be vindicated. We know that God disciplines his people out of love but to those who are not his, he will punish out of justice and judgment.

There are so many things to fear when we don’t fear God. However, when we fear God, there’s nothing to fear. Let us daily place God at the top of our list. When we do, life comes into perspective.

Let us walk humbly before the almighty God. He is loving and good to those who look to him but his love and goodness will not be cheapened. He will discipline us when necessary. We learn from this passage that he is to be feared. Let’s try to learn that lesson as quickly as humanly possible.

Commentary: How safe is your playground?

By

JENELLE L. FERGUSON

Installation Safety Office

According to the National Safety Council, more than 200,000 children are taken to hospital emergency rooms in the United States each year because of playground injuries, and approximately 15 children die each year because of playground injuries.



Maryland, along with 28 other states, has designated April 19 through 25 as National Playground Safety Week.

With the warmer weather and the desire to return to outdoor activities, this is the time for parents to pay renewed attention to children's outdoor play environments. Playgrounds are magnets for children. Therefore maintaining safe play structures are vital to a child's physical, emotional and social growth. Playgrounds give children a chance to enjoy the outdoors, interact with their peers and explore their surroundings while having fun. However, getting hurt on a playground is not a rite of passage to become an adult.

Many playground injuries can be prevented. Equipment safety hazards have been cited for the increase in playground related injuries. Lack of supervision and improper behavior contribute to playground injuries. It is impossible for parents and caregivers to be playground safety nets, so enforcing the rules of play to children is that much more important.

While playgrounds do offer kids a fun way to exercise, it is important for adults to be aware of potential hazards. It is important to check the equipment as well as how a child is dressed. Drawstrings on clothing should not be worn because they may get caught on the equipment causing a serious or even fatal injury, such as strangulation. Entanglement of clothing, strings or ropes are the most common cause of a fatality on a playground while falls are the most common cause of injury on a playground.

Use this guide to examine your children's playground so that they can run,

See **PLAYGROUND**, page 18



Panic on the highway!

Installation Safety Office

"Adventures in driving decision making" is brought to everyone by the Installation Safety Office.

Read the following scenario and then from the options provided, select the best answer. The answers are printed upside down.

Situation #30

You're driving 55 mph along a two-lane country road. You round a curve and see a cow 100 feet ahead slowly walking across the road. What should you do?

- A. Hard brake, grasp wheel firmly, dodge if possible, or hit it if necessary.
- B. Swerve sharply to avoid hitting the animal.

Answer A. "Hard brake, grasp wheel firmly, dodge if possible, or hit it if necessary" is the best choice. Almost automatically, we try to dodge an animal, especially when it's somebody's pet. If you can dodge, that's the best thing to do, but a sharp swerve could get you into even worse trouble. You could find yourself wrapped around a telephone pole or going for a head-on collision. You have to make your judgment depending on the size of the animal and what is on your right. If it's a heavy animal, like this cow, you may be better off to head for the ditch, unless the ditch is a cliff, a stone wall, or a big oak tree. If you have to hit it and if you can do it and still keep your wheels going straight down the road, try to quarter the animal (head for the front or rear to spin it out of the way rather than lift it up).

Answer B. No, you don't want to "swerve sharply to avoid hitting the animal." If you have to swerve sharply and lose control of the car, you are better off to hit the cow. See Answer A.



Health Notes

National Healthcare Decisions Day event held at KUSAHC

Story by
RACHEL PONDER
APG News

Kirk U.S. Army Health Clinic hosted a second annual National Healthcare Decisions Day event April 16 to build growing awareness of advanced care planning and to remind people of the importance of making their healthcare wishes known to loved ones and their care providers.

Jason Barocas, Esq., and Tanya

Adams, a paralegal, who both work for the garrison's Office of the Staff Judge Advocate, were available at the event to help answer legal questions concerning Advanced Medical Directives.

Barocas said that although turnout was low, he hopes that having a day designated for healthcare decisions will cause more people to understand the importance of having an advance directive and to take action.

"People want to think they are invin-

cible, and death is not something people want to think or talk about," Barocas said. "But it is important for responsible adults to have a plan in writing, in the form of an advanced directive, so that they can receive the healthcare that they desire if they cannot speak for themselves."

Barocas added that uncertainty about patient's wishes can lead to tragic results, as seen in the Terri Schiavo case which gained national attention in 2005. Schiavo had been sustained by artificial hydration and nutrition through a feeding tube for 15 years, while her husband, Michael Schiavo, was locked in a very public legal struggle with her parents and siblings about whether such treatment should be continued or stopped.

"The simple act of creating an advance directive can turn out to be an incredible gift for loved ones in the event of an accident or severe illness," said Nathan Kottkamp, chairman of the National Healthcare Decision Day initiative.

Having an Advanced Medical Directive, which is a legally binding document, can save Family and loved ones from expensive medical costs and grief when there is no hope of revival.

According to the National Healthcare Decisions Day Web site, an Advanced Medical Directive comes in two main forms:

- A Health Care Power of Attorney, (or "proxy" or "agent" or "surrogate") documents the person selected to voice a patient's healthcare decision if the patient cannot speak for his or herself.
- A Living Will documents what kinds of medical treatments the patient would or would not want at the end of their life.

Barocas added that Maryland law requires the signature of the person making the living will and two witnesses. If an agent is appointed to carry out the healthcare wishes, the agent may not also be a witness.

Barocas said that living wills can be revised or revoked at any time. For example, a person might decide to change their living will to make their spouse the agent when they get married.

Barocas advised giving the original copy of the living will to the agent,

keeping it in a designated spot, like a fireproof safe, and providing copies to Family members and doctors and anyone else who might have a say in the patient's healthcare. A notification card should also be placed in the patient's wallet letting first responders and others know whether or not they have these documents and whom to contact in case of an emergency.

Debbie Dodsworth, KUSAHC patient advocate, said that the National Healthcare Decisions Day is a good opportunity to educate patients about important legal matters concerning their healthcare.

"While the emphasis was on advance directives, there are other legal decisions that have to be made concerning medical care," Dodsworth said. "This was an opportunity for people to learn about legal matters that are part of all our lives, especially now."

Dodsworth continued by saying that parents need to put the medical decisions that they make for their children in writing when they leave the child with a guardian.

"At Kirk, we have had situations when children are brought in by individuals without a Medical Power of Attorney or signed notarized letter that they are the guardian for the child in the parents' absence," she said. "Federal law defaults to Maryland law that it is a requirement that the adult have the necessary documentation in order for our providers to give medical care for routine matters like a cold. While Soldiers will make provisions when they go overseas, many do not for times when they are going TDY [temporary duty] state-side and leave the children with a guardian, like a grandparent, for example."

Barocas said that Soldiers and their Families can receive free legal assistance regarding their advance directive on Wednesdays with an appointment, by calling 410-278-1583.

Barocas added that legal assistance is not necessary to have an Advance Medical Directive, as it is a relatively easy process.

Free forms and information can be found on www.nationalhealthcaredecisionsday.org.



FAMILY AND MORALE, WELFARE & RECREATION

Auditions extended for APG Talent Showcase

Story by
YVONNE JOHNSON
APG News

Plenty of slots remain open for the Aberdeen Proving Ground Got Talent Showcase for adults and the APG Kids Got Talent Showcase for ages 10 to 18 to be held in the Post Theater May 9.

Final auditions will be held 6 to 8 p.m., April 29 at the Edgewood Area's Stark Recreation Center, building E-4140.

Family and Morale, Welfare and Recreation, in conjunction with Better Opportunities for Single Soldiers, or BOSS, are hosting the double-header event. The APG Kids Got Talent Showcase, 4 to 6 p.m. will be followed by the APG Got Talent Showcase for adults, 7 to 9 p.m.

Members of the APG community can come out and showcase their singing, dancing or musical instrument abilities in the competition which is open to all eligible APG FMWR patrons and their Family members.

Earlene Allen, FMWR senior programmer, said that a DVD of each show will be forwarded to the Department

of the Army and viewed by Grammy, American Idol and Nashville Star representatives along with the Army Entertainment Team which showcases the U.S. Army Soldier Show.

"This is a great opportunity for exposure for anyone involved," Allen said.

In addition, participants will receive a DVD of the show which they can add to their personal press kits.

Food and beverage concessions will be available for both shows, and a special guest to be named later also will perform.

Tickets

For the APG Got Talent Showcase, tickets are \$5 for active or \$6 for both shows and \$7 for non-military or \$8 for both shows.

For the APG Kids Got Talent Showcase, tickets are \$3 for active duty military or \$4 for both shows and \$5 for non-military or \$6 for both shows.

Purchase tickets at FMWR Registration, building 3326, or call 410-278-4011/4907 or at Hoyle Gym, building E-4210, or call 410-435-7134/

Audition/competition information

All acts must audition to participate in each showcase.

In the APG Kids Got Talent Showcase, contestants will compete in the following age groups: 10-12, 13-15, and 16-18.

Awards

Age category awards in the APG Kids Got Talent Showcase, chosen by judges are \$150 first place; \$100 second place; and \$50 third place; with a \$100 People's Choice Award selected by the audience.

In the adult APG Got Talent Showcase, overall awards chosen by judges are \$300 first place; \$200 second place; and \$100 third place; with a \$100 People's Choice Award selected by the audience.

Rules

Entry categories

Categories include vocal soloist, duet or vocal group (maximum of five people), instrumental soloist or instrumental

group (maximum of five people), Rap, spoken word, dance, praise or group dance, comedy or other specialty acts.

Time limit

Performances are limited to four minutes for individuals and five minutes for groups.

Props

Performers must provide their own props to support their act. Backup music is accepted on iPods, MP3 players or CDs. Performers must provide their own USB cables. Music must be given to the sound technician during the first rehearsal. Music cannot contain lyrics. Musicians may accompany any act.

Judging

Contestants will be judged on talent, stage presence and audience response. The People's Choice Award will be presented to the contestant selected solely on audience response.

Awards

Along with the monetary awards, all participants will receive a Commander's Certificate of Appreciation.

Activities/Events

Bunco at Top of the Bay tonight

Win door prizes at Bunco, 7 p.m., April 23 and May 21 at Top of the Bay Chesapeake/Mezzanine. Cost to play is \$5 per person.

Hearts Apart Support Group schedule

Family members from all branches of service, DoD civilians and contractors may participate in Hearts Apart Support Group meetings held in the APG Army Community Service building 2754, Rodman Road 6 to 7 p.m. the first Wednesday of every month (May 6, June 3, July 1, Aug. 5, Sept. 2, Oct. 7, Nov. 4 and Dec. 2).

For more information, call, 410-278-2464/410-278-7572.

ACS provides Operation R.E.A.D.Y. Training for Families

The Army Community Service Mobilization/Deployment Program provides Operation R.E.A.D.Y. training specifically to provide support, guidance, assistance and training in all aspects of Family support issues and services.

Classes will be held 1:30 to 3:30 p.m.

at the Aberdeen Area Recreation Center, building 3326.

- May 12, Rear Detachment Commander
- June 16, Trauma in the Unit
- July 21, Financial Planning for Deployment

For more information, call Mobilization/Deployment Office, 410-278-2453/7572.

APG holds Armed Forces Day 10K run

Charm City Run will sponsor a 10K run (6.2 miles), 7:30 a.m., May 16, commemorating Armed Forces Day, at the Aberdeen Athletic Center, building 3330.

The race is open to the general public, military or civilian. Entry forms can be found on Charm City Run Web site, www.charmcityrun.com.

Entry fees are \$25 through May 1, \$30 through May 15 and \$35 race day. There is a \$5 discount for active duty military and privates (E-1) through private first class (E-3) are free. Military grades E-1 through E-3 may register with their unit.

Runners will receive a 10K Run T-

shirt, and water will be provided on the course and at the finish line.

For more information, call Ralph Cuomo, APG Sports Office, 410-278-3868 or contact a unit first sergeant.

Annual Travel Fair slated for May 20

By plane, train, boat or automobile – choose a travel destination at the annual Travel Fair, 11 a.m. to 2 p.m., May 20 at the Aberdeen Area Athletic Center, building 3300.

Representatives from Great Wolf Lodge, the National Aquarium, Six Flags, the Maryland Zoo, Kings Dominion, Spirit Cruises, Broadway Across America and more will be available to speak directly with visitors to the Travel Fair.

Door prizes include a 32-inch HD Flat Screen TV, hotel stays, bus trips for two, theme park tickets, gift certificates and more. Fire 4 Effect, an all new Army brass band, and a jazz combo will provide live entertainment. Wine tasting by Paradocx Vineyard, light refreshments, snacks and promotional give-a-ways also will be provided.

For more information, vis-

it FMWR Leisure Travel Services, AA Recreation Center, building 3326, 410-278-4011/4907, e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

25th anniversary Army 10-Miler

The 25th annual Army Ten-Miler will be held 8 a.m. Oct. 4, Washington, D.C.

To mark the 25th anniversary of the Army Ten Miler, the field for the race will be increased to 30,000 runners.

The packet pick-up and expo have moved to the D.C. Armory at 2001 East Capitol Street, NE, Washington, D.C. The armory is conveniently located off the Metro Orange and Blue lines at the Stadium/Armory stop. Parking is available at the armory for \$7.

Packet pick-up and expo will be open 11 a.m. to 8 p.m., Oct. 2, and 9 a.m. to 7 p.m., Oct. 3.

Register early for a spot in the race. The GEICO pasta dinner tickets, Hooah Tents and Youth Run registration is also open. Runners are encouraged to sign up early.

For more information or to register, visit www.armytenmiler.com.

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.

Price of Driver's Ed increases end of June

Driver's Ed classes will be held Monday thru Thursday, 2:30 to 5:45 p.m. or 6 to 9:15 p.m. Classes will be held April 30 thru May 5; May 11 thru 27 (no class May 25); and June 1 thru 16. Cost is \$295 per student.

The cost of the Driver's Ed classes will increase to \$305 per student starting with the June 22 class. Classes will be held June 22 thru July 7; July 13 thru 28; and Aug. 3 thru 18 (there is no class on federal holidays), Monday thru Thursday, 11 a.m. to 2:15 p.m.; 2:30 to 5:45 p.m.; or 6 to 9:15 p.m.

All Drivers Education classes are conducted by Rules Driving School, Inc. Classes will be held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304.

Classes include 30 hours classroom instruction and 6 hours behind the wheel instruction.

The last day to register for the class is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Parents must attend the first day of class. Open to all DoD ID card holders.

Baby Signs play class

SKIES Unlimited invites parents and children to join Baby Signs, a sing, say and play class, 6 to 7 p.m., May 18, at the Aberdeen Area Child Development Center Gross Motor Room. Meet a certified Baby Signs instructor and enjoy a demonstration of Baby Signs play class. Learn new signs with songs, interactive play activities and find out more about the Baby Signs program.

Open to all DoD ID card holders and their Family members.

Beginner Tae Kwon Do

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

Beginner Tae Kwon Do classes will be held for ages 6 through 13 at the Child, Youth and School Center, build-

ing 2522, Tuesday and Thursday, 5:30 to 6:15 p.m. April 28 through May 21 and June 2 through 25. Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3 to 7:30 p.m., on Fridays, May 8 through June 12. Classes will also be given 9:30 a.m. to 12:30 p.m., on Saturdays, May 9 through June 13.

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.

Ice Skating Lessons

SKIES Unlimited offers a comprehensive group lesson program ice skating lessons for ages 4 through 18. Classes will be held 5:30 to 6:30 p.m., Tuesdays, May 26 through June 30 and July 2 through Aug. 11 at Ice World in Abingdon.

Ice World's philosophy is to provide top notch, professional instruction for beginner through advanced skaters in a relaxed and fun environment. Learn to Skate is based on the fundamentals of the United States Figure Skating Association and is necessary for those wishing to proceed on to ice hockey or freestyle.

Each session includes six weeks of professional instruction; each session is 30 minutes long with 30 minute practice weekly free skate rentals. Class sizes are limited and are grouped by age and ability. Three free passes to public sessions are included.

Ice skating classes cost \$110 per student. There will be no make-up classes or refunds.

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child and Youth Services babysitting class for ages 13 to 18.

The class will be held 9 a.m. to 3 p.m., June 16 at the AA Child and Youth Services, building 2522. The objectives are to familiarize participants with the responsibilities of babysitting.

Class is open to all DoD ID card holders.

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

Infant/Child First Aid, CPR Class

An Infant/Child First Aid and CPR class will be held 9 a.m. to 3 p.m., for ages 13 and older, June 18, building 2752, Child and Youth Services administration building. The class costs \$5 per person.

Drawing and Sketching

Drawing and sketching classes will be held 10 to 11:30 a.m., Mondays and Thursdays, June 22 through July 30, for ages 10 to 15 at Aberdeen Area Youth Center, building 2522.

Students will explore the concepts of value, proportion, perspective, composition, and foreshortening in this drawing class. Class topics include materials used in drawing and sketching, memory drawing, contour drawing, grid drawing, tonal drawing and matting of completed works.

Students are required to have an 11- x 14-inch drawing pad.

Class costs \$120 per student for eight weeks.

Toddler Art

Calling all young Picassos. Toddler Art lessons will be given 9:30 to 10:15 a.m., Wednesdays, June 24 through July

29, for ages 2 through 4 at Aberdeen Area Youth Center, building 2522.

Hands-on creativity is the theme as children explore paint, clay, color, texture and shapes. Dress little ones in old clothes or smock and be prepared for a messy good time. Parent participation required.

Cost is \$60 per student for eight weeks.

Introduction to Water Colors

SKIES Unlimited offers an Introduction to Water Colors, 10:30 a.m. to noon, Wednesdays, June 24 through July 29, for ages 8 through 13 at the Aberdeen Area Youth Center, building 2522. Cost is \$60 per student for eight weeks.

Students will learn watercolor techniques. Instruction will focus on brush handling and controlling water volume on the brush and paper.

Students are required to have a 11- x 14-inch drawing pad.

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://acpol.army.mil/employment/naf.htm> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.

April bowling specials

In April, bowl from 1 to 5 p.m. for \$1.50 per game; shoe rental costs \$2. Soldier Special: 5 to 9 p.m., April 27, Soldiers bowl for \$1.75 per game per person; shoe rental costs \$2. Soldiers must show ID.

APG Bowling Center Snack Bar specials Building 2342

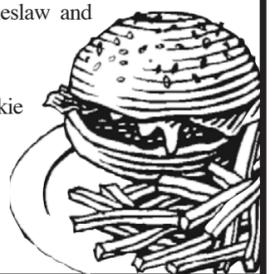
Week of April 20

Special #1: Grilled ham and cheese with potato chips and regular soda for \$5.45.
Special #2: Crab cake platter with french fries, coleslaw and regular soda for \$9.95.

Week of April 27

Special #1: Egg salad sandwich with potato chips, cookie and regular soda for \$4.25.
Special #2: Chicken tender wrap with potato chips, cookie and regular soda for \$5.25.

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



Community Notes

THURSDAY

APRIL 23 SWAN HARBOR FARM SPRING OPEN HOUSE

Swan Harbor Farm, located on 401 Oakington Road, Havre de Grace, will host an Open House, 4 to 7 p.m. Learn more about Swan Harbor Farm for upcoming weddings and receptions, corporate meetings or retreat for a special event. Light refreshments will be served.

For more information call 410-939-6767 or visit www.swanharborfarm.org.

KARAOKE/LADIES NIGHT

Thirsty Thursdays are back at Charlton-Miller Veterans of Foreign War Post 6054, located at 206 Spesutia Road. Show off those singing skills at Karaoke Night, 7 p.m. No cover charge. Happy hour is 5 to 9 p.m.

For more information or for directions, call 410-272-3444.

FRIDAY

APRIL 24 BASKET BINGO

Basket Bingo to benefit the Aberdeen High School Dance Team will be held 7 p.m. at the Aberdeen Fire Hall on Rodgers Street. Doors open 6 p.m. Tickets cost \$12 each; extra packs cost \$5 each. Food and drinks will be available. Bring a non-perishable food item for a bonus prize.

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

TEACH YOUR KIDS TO SHARE DAY

Thrivent Financial for Lutherans, a faith-based, not-for-profit financial services organization, will introduce Teach Your Kids to Share Day, 5 to 9 p.m., at Port Discovery Children's Museum, 35 Market Place, Baltimore. The event is open to all adults and children ages 6 to 10.

Instill sensible money habits in kids and have fun doing it. In addition to receiving their very own Money Matters Piggy Bank as a learning tool about sharing, saving and spending, children will participate in a series of interactive activities designed to teach various concepts.

Registration fee costs \$10 per Family and includes dinner, activities and educational materials.

For more information or to register, visit www.thrivent.com/shareday or call 1-800-236-3736.

SATURDAY

APRIL 25 VOLUNTEER EXPO

The Harford County Department of Community Services will hold its first annual Volunteer Expo, 9 a.m. to noon, at Paterson Mill Middle-High School, located on 102 South Hickory Avenue, Bel Air, designed to inform the community about volunteer opportunities available throughout Harford County. The Volunteer Expo is free and open to people of all ages. With more than 60 participating organizations onsite, anyone who attends can find a volunteer opportunity suited to their wants and needs. There are volunteer opportunities available for everyone, whether once a year, once a month, or once a week and more.

For more information or for a list of participating organizations, visit www.harfordcountymd.gov/services.

BULL AND OYSTER ROAST

The Chesapeake Heritage Conservancy will host its 14th annual Bull and Oyster Roast to benefit the Skipjack Martha Lewis, 6 to 10 p.m. under a tent in Hutchins Park (at the foot of Congress Avenue) in Havre de Grace. Doors open at 6 p.m.

Tickets cost \$40 per person in advance for open seating. Cost includes a raw bar with oysters and top neck clams, pit beef, smoked turkey and ham, a buffet with fried oysters, shrimp gumbo, Italian sausage, potato salad, pasta salad, cole slaw, Maryland crab soup and sheet cake, draft beer and soda and wine. A premium brand cash bar, live auction, silent auction and a pirate auction also will be available. Tickets are available at Amanda's Florist, Java by the Bay and the Havre de Grace Visitors Center in Havre de Grace or by calling the Conservancy's office, 410-939-4078.

For more information, visit Web site, <http://www.chesapeakeheritage.org/bullroast.html>.

PURSE BINGO

Purse Bingo will be held at the American Legion Edgewood Service Post 17 located on 415 Edgewood Road. Doors open 5:30 p.m.; Bingo begins 7 p.m. For more information, call 410-676-1147.

BASKET BINGO

Basket Bingo to benefit Bethany's Buddies and Krafty Survivors Relay for Life will be held at VFW Post 8185, located on Route 222, Port Deposit. Doors open 5:45, bingo begins at 7 p.m.

Tickets cost \$12 per person for all paper cards. Extra packs cost \$5. Door prizes and raffles will be available.

This is a non-smoking event.

For more information, call Anne Gibson, 410-378-3338 or Pat Job, 410-658-5628.

OL' SCHOOL JAM DANCE

The Ambassadors of Dance will sponsor an Ol' School Jam dance at the VFW Post 10025, located on 821 Old Philadelphia Road (across from Walmart), 9 p.m. to 1 a.m. Guests should

bring their own food or snack; drinks will be available for purchase. Tickets are not available at the door.

For more information or to purchase tickets, call Jean Flores, 410-273-9286, Sheila, 443-226-2479, Renee, 410-206-3249, or Kim, 443-904-6700.

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

APG SCHOOL LIAISON

Tillman Military Scholarships at University of Maryland

The Division of Student Affairs is seeking qualified applicants for the Tillman Military Scholarships at the University of Maryland. The scholarships are sponsored by the Pat Tillman Foundation "Leadership Through Action TM" initiative, which is dedicated to supporting educational opportunities for service members and their Families. Veteran and active service members and their dependents (children and spouses) portray the very nature of leadership that the foundation seeks to inspire in young people across the country. The scholarships will ensure these leaders have every opportunity to pursue broader educational goals. The scholarships are intended to cover direct study-related expenses such as tuition, fees, books, and room and board as well as other needs such as child care.

Eligibility

- Veteran and active service members of both pre- and post-9/11 service
- Service members who wish to start, finish, or further their education.
- Those whose benefits have run out or exceeded
- Service members of all branches of the U.S. Armed Forces: Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard, and Reserve
- Service members pursuing undergraduate, graduate and post-graduate degrees
- Dependents of service members (children and spouses)
- Those whose benefits are not transferable from their mother/father/husband/wife
- Those who are survivors of a service member
- Those whose transferable benefits are not sufficient
- Dependents who wish to start, finish, or further their education
- Dependents pursuing undergraduate, graduate, post-graduate, 2-year, 4-year, vocational, and trade degrees or certifications

Criteria for consideration for scholarship

- Unmet financial need
- Educational and career ambitions
- Length of service
- Record of personal achievement
- Compelling, thoughtful, genuine, and thorough essay question responses
- Demonstration of service to others in the community and a desire to continue such service

Annual renewability will be considered for most scholarships based on proof of GPA earned and minimum annual enrollment of 24 credit hours, as well as, documented participation in civic action or community service.

Applications are available at www.stamp.umd.edu/tillman/.

Application and all supporting materials must be postmarked by April 27. Materials may be mailed or delivered to Dr. Marsha Guenzler-Stevens, 0110 Stamp Student Union, College Park, MD 20742. For questions or additional information, contact mguenzle@umd.edu or call 301-314-8505.

For information about the University of Maryland Veterans Initiatives, check out www.veterans.umd.edu/.

For additional information about the Pat Tillman Foundation, check out pat-tillmanfoundation.org/.

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

POST SHORTS

Network, will hold a free hiring event for veterans, personnel who are transitioning from active duty, Reserves, Guard and military spouses, 11 a.m. to 3 p.m., April 23, at M&T Bank Stadium (home of the Baltimore Ravens), 1100 Russell Street, Baltimore.

Meet with representatives from government contractors, private industry, law enforcement, education, transportation and more from local, state and national organizations.

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

For more info or to register as a job-seeker, visit www.recruitmilitary.com.

RAB meeting at new location

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., April 30, at a new location: Vitali's Restaurant & Banquets, 1709 Edgewood Road and Route 24 in Edgewood, Maryland.

The topic of the meeting will be an update on the Canal Creek Study Area.

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.

Days of Remembrance May 5

The U.S. Army Research Laboratory is sponsoring this year's Days of Remembrance observance 10 a.m., May 5, at the APG Post Theater.

Guest speaker Marion Blumenthal Lazan will speak to the theme "Never again: What you do matters."

For more information, contact Katie Hall, 410-278-0286, 1st Sgt. L. Tyson, 410-278-9819, or Sgt. 1st Class Elwood Veney, 410-436-4810.

JETS/USO hosts Military Spouse Job Fair Express

The Joint Employment Transition Services, or JETS, and the USO of Metropolitan Washington will host a Military Spouse Job Fair Express 8 to 11:30 a.m. and 11:35 a.m. to 1:45 p.m., May 2, at Army Community Service, 9800 Bel-

voir Road, Fort Belvoir, Va.

The job fair will feature more than 25 employers throughout the National Capital Region; one-on-one job search and resume review consultations; sessions on "Preparing for Federal Employment;" "Career Strategies in an Economic Downturn;" and "Maximizing New GI Bill Education Benefits and Career Advancement Accounts."

Participants can register for the morning or afternoon session.

The first 100 attendees at each session will receive gift bags.

For more information or to register, call 703-805-4277, e-mail dawn@usometro.org or visit www.usometro.org.

715 Gate ribbon cutting ceremony May 8

A ribbon cutting ceremony will be held at noon, May 8, to officially mark the completion of the Route 715 Gate entrance and visitor's center.

Col. Jeffrey S. Weissman, deputy post commander and garrison commander will give opening remarks.

For more information, call John Kearney, director, Plans, Training, Mobilization and Security, 410-306-2291.

Military Order of Foreign Wars holds Biennial Convention

The Military Order of Foreign Wars of the United States will hold its 49th Biennial Convention, May 7 to 9, at the Holiday Inn Express, located on 1305 Walnut Street, Philadelphia.

Spouses and guests of companions are encouraged to attend.

Web site <http://www.brookfield-publishing.com/MOFW/page1.htm> includes the roster of the MOFW, by commander, so that attendees will have the opportunity to make sure that they are listed as a member.

For more information or to register, visit <http://www.brookfieldpublishing.com/MOFW/Convention/Convention4.htm>.

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

CWF announces upcoming trips, events

May 16

Trip to New York City

Spend the day in the Big Apple, at your leisure. Take in a Broadway show, shop or sightsee. The cost per person is \$45 for charter bus transportation.

June 5 through 15

Visit Canada and more

A trip to Nova Scotia, Prince Edward Island and the Cabot Trail, Atlantic Canada. Cost is \$1,970 per person double occupancy, \$2,565 single occupancy.

Price includes 10 nights lodging, 10 breakfasts and dinners (including a lobster dinner), all sightseeing mentioned in itinerary, luggage handling, taxes, deluxe motor coach, tour guide, taxes and standard gratuities.

A passport is required for Canada.

July 11

CWF night at Ripken Stadium and Crab Feast

Join CWF for a great night of Ironbirds baseball and fireworks from the Party Deck at Aberdeen's Ripken Stadium.

The cost per person is \$43 or \$49 per person including beer, a complimentary Ironbirds baseball cap, all-you-can-eat

Bo Brooks Crabs, hot dogs, hamburgers and corn on the cob. Reservation deadline is June 11.

Aug. 8

Trip to Kings Dominion

Come and enjoy one of the East Coast's best amusement parks. Kings Dominion offers 13 roller coasters including the new hair-raising "Dominator" and 20 acres of water-filled fun.

The price will include round trip charter bus transportation and entry into the park.

Bus leaves APG at 8 a.m. Price to be determined.

Oct. 2 through 10

Trip to France

Join CWF for the trip of a lifetime to Paris and other French highlights. See the Normandy Beaches, Mont St. Michel-Blois, Brittany, Chateaux Country and more.

The trip costs \$3,599 per person based on double occupancy, \$3,499 triple occupancy, \$4,299 single occupancy.

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

Tax

From front page

checks this year, but will still owe that money when they file taxes next year.

Solution: After DFAS executes the new withholding as of May 1, retirees in this category can ask DFAS to restore the previous, higher withholding amount.

• Working military retirees who don't receive Social Security or VA disability compensation will have \$400/\$800 less withheld from both their military retired pay and from their employer's pay – a total of \$800/\$1,600 less withheld, which means they'll have to pay \$400/\$800 of that back when they file their 2009 taxes next year (Individuals can only get the tax credit once).

Solution: People who don't want that

to happen can ask either DFAS or their employer to restore the original higher withholding amount after May 1.

• Working military retirees who do receive Social Security or VA disability compensation will get the \$250 payment soon and will also have \$400/\$800 less withheld from both their military retired pay and from their employer's pay -- a total of \$800/\$1,600 less withheld. But, the total tax credit they can qualify for will be \$400/\$800. That means they'll end up having to pay back \$650 (single) or \$1,050 (joint filer) of that money when they file their 2009 taxes next year.

Solution: If they don't want that to happen, they should ask DFAS and/or their employer to increase their withholding an extra \$100 to \$180/month for the rest of the year so they come out even. (Editor's note: Excerpted from an MOAA article.)

NCO

From page 3

Riley is the NCOA's weapons expert. Small group leader Staff Sgt. Peter Damian said that he respects how Riley knows his subject matter "like the back of his hand."

"He really knows a ton about weapons systems," Damian said. "Knowing more than just what you're trained on in Basic could save your life in a lot of situations, especially a POW experience, so his knowledge is really useful. Every Soldier should know how to use their enemy's weapons."

Small group instructor Sgt. Edward Jones said Soldiers who go through the NCOA consider Riley "the real deal."

"Soldiers respect him for the fact that he was a POW and takes the job very seriously and knows his stuff," Jones said.

The 507th Maintenance Company's return from Iraq was highly publicized, and there were few who didn't want to capitalize on the experiences of the returning POWs, including Riley. However, what some admire most about Riley is his refusal to, as Staff Sgt. Leslie H. Mayne put it, "hug the media."

Love agreed, and said that "he doesn't expect a reward or anything of that nature, he just enjoys doing the job."

Although introverted by nature, Riley admits that the experience he will look back at with the most pride upon retirement is the time he spent as an instructor.

"This was my first experience dealing with people on a large scale basis of any sort," Riley said. "I've enjoyed it a lot, though, and think I've been good at it."

With 18 and a half years of service and retirement looming ahead, Riley has no definite plans for what challenges he might like to tackle next. He always wanted to be in the military and said that he'd stay in if he could.

In the meantime, Riley hopes to continue to make a difference in Soldiers' lives any way he can.

"I'm just an individual doing my job. This can be a real tough job, and like a lot of things, it's all what you make of it, what you give to it. I'm just trying to pass on all that I can so that they cannot make the same mistakes and face the consequences. Even if it wasn't your fault, you're still gonna live with that. You were there, it's always going to be going through your mind, 'what could I have done, what did I do wrong,' and you just try and pass everything on so that hopefully someone else doesn't make that mistake," Riley said.

Save

From page 2

ership to persuade members to participate in automatic savings plans. The campaign is supported by all four branches of military service, the Department of Defense, banks and other financial institutions, as well as agencies such as the Army Emergency Relief, the Air Force Aid Society and the Navy-Marine Corps Relief Society.

"Military Saves" is part of the larger "America Saves" campaign. The two programs are operated by the non-profit Consumer Federation of America. The program is also a partner in the Department of Defense Financial Readiness Campaign. "Military Saves" was developed and tested by the CFA and the military services before being launched throughout the DoD in February 2007.

In addition to asking Soldiers to commit to saving, the campaign provides on its Web site information about where Soldiers can learn more about both saving and investing their money. The program also sponsors four campaign weeks a year dedicated to different aspects of financial preparedness, including a week dedicated to saving and investing, a week for teaching youth about the importance of saving, a week dedicated to debit reduction and a week dedicated to preparing for retirement.

Wood said that during those campaign weeks, booths may be set up at commissaries or post exchanges to pass on important financial information to Soldiers.

During the last "Military Saves" informational week, which ended March 1, the campaign also added 6,800 new Soldiers who made the commitment to be better savers of their money, Wood said.

"And our goal is to increase that each quarter," he added.

Wood also said the Army offers its own programs to help Soldiers save and to help them learn how to better manage their money. At Army Community Service centers, financial readiness program managers help educate Soldiers about better money management, he said.

"We have certified counselors located in the facilities to educate Soldiers on the different venues, savings accounts, certificates of deposit, offers from local credit unions, mutual funds, bonds and any other number of ways you can do better

than just a savings account," Wood said.

The Financial Readiness Program manager at Aberdeen Proving Ground Army Community Service, Arcelio Alleyne, believes strongly in the program.

"This current economic downturn facing the nation, clearly reminds everyone of the importance of saving for a rainy day," Alleyne said. "I urge all APG service members to visit the www.militarysaves.org site and take the "Military Saves" pledge on the road to taking control of their financial future."

Wood also said that even before savings begins, Soldiers can better learn to manage their income stream by learning to build a budget, reduce their debits and pay their bills on time.

"You also have to have some goals, long term goals, and also individual and Family specific goals," he said.

For Soldiers who are deployed, there is the Savings Deposit Program. That program offers Soldiers the opportunity to earn up to 10 percent on funds deposited while deployed -- a rate of return much higher than what many banks are now offering. Wood said the program is underutilized and that's unfortunate because Soldiers earn additional pay while deployed that could be painlessly invested.

"Soldiers have been enduring repeated back to back deployments over the last few years," he said. "While they are deployed there is a lot of additional pay that is affiliated with that deployment -- hostile fire pay for instance -- a lot of that is tax free."

He said when Soldiers get back from deployment, there may be a "nest egg" that has built up, and that sometimes Soldiers are tempted to spend that on things they want rather than need.

"When they receive those amounts of money they want to go out and spend," he said. "What we want to try to focus Soldiers on is that you don't have to have it today. If you put a little bit of your savings away each month, and if you intend on making the Army a career, you will have a tremendous nest egg."

The time to start saving is now, Wood said, and anybody can do it.

"It is never too late to save and you're never too old to start saving," he said. "Each year you should write down your savings goals. And if you accomplish just one of them that puts you in a better place than you are today."

Annual Spring Technology Expo April 29

REDECOM/DOIM

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Aberdeen Proving Ground Directorate of Information Management will host the 2009 Annual Spring Information Technology Expo, 9:30 a.m. to 1:30 p.m., April 29, at Top of the Bay.

Admission is free and open to all Department of Defense, government and contractor personnel. Coffee, donuts and a light lunch buffet will be served.

State-of-the-art technologies will be featured from 3M Visual Systems, ACL Computers/Software Inc., Alliance Micro, Army Knowledge Online, USAGAPG/DOIM, AVI-SPL, Avocent, Booz Allen Hamilton, Business Machines, CACI, CCS Presentation Systems, CDW-G, Commercial Data Systems, Consulting Services Inc., Dell, Emtec Federal, EPS Corp., F.A. O'Toole Office Systems, Fujitsu, Graybar, Hartford Computer Group, IBM, Insight Federal, Konica, Minolta Business Solutions, Lexmark, Link Solutions, Log Sec Corp., Metro Office Solutions, mLINQS, Nelson White Systems, Neo Technologies, New Horizons CLC of Baltimore, Newark, Office Eagle, Panasonic, Perot Systems, Physical Optics Corp., Plantronics, Plug-In Storage, Praxis Engineering, Promark Technology, RDECOM Small Business, RGB Spectrum, Raritan, Red Hat, STG, Inc., Survive Engineering, TCG, Tektronix, Transition Networks, Tripp Lite, Universal Business Technologies, Wey Technology, Wright Line, Xerox and more.

For more information, call FDAE toll-free 877-332-3976, Lisa Yurkovic, RDECOM, 410-436-9094, or Susan Suppa, DOIM, 410-278-7598.

Army launches 2nd Sexual Assault Prevention Summit

Story by
J.D. LEIPOLD
Army News Service

Secretary of the Army Pete Geren launched the second "I. A.M. Strong" Sexual Harassment/Sexual Assault Prevention Summit in Arlington, Va., April 6, telling the audience of Soldiers and civilians that the Army would become the nation's "gold standard when it comes to sexual assault investigation and prosecution."

Echoing the words of Lt. Gen. Michael D. Rochelle, the Army G-1, to "absolutely eradicate" sexual assault and sexual harassment in the Army, Geren said that since 9/11 nearly 2,000 American Soldiers had been punished for sexually assaulting a fellow Soldier. He also said that sexual assault is one of the country's most under-reported crimes.

"Experts estimate that only one in five sexual assaults are even reported and that's not just within the Army, that's on the outside, but we assume that to be true in the Army," he said. "And, if that is true, those two thousand reports mean since 9/11 that ten thousand American Soldiers have been assaulted by a fellow Soldier, blue-on-blue ... ten thousand American Soldiers."

As part of Sexual Assault Awareness Month, the second annual summit kicked off phase two of a four-phase strategy to wipe out sexual harassment and sexual assault and mount a campaign of Army-wide conviction whereby all Soldiers and members of the Army community take direct ownership of sexual harassment and assault prevention by proactively engaging as role models who personally take action and address any behavior which can lead to sexual assault.

Phase one began Sept. 9, 2008, at the first Sexu-

al Assault Prevention and Risk Reduction Summit in which leaders dedicated their efforts to implement the cornerstone of the I. A.M. Strong campaign with senior leader condemnation of sexual harassment and assault.

"I.A.M." stands for intervene, act and motivate, the cornerstones of the campaign.

"Last year with the launch of the I. A.M. Strong campaign, we committed to the same sort of historic change within our Army with regard to sexual assault that you accomplished in regard to the ugly stains of racism that lingered for way too long in our values-based organization," Geren told the audience.

"Sexual assault is an assault on the core values of every American Soldier and is repugnant to everything a Soldier stands for," he said.

Geren said the Army Criminal Investigation Command and the Judge Advocate General have taken new measures to support victims and hold offenders accountable. The measures include hiring experts in the field of prosecution and investigations. Additionally, 30 special investigators and 15 prosecutors have been placed at installations with the highest occurrences of sexual assault.

He also said the Army has brought on board 35 examiners at the Criminal Investigation Laboratory and funded specialized training with the National Advocacy Center for prosecutors. The Army has also established a mobilized investigation training team to train all CID battalions.

According to the secretary, the additional resources will augment current capabilities by establishing a special victim's approach in the handling of sexual assault cases and it will reinforce the Army's commitment to accountability.

Playground

From page 11

jump, swing and slide to their heart's content—safely.

- Check the playground for mulch or a rubber surface under the equipment to ease the impact of a fall.
- Check playground for trash and other potential trip hazards, such as rocks,

tree stumps and concrete footings.

- Check to ensure all elevated surfaces have chest-high guard rails.
- Look for broken or damaged equipment prior to play (broken swings, holes or cracks in plastic pieces, splintering on wood pieces).
- Ensure children use playground equipment that is appropriate for their age. Most equipment is labeled "2-5 years old" and "5-12 years old."
- Ensure children use the playground equipment for its intended purpose only.

- Supervise children and encourage safe play on equipment.
- Children should wear shoes, such as sneakers, that do not slide on wet surfaces.

- Do not allow children to play on slippery or wet equipment or force body parts through small spaces.
- Do not allow children to play on hot metal surfaces heated by the sun, such as slides, that have been known to cause third-degree burns.

- Do not allow children to cross in

front or behind moving swings.

- Do not allow children to push or pull others while playing on climbing equipment.
- Report any problems, whether the issue is the ground or equipment.

With kids at play, there is no hope of having an injury-free playground, but with parents and caregivers becoming more knowledgeable and attentive of the play equipment, it can greatly improve overall safety for the kids and their play environment.

Activities

From front page

Manic Monday with Marty Bass.

Starting off the day will be the annual Armed Forces Day 10K Run, which starts 7:30 a.m. at the Aberdeen Area Athletic Center, building 3300. (See below for more on the run.)

"The AFD celebration promises to be one of the largest in years with the installation's test and development and science and technology missions, featuring some of the latest innovations in Warfighter technology, figuring prominently into the festivities," Kearney said.

Displays and exhibits of modern-day and futuristic military vehicles, equipment, weapons and technology, will include a thermal weapons sight demonstration in a night visions trailer present-

ed by the U.S. Army Communications - Electronics Research, Development and Engineering Center's Night Vision and Electronic Sensors Directorate, and an AN/PSS-14 Mine Detecting Set demonstration by the U.S. Army Communications-Electronic Command, LCMC.

Visitors will be able to get up close and personal with military vehicles like the Mine Resistant Ambush Protected vehicle, the high mobility multi-purpose wheeled vehicle, a Stryker vehicle and a Buffalo Surrogate Mine Protected Clearance Vehicle.

Other displays include Combat Feeding, Army Robotics and a demonstration of the America's Army Training Game.

Family entertainment

Families can spend the rest of the day enjoying the entertainment options provided by the Directorate of Family and Morale, Welfare and Recreation. They include a bounce house, a climbing wall, face paint-

ing, balloon art and other entertainment, including the Really Strange Museum.

The Army Substance Abuse Program will feature a drunken driving simulator and drunk goggle challenge. Food and beverage vendors also will be on hand. The band "Release" will provide additional musical support.

Other participating organizations include the U.S. Army Medical Research Institute of Chemical Defense, the U.S. Army's Center for Health Promotion and Preventive Medicine, the Aberdeen Test Center and Ordnance schools.

Check the *APG News* for updates on planned displays and activities.

AFD 10K Run

Charm City Run of Bel Air will sponsor the 10K (6.2 miles) run 7:30 a.m., starting at the Aberdeen Athletic Center, building 3330. The race is hosted by FMWR and is open to the public, military or civilian. Entry forms can be found

on the Charm City Run Web site, <http://www.charmcityrun.com>. Non-military ID holders should pre-register on the Charm City Run Web site. A photo ID is required for entry to the installation.

The AFD 10K Run fee is \$25 through May 1, \$30 through May 15 and \$35 race day. There is a \$5 discount for active duty military and privates (E-1) through private first class (E-3) are free. Military grades E-1 through E-3 may register with their unit.

Runners will receive an Armed Forces Day 10K Run T-shirt, and water will be provided on the course and at the end of the run.

The race is expected to end by 9:a.m. Award presentations will follow at 9:15 a.m.

Military runners should contact their unit first sergeant.

For more information about the run, contact Ralph Cuomo, APG Sports director, 410-278-3868 or e-mail ralph.cuomo@conus.army.mil.

Education

From front page

The new program changes all that. The Post-9/11 G.I. Bill, Wilson said, pays for tuition by sending payments directly to the school. It also pays for student housing by sending a payment to the student. An additional payment for books and supplies also goes directly to the student.

With the Post-9/11 G.I. Bill, a Soldier may be entitled to tuition payments equal to the cost of the most expensive public, undergraduate, in-state tuition and fees in his or her home state. For instance: a student learns that the most expensive public state school in the state of their home of record costs \$1,250 for a semester of courses. If the student opts to attend a private school instead, that school will receive up to \$1,250 a semester for tuition.

"Potentially, a student can get up to the full cost of tuition for the school they attend," Wilson said.

Tuition is not the only benefit extended to potential college-goers. For students attending school more than half the time, the Post-9/11 G.I. Bill also pays housing costs, up to a rate equivalent to the Basic Allowance for Housing rate for an E-5 with Family members in the zip code where the school is located.

If a student attends school in Charlotte, N.C., for instance, the BAH rate in the area for an E-5 with Family members is \$1,179. The student would then receive that much money for rent each month -- even if he or she has no Family members.

Soldiers on active duty may tap in to the Post-9/11

G.I. Bill and apply benefits toward tuition, books and supplies. However, active duty Soldiers are not entitled to receive the housing allowance from the program.

Students are also entitled to a yearly stipend of up to \$1,000 to cover the cost of books and supplies, and students from highly rural areas who are transferring to a school may also be entitled to a one-time payment of \$500.

Perhaps one of the best-known benefits of the Post-9/11 G.I. Bill is the ability to transfer the benefits to one's Family members.

"For a lot of folks, that's a key issue," Wilson said of the change. "That section of the bill was specifically designed as a retention tool. And it is set up for those individuals who have served six years in the Armed Forces and agree to serve an additional period of service after Aug. 1, 2009."

The details of who may transfer benefits to their Family members, however, are being set by the military services, not the Veterans Administration. That policy has not yet been determined.

Unlike the MGIB, which required Soldiers to pay up to \$1,200 to participate, the Post-9/11 G.I. Bill requires no such payment. All Soldiers who served after Sept. 11, 2001, may qualify for some or all of the benefits, depending on how long they served. Additionally, the program also serves National Guard and Reserve service members, depending on how much time they were mobilized for active duty.

"There are different tiers of benefit payment, depending on how much active service you have," Wilson said, "How many months of active service you

have after 9/11. The lowest level is for those that have between ninety days and six months of active service after 9/11."

The amount of active service a member has after 9/11 determines what percentage of benefits they can receive under the Post-9/11 G.I. Bill:

Member Serves	Percentage of Maximum Benefit Payable
At least 36 months	100%
At least 30 continuous days on active duty and must be discharged due to service-connected disability	100%
At least 30 months, but less than 36 months	90%
At least 24 months, but less than 30 months	80%
At least 18 months, but less than 24 months	70%
At least 12 months, but less than 18 months	60%
At least 06 months, but less than 12 months	50%
At least 90 days, but less than 06 months	40%

"The percentages go on up until you reach the point where you have thirty-six months of active duty -- and those individuals qualify for one hundred

percent of everything," Wilson said.

Soldiers who invested in the MGIB by paying the \$1,200 buy-in for the program, and who elect to participate in the Post-9/11 G.I. Bill, will be refunded a proportional amount of their buy-in, after all entitlement under the Post-9/11 G.I. Bill is used.

Those who do not use all their entitlement under the Post-9/11 G.I. Bill, do not receive a refund of their MGIB buy-in. Additionally, those who paid into the \$600 MGIB "buy-up" program, which increased the benefits under MGIB, will not receive a refund for that money.

Wilson said that the Post-9/11 G.I. Bill is not the only game in town for Soldiers. There are other programs the VA still administers that can help Soldiers get their education, including the MGIB (active duty), the MGIB (selective reserve), and the Reserve Educational Assistance Program. About 400,000 individuals were taking advantage of those programs in fiscal year 2008.

"VA's previous programs are still available," he said. "They are still in existence, it is just that we have a fourth program we are administering now. Individuals do need to clearly understand their educational goals as well as understand all available programs to ensure they make the best use of their educational opportunities. For many people, they are going to receive a higher benefit under this program than they would have received in the other programs that we still continue to administer. Potentially, a lot more people will find college affordable."

Wilson said it is important to understand the new program

may not be the program best suited for an individual's needs. Such factors as type of training and availability of other educational assistance are important factors to consider before deciding which program to use, he said.

There are limits on what kinds of education a student can get with the benefits of the new Post-9/11 G.I. Bill. For instance, the benefits can only be used for graduate and undergraduate degrees, and vocational/technical training. And all training must be taken at an institute of higher learning.

"The new program does not cover all the kinds of training the older programs do," Wilson said. "For instance, on-the-job training, apprenticeship training, or flight training--those types of things are only covered under the MGIB, not the new program."

Benefits under the Post-9/11 G.I. Bill can be used for all levels of degree programs, however. The program allows Soldiers to earn a second degree, a master's degree or even a doctorate. About 8 percent of the MGIB beneficiaries use the program toward graduate training, Wilson said.

Soldiers or veterans who bought into the MGIB and who have already tapped into that program can still transfer the remainder of their benefits to the Post-9/11 G.I. Bill program, Wilson said. Both programs offer 36 months of "eligibility," which means that a Soldier or veteran can draw benefits for 36 months from one program or the other.

"If I use thirty months under program A (MGIB), I can transition to program B (the Post-9/11 G.I. Bill) and get six months of coverage there," Wilson said.

COMMANDER'S CORNER

Sustaining the environment for a secure future

By MAJ. GEN. PAUL S. IZZO
Commander, USARDECOM

April brings us some welcome spring weather, the greening of our trees and lawns, and the month in which we celebrate Earth Day and Arbor Day.

We plant trees and flowers while we enjoy our improving weather. But, the message we should take away from Earth Day goes deeper than a tree planting, particularly for those of us on an Army post. We sustain the environment for a secure future, both for our installation and our nation.

Sustainability is a relatively new concept for installation operations. To the Soldier on the battlefield, that term traditionally has meant beans and bullets. However, the Army has now embraced a broader concept of sustainability for its installations. It means our installations must meet current resource needs while simultaneously considering the needs of the future. It reaches from the training ranges to the cantonment area, from our housing areas to our civilian neighbors.

This concept of sustainability further redefines the traditional term because it bridges our installation's activities of today to those of tomorrow by transforming mission, business and environmental practices. We must look out 20 and 30 years when we talk about resources that need to be conserved and preserved so that Soldiers can have the technology and facilities to support their requirements for generations to come.

Consider our "boot print," the depth of our resource use and impacts on APG. We cover more than 72,500 acres of land and support more than 50 training, testing and firing ranges. We use 1,217 miles of utility lines and 14 million square feet of building space. Our installation not only provides a home for 17,000 Soldiers, Family members and employees but also for 600 archaeological sites, 1,280 historic buildings and hundreds of plant and animal species, including the bald eagle. We manage a complex interdependence of mission, environment and community.

Whenever we test equipment, we leave a boot print. Whenever we fabricate a prototype, we leave a boot print. Whenever we run our air conditioners or put out the trash, we leave a boot print. So, how deep and how long-lasting are those boot prints on the environment, our energy use and our natural resources? Because in the end, wasteful behavior and a lack of conservation costs us...in fuel, in electricity, in training hours, in land use and in quality of life.

Managing resources properly so we can develop the technologies of the future; creating safer and more cost effective installation operations; improving the quality of life for ourselves and our neighbors—that is sustainability and why sustainability is important to all of us.

So, when it comes to April, don't just think "trees," think sustainability.



2009 Army Earth Day message

The Army joins our nation in recognizing Earth Day and the need for responsible stewardship of our environment and natural resources.

Increasingly, the health and security of our nation as well as global stability are impacted by our ability to safeguard and protect our environment.

By leveraging the interdependence among mission, environment and community to establish and sustain necessary resources, we ensure that the Army simultaneously meets current as well as future mission requirements worldwide, safeguards human health, improves quality of life, while also enhancing the natural environment. Moreover, as a component of Army transformation, we are eliminating waste, driving innovation and promoting collaboration across the Army enterprise.

The Army has never failed to seize on an opportunity to lead. This commitment is no more apparent than in the Army's approach to environmental stewardship. In 2008, the Army released the federal government's first sustainability report outlining the accomplishments of our Soldiers, Families, Army civilians and contractors in green construction, more efficient use of fuels, and expanded use of renewable and alternative energy sources. In January 2009, the Army signaled its commitment to reducing greenhouse gas emissions by introducing the first of what will be the largest acquisition of Neighborhood Electric Vehicles in the United States.

As we continue our efforts to minimize the Army "footprint" on earth, we ask every member of the Army team this Earth Day to re-dedicate to being good stewards of our environment to "Sustain the Mission - Secure the Future."

Army Green is Army Strong.

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

George W. Casey, Jr.
George W. Casey, Jr.
General, United States Army
Chief of Staff, Army

Pete Geren
Pete Geren
Secretary of the Army

Arbor Day

From front page

Treasure."

Before announcing the poster contest winners, John Wrobel, garrison environmental specialist, welcomed guest speakers Tim McNamara, deputy to the garrison commander, and Wayne Merkel, a state forester with the Maryland Department of Natural Resources.

McNamara said the event highlighted the importance of protecting the environment.

"Trees protect the environment, bring nature to our daily lives and symbolize continuing life," he said.

He pointed out a black oak tree near the pavilion, which has been determined to be 250-years-old—about 150-years-old when APG was founded.

"It's one of many that provide reservoirs for [APG] wildlife which includes more than forty species of birds and mammals," McNamara said.

He thanked the contest participants and commended Boy Scout Troop 777 and members of the U.S. Air Force Detachment, who, a month earlier, led by Boy Scout Zeke Dumm, created the 300-foot long nature trail that now borders the area.

"Young, fresh ideas help stimulate the environment," McNamara said, "and a healthy environment is essential to the future."

Merkel commended McNamara and the garrison staff for "the outstanding work they continue to do," and singled out Len Wrobel, a forester and co-owner of MAR-LEN Environmental Service, who with his wife, Marikay, is responsible for the planting of more than 2,100 trees on the installation.

He said the Arbor Day Foundation's Tree City USA program recognizes communities that have a tree board or department; establishes a tree ordinance; creates a community forestry program and holds an Arbor Day observance and that APG has consistently met all standards since 2005. He said the installation is in sync with state initiatives that include the Forest Brigade plan which is utilizing inmates to plant 1 million trees by 2011, with more than 100,000 already planted in Central Maryland; and the Maryland Plant Trees initiative that encourages private citizens to plant trees.

He presented McNamara with the installation's third Tree City USA award, and its second Growth Award and thanked Wrobel and Tull, with the Garrison's Environmental Management Division, as "individuals on APG who have been vital to the program."



Children play along a stream and others gather in a skunk cabbage patch while touring a new nature trail during the APG Garrison's Arbor Day Celebration April 9

Before touring the nature trail, visitors gathered around the 250-year-old black oak tree, where Wrobel had children join hands and circle the tree to demonstrate its circumference. He said the tree was 16.4 feet around and explained how researchers determined the tree's age.

Visitors then toured the nature trail where volunteers, posted several yards apart, pointed out its attributes.

At the trail's entrance, Larry Dumm, the father of Zeke Dumm, pointed out the site's various trees, bushes and shrubs and talked about the different types of habitats they provide.

A 17-year-old junior at Patterson Mill High School, Zeke led the restoration of the trail in March as part of his Eagle Scout project. The project involved marking the trail and clearing debris. He said that after researching the different types of projects he could lead, he "felt good about this one."

"With this kind of project you're not just making a difference, you're having an impact," he said.

The trail, when completed, will measure 1,000 feet, he added.

A few yards away, garrison environmentalist Deidre DeRoia, said the area's biodiversity was exhibited in the various types of habitats along the trail. She explained how a berry bush, a food source for animals, also can be used by humans — its berries can be ground up as a spice, and its leaves can be used for tea or in a bath to treat arthritis.

"We want to preserve these very strong species for biodiversity," DeRoia said. "Out here, we don't know what they can do for us."

At the site of a large, uproot-

ed tree, described as a pit and mound depression, Scott English, a forester with the U.S. Army Environmental Command, and Todd Besel, a garrison environmental specialist, pointed out how although fallen, the tree still provides shelter and a food source for forest animals, microbes and other organisms. They estimated that the tree fell about 10 years ago and that as a "renewable source with life cycles," it was still "doing its part" as a habitat.

Beside a stream at the end of the trail, garrison biologist Jim Bailey stood among a grove of skunk cabbage, explaining how the plant, a vital food source for forest inhabitants, is one of the first to grow in the wetlands.

"It's a wetland indicator and an important food and supply source that's only above ground for a few weeks," Bailey said.

He said that wetland vegetation is an important part of the water cycle because it flushes and cleans waters headed to the bay and that with its 13,000 acres of wetlands, "APG provides a lot of good, clean water for the bay."

"Our water quality was graded the best in the bay," Bailey said, adding that the installation's waters were the only surveyed area to receive a grade of B, the highest grade awarded along the bay areas.

Visitors said they were impressed by what they learned.

"Something like this is always interesting for kids," said Mark Gallihue, as he watched his children, Taylor, 9, and Liam, 6, play with other children among the cabbage patch at the water's edge. A garrison historian, Gallihue said he "deals with the cultural side of environment" and said he appreciates the rela-



The winning entry in the 1st grade category of the Arbor Day poster contest by 7-year-old Kiana Miller shows how trees provide food and shelter for animals and insects. "They really are a treasure," Miller said.

tionship between the two.

"I just enjoy seeing how nature works," he said.

Maj. David Johnston, a laboratory operations manager with the U.S. Army Center for Health Promotion and Preventive Medicine, said his Family of six children regularly support environmental events at the Anita C. Leight Estuary Center in Abingdon.

"We support Arbor Day as a Family," he said. "We've been out to this park before, but this trail is all new to us. It's important, we think, to encourage children to be environmentally conscious."

The top winners in each cat-

egory of the Arbor Day poster contest received certificates and coins from McNamara.

The winners included Kiana Miller, 1st grade; Justin Reed, 2nd grade; Carolyn Mason, 3rd thru 4th grade; Tatyanna Moon, 5th thru 6th grade; Karinna Johnston, 7th thru 8th grade and Brandon Banks, high school. The winners said they focused on expressing the importance of trees.

"We get paper, wood and other important things from trees," Wood said. "Trees are gold."

Miller said her poster showed how trees are a treasure.

"Trees help all of us and they give animals a home," she said. "They really are a treasure."