



See page 2 for Year of the NCO article.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Aug. 26, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Wanted: Stories about NCOs

To showcase the year of the noncommissioned officer, the APG News is looking for story ideas to publish. Anyone with a suggestion should call the editor, Debi Horne, 410-278-1150.

Water connection work planned

The Directorate of Public Works in coordination with the City of Aberdeen will make the final connection to the new water line running through the North Gate Business Park adjacent to the Route 22 Gate on Aug. 28.

This is the main water supply for Aberdeen Proving Ground. All efforts are being taken to minimize any interruption of water service to residents and tenant organizations.

For more information, call Dennis Overbay, 410-306-1844.

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KUSAHC leadership shifts to Ireland

Story by YVONNE JOHNSON
APG News

Lieutenant Colonel Mark A. Ireland assumed command of Kirk U.S. Army Health Clinic from Maj. Ed. J. Weinberg who served as interim commander for just six weeks during a change of command ceremony on the clinic's front lawn Aug. 11. Ireland comes to APG from the U.S. Army Center for Health Promotion and Preventive Medicine-Europe in Landstuhl, Germany, where he served as chief of the Department of Occupational Health Sciences.

Weinberg returns to his position as the deputy commander for administration at Dunham U.S. Army Health Clinic in Carlisle Barracks, Pa.

The ceremony's host was Col. Christopher M. Castle, commander of the U.S. Army Medical Department Activity at Fort George G. Meade.

Noting that Weinberg was



Colonel Christopher M. Castle, commander of the Fort George G. Meade Medical Department Activity, left, passes the Kirk U.S. Army Health Clinic guidon to incoming commander Lt. Col. Mark A. Ireland as outgoing commander Maj. Ed Weinberg, center, and Master Sgt. Scott Hoffman, KUSAHC senior enlisted advisor, right, look on during the change of command ceremony held at the facility Aug. 11.

Photo by MOLLIE KILBY

asked to "stand in" until the arrival of the new commander, Castle called Weinberg an "extraordinary leader and praised

him for his contributions. "He was the Kirk commander for a short while but a good while, and he's done a phenom-

enal job," Castle said.

Referring to Ireland as "the real deal," he welcomed him
See KUSAHC, page 2



Changing the face of the Edgewood Area Contract awarded for MRICD facility

Story by NICOLE CAWTHERN
Garrison Transformation Office

The U.S. Army Corps of Engineers awarded the main construction contract for the U.S. Army Medical Research Institute of Chemical Defense facility Aug. 14.

Despite an unusually large number of bids received, Clark Construction of Bethesda, Md., won the contract in the amount of \$229 million, a very competitive price for this large and complex facility.

The company will build a 526,000 square foot multi-story chemical containment medical research facility in the Edgewood Area of Aberdeen Proving Ground.

"The stunning design will provide another improvement to the landscape of APG, which will allow for the development, testing and evaluation of the latest medical materials and forms of treatment to prevent casualties and to treat those exposed to chemical warfare agents," said Col. Andrew B. Nelson, deputy Garrison commander for Transformation at APG.

Gary Schilling, program manager for the Integrated Office of the USACE concerning all BRAC projects at APG, commented on the award.

"We are excited to have awarded this project and are confident we have a great team that is capable of delivering quality at a great value for the taxpayer. Our team is eager to get construction under way," he said.

"The MRICD project is a very complex facility and important to our tenant's mis-



Artist's rendition by Architectural Engineering firm of IDP JOINT VENTURE Sure to enhance the scenery of the Edgewood Area of Aberdeen Proving Ground, the 526,255 square-foot facility will support the U.S. Army Medical Research Institute of Chemical Defense's mission of developing, testing and evaluating medical treatments and materiel to prevent and treat casualties of chemical warfare agents. Clark Construction of Bethesda, Md., won the contract bid of \$229 million and plans a completion of this base realignment and closure project in 2013.

sion at the Edgewood side of APG," Nelson said. "The state-of-the-art design will provide the research scientists the facilities they need to perform their critical mission, while helping us transform the face of APG. This award marks another critical milestone in our plan to build the new APG."

A ground breaking ceremony for the facility is scheduled for Sept. 15, with construction set to begin soon after. The facility is scheduled to be complete in 2013.

About MRICD

The institute is the U. S. Department

MRICD officially opens its Collaborative Research Facility

Story by CINDY KRONMAN
MRICD

The U.S. Army Medical Research Institute of Chemical Defense officially opened its Collaborative Research Facility July 17 and dedicated the building to Dr. Brennie E. Hackley Jr., who served as the institute's chief scientist and scientific advisor from 1984 until his death in 2006.

The CRF is a multimillion-dollar 6,800 square-foot research facility designed to serve as a venue to support collaboration with entities external to the MRICD, including research partners in industry, academia and government. The CRF makes it possible for these extramural researchers to conduct collaborative experiments using dilute chemical threat agents.

During the ribbon cutting ceremonies, MRICD's commander Col. Harry F. Slife Jr. described how a building once used to house goats became the institute's newest research asset. In the post-911 era, he explained, scientists from a variety of venues became interested in the medical chemical defense research program, but were limited in the types of studies they could conduct because of restrictions and regulatory requirements concerning the use of chemical threat agents. Many saw collaboration with MRICD scien-

tists who could conduct the agent portion of the studies as the solution.

As a result, Slife said, "Investigators at this institute found themselves inundated with collaborative requests from outside agencies and sister laboratories within the U.S. Army Medical Research and Materiel Command. These collaborations required a significant time investment on MRICD investigators, taking them away from their own research projects to oversee agent use activities for these collaborative efforts."

In 2002, MRICD started looking for a solution; the result was a recommendation to dedicate separate resources for collaborative studies rather than to use internal resources. The idea of a collaborative research facility was born.

Making it a reality

Discussions began with the National Institutes of Health and Dr. Ernest Takafuji, director for Biodefense Research at the National Institute of Allergy and Infectious Diseases, NIH, Bethesda, Md., as well as a former commander of the MRICD.

"[Takafuji's] unique perspective, having served here at the institute while in uniform, coupled with his responsibilities at NIAID allowed him to appreciate the

See MRICD, page 2

TRAFFIC ALERT

Harford Boulevard Gate closure

The Harford Boulevard (Maryland Route 22) Gate will be closed through 4 a.m., Aug. 31 to allow installation of the new active vehicle barrier. In mitigation, the Aberdeen Boulevard Gate will open for traffic from 4 a.m. until 10 p.m., Monday through Friday. As always, Maryland Boulevard (Maryland Route 715) Gate is open at all times.

The following traffic routing will be in effect for the duration of this closure: Garden Drive will remain open for residents of Patriot Village, New Chesapeake Gardens and Bay-side housing areas, school buses and gate construction traffic. Harford Boulevard will be closed to all traffic each side of the Garden Drive intersection. It will also be closed to all traffic west of the Rodman Road intersection and all out bound traffic will be detoured onto Aberdeen Boulevard via Rodman Road.

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



APG celebrates The Year of the NCO

History of the NCO Creed

http://www.armystudyguide.com/content/army_board_study_guide_topics/nco_history/history-of-the-nco-creed.shtml

The Creed has existed in different versions for a number of years. Long into their careers, sergeants remember reciting the NCO Creed during their induction into the NCO Corps. Nearly every NCO's office or home has a copy hanging on a wall. Some have intricate etchings in metal on a wooden plaque or printed in fine calligraphy. But a quick glance at any copy of the NCO Creed and [the reader] will see no author's name at the bottom. The origin of the NCO Creed is a story of its own.

In 1973, the Army (and the NCO Corps) was in turmoil. Of the post-Vietnam developments in American military policy, the most influential in shaping the Army was the advent of the Modern Volunteer Army. With the inception of the Noncom-

missioned Officer Candidate Course, many young sergeants were not the skilled trainers of the past and were only trained to perform a specific job: squad leaders in Vietnam. The NCO system was under development and the Army was rewriting its Field Manual 22-100, Leadership, to set a road map for leaders to follow.

Of those working on the challenges at hand, one of the only NCO-pure instructional departments at the U.S. Army Infantry School at Fort Benning, Ga., was the NCO Subcommittee of the Command and Leadership Committee in the Leadership Department. Besides training Soldiers at the Non-commissioned Officers Academy, these NCOs also developed instructional material and worked as part of the team developing model leadership programs of instruction.

During one brainstorming session, Sgt. 1st Class Earle Brigham recalls writing three letters on a plain white sheet of paper... N-C-O. From those three letters they began to build the NCO Creed. The idea behind developing a creed was to give NCOs a "yardstick by which to measure themselves."

When it was ultimately approved, the NCO Creed was printed on the inside cover of the special texts issued to students attending the NCO courses at Fort Benning, beginning in 1974. Although the NCO Creed was submitted higher for approval and distribution Army-wide, it was not formalized by an official Army publication until 11 years later.

Though it has been rewritten in different ways, the NCO Creed still begins its paragraphs with those three letters: N-C-O. It continues to guide and reinforce the values of each new generation of NCOs.

KUSAHC

From front page

to "the Kirk team."

"He has a great eye for doing his job," Castle said, adding that Ireland had served in Afghanistan as well as CHPPM-North at Fort Meade.

"He's ready for the transformation at Aberdeen Proving Ground as you go through [base realignment and closure]," he said, adding that his actions will impact the lives of the 200 people who work at Kirk as well as those served in the community.

"He will handle Soldier behavior and health issues and also transform to a workforce health mission due to BRAC," Castle said. "I expect him to uphold what is expected of leaders, and I challenge you in the year of the non-commissioned officer to drive this down to your NCOs and let them execute. Develop that team, and they will take care of you and accomplish the mission."

Weinberg thanked Castle for his assignment to Kirk, calling it, "one of

the most rewarding of my career."

"My eyes were opened to the great practices at Kirk that I will take back to Dunham," Weinberg said. "I made great memories that will last a lifetime and great relationships that I will cherish."

He thanked his wife and three daughters for their support and said that he was "stronger for having served with my new Family here at Kirk."

"I wish my successor all the best," he said.

Ireland said it was a "great pleasure" to assume command and thanked Weinberg for a "smooth transition."

"I look forward to being a part of what makes this community so great," he said. Noting Weinberg's "significant impact on the command and the community," he thanked the Kirk Soldiers and staff "for what they do everyday."

"I express humble and profound gratitude for each and every one of you," he said.

Addressing the APG and Kirk transformations, Ireland said that Soldiers, Family members, civilians and retirees can be assured that Kirk remains com-

mitted to them.

"We remain committed to providing the best service available and making sure they are healthy and physically ready," he said.

He said that he and his Family look forward to their tour at APG.

"This is our first time in the APG area. It's a beautiful area here at the top of the bay. There's a lot of history here, and the people are very friendly," he said. "We're looking forward to our stay here."

Participants in the ceremony included Master Sgt. Scott F. Hoffman, senior enlisted advisor who participated in the passing of the KUSAHC guidon, and Medical Detachment leaders Capt. Itsara Ounnarath and Sgt. 1st Class Eddie Little.

Guests, who included former KUSAHC commander, Col. William Rice of APG's CHPPM, bid farewell to the outgoing commander on the field following the ceremony and then greeted the incoming commander during an indoor reception. Guests enjoyed a breakfast casserole of eggs, sausage, potatoes and cheese, zucchini-applesauce cake, carrot cake, coffee, juices, muffins, bagels, yogurt and

a fruit tray catered by Freda's catering service whose owner Freda Gunn is a U.S. Army Medical Research Institute of Chemical Defense employee.

Lt. Col. Mark A. Ireland

A native of Portsmouth, Va., Ireland holds a bachelor's degree in biomedical engineering from Boston University and a master's in environmental health engineering and safety from Johns Hopkins.

His previous assignments include 48th Medical Detachment (Preventive Medicine) at Fort Riley, Kan.; CHPPM at Fort George G. Meade; U. S. Central Command; U.S. Army Europe and 7th Army; Southern European Task Force, Afghanistan; and USACHPPM-Europe in Landstuhl, Germany.

Ireland is a graduate of the AMEDD Officer Basic and Advanced courses, the Combined Arms and Services Staff School and the U.S. Army Command and General Staff College.

His military awards include the Bronze Star, Defense Meritorious Service and Meritorious Service medals.

Ireland and his wife Tawnya have two daughters, Hannah and Emma.

MRICD

From front page

potential value for this facility and how it could provide a needed niche for the program," Slife said.

According to Takafuji, Congress, the Department of Homeland Security and the Department of Health and Human Services all recognized the need for collaboration in research. But, Takafuji continued, NIH resources could not be the sole solution; much of the expertise and experience, especially when it came to research on radiation and chemical and biological agents, were in DoD.

The challenge lay in figuring out how to bring together various government departments, each with its own culture, to get them thinking along the lines of collaboration, and to convince them to financially support the creation of such a facility in an era of tight budgets. Not even moving the money from one department to another, explained Takafuji, was an easy task.

Despite these challenges, all the departments involved, through the highest levels of the federal government, recognized that a dedicated facility was, said Takafuji, "in the best interest of the nation."

In these coordinating efforts, Takafuji worked closely with Dr. Gennady E. Platoff Jr., Office of Biodefense Research at NIAID and a former commander of MRICD as well.

The resulting facility is the culmination of their efforts, as well as of the hard work of several young officers at MRICD who managed the project for the institute, and the efforts of MRICD facilities manager, Denise Hott. Most notably among the series of MRICD managers is Lt. Col. Maurice Sipos, who as a captain recommended the solution of a separate facility to accommodate collaborative efforts and who during subsequent assignments



Photo by CARY SISOLAK, USAMRICD
Ethel Hackley and Col. Harry F. Slife Jr., commander, U.S. Army Medical Research Institute of Chemical Defense, unveil the plaque July 17 dedicating the institute's Collaborative Research Facility to the late Dr. Brennie E. Hackley Jr., USAMRICD 1950-2006. Behind Hackley are her daughter, Michele Johnson, a sister-in-law and her son Brennie III.

at MRICD worked on various stages of the project. He is now chief of MRICD's Research Division in which the Collaborative Research Facility Branch is a part.

"The CRF stands ready to provide a venue for scientists to participate in a program they might never have had the opportunity otherwise due to regulatory restrictions, budget limitations or the lack of program or administrative tools," said Slife at the ribbon cutting.

Following the ribbon cutting, came the building's dedication.

It was fitting, said Slife, that the CRF, which was created so that the institute could "reach out to a greater population of contributors," should be dedicated to Dr. Brennie E. Hackley Jr., whose dream it was "to reach out, to interact with an international community" and who was so well respected in that international community.

That respect grew out of his long career in federal service and his own

important contributions to the medical chemical defense research program. After receiving a bachelor's in chemistry from Wilberforce University, Hackley enlisted in the Army and was later commissioned in the Army Officer Corps. Hackley retired from the Army Reserves at the rank of colonel after 30 years. His civilian career began in the Medicinal Chemistry Branch of the Army Chemical Command in 1950. In 1954 he earned a master's and in 1957 a doctorate in chemistry from the University of Delaware.

Among Hackley's significant contributions to the medical chemical defense program, noted Slife, was his exploration and synthesis of a number of oximes. Even today, MRICD scientists are exploring this "library of oximes" in efforts to field alternative therapeutic measures for exposure to chemical warfare nerve agents.

Hackley's vast experience and historical knowledge of the program also made

him an invaluable resource when it came to new projects. He could always be counted on "to attest to what was done in that area previously and to steer us in the right direction," Slife said.

"Doctor Hackley continues to influence the work here every day," concluded Slife. "He is sorely missed not only for his scientific expertise but because of his camaraderie and his friendship."

As a former MRICD commander, Takafuji also had first-hand experience with Hackley's knowledge and expertise.

"It was really a tremendous pleasure for me to hear that a decision had been made to dedicate this building in the honor of my very dear friend and collaborator, Doctor Brennie Hackley," Takafuji said. "It's not just a building; what it represents is an effort and a commitment that people like Brennie had."

Among the Hackley Family present at the ceremony were his widow, Ethel, his daughter, Michele Johnson, his son Brennie III, two of his grandchildren, Brandon and Erin Johnson, and his sisters, Frances Hackley, Kathleen Petty, and Oglivia Abernathy with her husband, Thomas. The Hackleys also have another son, Michael, who was not able to attend the event.

Speaking on behalf of her mother and the rest of the Family, Johnson addressed the guests.

"We are so grateful, and thank you very much for this wonderful honor that you've bestowed upon us and my dad. He, to the end, loved the people who were here, the intellectual stimulation, the opportunity to mentor, the opportunity to make an impact in people's lives in small and large ways. This is very gratifying to the Family to realize that sometimes good efforts and moral efforts are rewarded. Good luck with this facility, which is sorely needed to merge government, industry and academia."

After the ceremony, the Hackley Family and guests were invited to tour the new facility.

APG News

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

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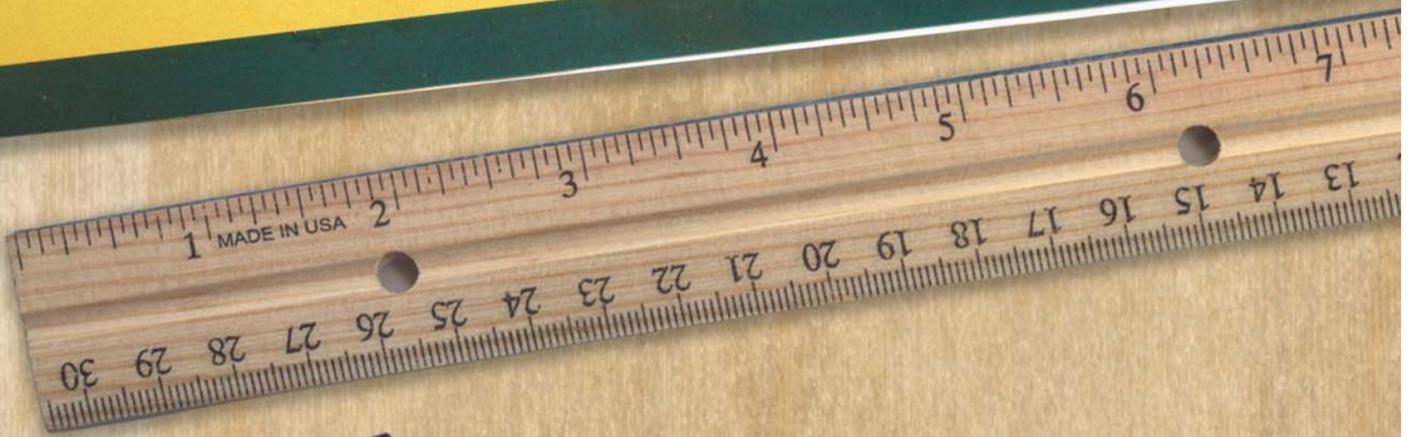
APG News



BACK TO SCHOOL GUIDE



70
Sheets
1 COLLEGE RULER
Subject 10 1/2"



Commentary: Aberdeen schools want kids to feel welcome



By
EILEEN CAMPBELL
APG School Liaison

Many students are eager to return to school by summer's end, but there are a few pivotal transitions in a child's life that call for special consideration. At age 5 or the start of kindergarten, age 11 at the start of middle school, and age 14 at the start of high school, the Aberdeen schools make special efforts to ease students' angst.

Military transition made easier

Today, the Pre-K students of Aberdeen Area Child Development Center, together with the Director Ruth Strauss and teacher, Florence Vaughan, students will embark on their first bus ride to Roye-Williams Elementary School. While several students participated in the structured Roye-Williams Pre-K class in the 2008-2009 school year, more than two thirds of the group, 16 did not.

"I'm concerned for their safety, and advance preparation is key to easing their transition into kindergarten," Strauss said. (Pre-K program acceptance is income or need-based and acceptance varies with the time of enrollment, which begins on May 1 of the calendar



Photo by EILEEN CAMPBELL, APG SCHOOL LIAISON, FMWR Aberdeen Middle School 8th grader and Student to Student/Peer Helper Andramiece "Niece" Roberson, center, provides a tour to a Family, who recently relocated from California, during the school's 2009-2010 Jumpstart event for transitioning military students.

year prior to the start of school.)

Roye-Williams principal Susan Osborn agreed to introduce the youngsters to their new school environment. She said Assistant Principal Donna Miller may lead tours of the classrooms, cafeteria, nurses' and school offices. Parents were invited to attend, but not for the bus ride.

Harford County Public Schools Department of Transportation provided bus safety slides for the students to preview.

Roye-Williams Elementary School has enjoyed a strong partnership with the 16th Ordnance Battalion for several years, and will be sorry to see their exodus to Fort Lee, Va.

Jumpstart

Beth Oleszczuk, the Aberdeen Middle School Counselors Department chairperson, has such a heart for military children, in fact, for all children who been through the difficult ordeal of a move. She, School Counselor Vivien Gurrera, and I worked together on the Aug. 17 Jumpstart event, now in its third year. Although the school holds a transition experience in June for 5th grade students moving into 6th, the two counselors realize the issues faced by so many military Families and want them to feel welcome. Gurrera said she hoped to see more than 50 students this year as the 'Open House' was open to all incoming 6th, 7th, and 8th grade students who were new to Aberdeen. The students socialized through a Bingo Ice Breaker, saw slides on school procedures and preventive measures against bullying. Student to Student (S2S) Peer Helper student leaders guided groups of students on school tours. The group met many administrators, including Principal Chandra Krantz as well as Assistant Principals Lamark Holley, Natalie Holloway and James Johnson.

Parents of new students attended and were happy with the cordial attitudes.

Notifying the new Families was essential, and the Aberdeen Middle School Office staff, led by Dorothy Janowitz,

and APG Child Youth & School Services Outreach Director Pat Palazzi should be credited.

HSEP students take a closer look at APG Emergency Operations

Students from Joppatowne High School toured the Garrison Emergency Operations Center and U.S. Army Aberdeen Test Center June 25.

Joppatowne's Magnet Program-Homeland Security Emergency Preparedness Group of 30 students and three teachers led by science teacher, Zachary Lovelace, met APG Detective Mike Farlow at the gate for a demonstration of the OTIS Robot search procedures. Sergeant Jeff Gray explained the APG entry control.

Five-man teams from the Directorate of Emergency Services Special Reaction Team conducted a training exercise, and the group toured the Police and Fire Emergency Services building with Lt. Elizabeth Wooten.

Hands-on experiences were provided at the APG Fire Station where they met Assistant Fire Chief David Smith; HAZMAT Specialist (EPS) Bill Streaker; Fire Inspector, Doug Farrington; and Paramedic Scott Kauffman.

The Emergency Operations Center was the next stop with Linda Nogle, who demonstrated the effectiveness of a team of highly-specialized reporting systems.

Dana Fritts, ATC chief protocol officer, explained the performance of tank trials at the Munsen Course where students got to ride in mine resistant ambush protected [MRAP] vehicles, and Jennifer O'Brien spoke. Students saw videos on testing and an actual test sight.

The group was very attentive and impressed with the high-tech equipment at APG.

Another successful Freshman Field Day

The turnout for the second annual Freshman Field Day at Aberdeen High School, held in late July was encouraging. More than one third of the students socialized and met their future administrator, Assistant Principal Carlton Ford, who also planned the event with Parent Teachers' Students Association President Keith Brusco.

The principal's administrative assistant Pat Lawrence commented on how smooth it went off.

"APG really helped out; the preparations were so easy this year," Lawrence said.

She complimented retired Command Sgt. Maj. Fred Posadas of the Directorate of Plans, Training, Mobilization and Security for leading the group in securing a tent (essential in Maryland's summer heat) and directing the set up of several stations of tables and chairs. A Noncommissioned Officer Academy outreach group of 15 Soldiers did the lions' share of the setup and take down. Posadas picked up 400 bags of chips donated from Frito Lay.

He remarked that his Regimental Sergeant Major Daniel Eubanks of the 61st Ordnance Brigade/Ordnance Mechanical Maintenance School was totally behind the outreach mission, which he and 1st Sgt. Anthony Dorsey had to execute in surprisingly short order, much to the benefit of more than 100 much more confident freshmen.

Citizen Advisory committees seeking new membership

HCPS

The Board of Education of Harford County Public Schools is seeking applicants for membership on its Citizen Advisory Committees.

Membership is open to all Harford County residents, including those without children in the school system.

The Special Education Citizens Advisory Committee is open to any parent of a student with a disability and no formal application is needed.

Each committee will meet on a regular basis, or as necessary to accomplish its charge. New members are confirmed in December; members are assigned to one-, two-, or three-year terms. Regular attendance is vital to maintain the continuity and effectiveness of the committee.

Residents of Harford County interested in serving as a member of any one of these committees should send a letter of interest to Teri Kranefeld, Manager of Communications, Harford County Public Schools, 102 S. Hickory Avenue, Bel Air, Maryland 21014. Letters must include the name of the committee, complete contact information (name, address, telephone number) and background information containing: membership in community, social and civic groups; occupation; level of schooling; availability to attend evening meetings; and reasons for wanting to serve on the committee. For parents and citizens interested in serving on the Special Education Advisory meeting dates will be posted on the HCPS calendar, and all are welcome.

The deadline for application is Oct. 1. Following the board appointments in December 2009, the Citizen Advisory Committees' coordinators will notify all applicants of the results.

A brief description of each Citizen Advisory Committee is listed below. For more information, contact the coordinator of a specific committee.

Career and Technology Education

Coordinator: Sue Garrett - 410-588-5289

Members of the Career and Technology Education Advisory Council serve as advisors, advocates, and reviewers for Career and Technology Education Programs which prepare students for further education and careers in current and emerging professions. The council solicits participation from individuals representing businesses in the 10 Maryland Career Clusters.

Family Life Education

Coordinator: Sue Garrett - 410-588-5289

This committee participates with the school system's Family Life Education Committee in decisions regarding materials to be used in the kindergarten through 12th grade educational program on Family Life and Human Development and HIV/AIDS prevention.

Gifted Education

Coordinator: Eric Cromwell - 410-588-5354

The Gifted Education committee discusses and reviews the impact of the Gifted Education program on higher student achievement.

Safety and Security

Coordinator: Bob Benedetto - 410-638-4242

This committee provides input into program improvements and initiatives in the school system. It reviews existing procedures pertaining to safety and security.

Special Education

Coordinator: Ann Marie Spakowski - 410-588-5246

The Special Education committee works in conjunction with the requirements of IDEA in supporting an advisory council for parents of disabled students. The committee studies the impact of special education services, programs of instruction, service models, funding, and costs affecting the school system and its students. No application process is needed to serve on this committee.

As an advisory, each committee makes recommendations to the Superintendent of Schools.

Friend

By: Alexandria Blanco, 8th grade, Aberdeen Middle School, daughter of Staff Sgt. Paul Blanco, 16th Ordnance Battalion

As one friend says goodbye

The other says hi.

They come and go like day and night

They're there one day, the next out of sight.

A true friend is always there

And they always have something to share.

They always listen to what you say

Rather than going outside to play

You at least have one best friend in your life time

So be a true friend and you'll be fine!

eCYBERMISSION kicks-off registration for 2009-2010

RDECOM

As the end of summer draws near and teachers and students prepare to head back to school, it's time to think about how students can earn thousands of dollars in scholarship money by developing a science project through the U.S. Army's eCYBERMISSION program.

Registration for the 2009-2010 competition opened Aug. 1 at www.ecybermission.com.

eCYBERMISSION, conceived by Gen. Eric Shinseki, former chief of staff of the U.S. Army, helps fulfill a vision of a "science fair for the nation" by encouraging students of all backgrounds to develop science projects utilizing their knowledge of science, math and technology. Managed by the U.S. Army Research, Development and Engineering Command at Aberdeen Proving Ground, eCYBERMISSION is a free, Web-based, science, math and technology competition designed for students in grades six through nine.

Since its inception in 2002, more than 58,000 students have participated, receiving more than \$6.7 million in prize money.



"This competition encourages students to work together to identify a problem in their community and apply their knowledge of science, math and technology to find a solution," said Robert DiMichele, RDECOM public affairs officer. "It gives students the chance to see that they can make a difference, not only in their community, but in the world, through the use of these important subjects."

To participate in eCYBERMISSION, a team must have three or four students from the same grade and region and have an adult team advisor. Each team must choose a mission challenge, formulate a hypothesis and, through research and experiments, work toward a solution. The students' project must benefit the community and fall under one of four categories: sports and recreation, environment,

health and safety or the new, scenario-based "Mission Challenge."

Teams work together to complete projects and are encouraged to utilize online tools such as Instant Messaging, Discussion Forums and chat rooms, which are all monitored by the eCYBERMISSION staff. Each team completes a Mission Folder, the official write-up that details the steps they took to identify and solve their problem, and submits it for review on the eCYBERMISSION Web site.

Volunteers serve as Virtual Judges, many of whom are Army personnel, to review and score each submission based on four judging criteria: application of science, math and technology; innovation, originality and creativity; benefit to the community; and team collaboration and communication. The Virtual Judges determine the regional first-place winners, second-place winners and criteria winners.

Every year, each member of the 96 regional winning teams receives between \$2,000 and \$3,000 in U.S. EE Savings Bonds. The 16 regional first-place winning teams also receive an all-expenses-paid trip to the National Judging and Educational Event in Washington, D.C., where they present their projects to a panel of National Judges and compete for the national title. Students who win at the national level receive an additional \$5,000 in U.S. EE Savings Bonds, equaling a total of \$8,000 in U.S. EE Savings bonds for each first-place winning student.

The 2009 national winners completed innovative and creative projects, demonstrating their commitment to their community and the competition.

• The sixth grade "Dragonface" team from Charlotte Latin School in Charlotte, N.C., experimented with a solution designed to help make children's Halloween costumes more fire resistant. They continue to educate their community on the dangers of flammable costumes, which they hope will lead to further testing and prevention.

See ECYBER, page 18

Scholarships help local students reach their educational goals

Story by
RACHEL PONDER
APG News

Applying for scholarships can lessen the financial burden while attending college and also decrease the money owed later in student loans. Winning scholarships can also be used as an incentive for students to keep grades up in school and to join extracurricular activities.

Below are stories of local students who won scholarships through the Freedom Federal Credit Union and the Aberdeen Proving Ground Commissary.

Two Freedom Federal Credit Union members win scholarships

Allison Kartachak, an intern at APG and college junior, and Sarah Swatski, a freshman, received a scholarship of \$1,000.

Allison, who goes by "Alli" attends Pennsylvania State University and majors in public relations with a double minor in English and international studies. At school, she is a member of the Blue & White Society, a student run organization that promotes community service, dedication and pride to Penn State. She is also an account executive on the Daily Collegian's, Penn State's school newspaper, in the Business Division where she creates

and sells ads to clients in town. She was also a member on the Communications Division for THON, Penn State's Interfraternity Council/Panhellenic Dance Marathon, www.thon.org, the largest student run philanthropy in the world. This year, with the help of donors, alumni and Penn State students, Penn State raised a total of \$7.4 million which will go toward the Four Diamonds Fund at Penn State Children's Hospital.

On APG, she works as the editorial tech intern for the U.S. Army Environmental Command's Public Affairs Office. Kartachak said that the job has given her valuable experience.

"Working in a public affairs office provides me with a lot of learning experiences that will be helpful in a career in public relations. I write articles, update Web sites, contribute to photojournalism projects, and I even get to do some broadcasting work," Kartachak said.

A member of Freedom Federal Credit Union, she said she found out about the scholarship months ago when she signed onto the credit union's Web site to view her online banking information and saw an announcement about a scholarship that the credit union was offering. It

asked applicants to describe their idea of a perfect credit union in essay form.

"When I found out that I had won the scholarship, I was very excited," Kartachak said. "There were many applicants, and I was proud that the scholarship committee chose my essay as one of the winners."

Kartachak said that after she graduates from Penn State in 2011, she plans to attend law school or graduate school to receive a master's in business administration in marketing.

"The decision to go to law school or graduate school will most likely sway my career path in some way," Kartachak said. "However, in the future, I would love to work in a public relations firm, in public affairs for the government, in a law firm, in an advertising agency, etc. I have an open mind, and I like to keep my options open." Kartachak's mother Pam Kartachak works for the Edgewood Chemical Biological Center.

Sarah Swatski, who graduated from C. Milton Wright High School in the spring, will be a freshman at St. Mary's College of Maryland, majoring in mathematics. Swatski's father works for the U.S. Army Center for Health Promotion and Preventive Medicine.

Swatski said that although she does not have a specific career in mind, she plans to earn her bachelor's degree in mathematics and obtain a career in a related field.

In high school she participated in the Student Government Association, National Honor Society, Spanish National Honor Society, Spanish Club, Spanish Student Teaching, Green Team (Environmental), the CMW Orchestra and Mariachi Orchestra.

Swatski said that she is also very involved in community service activities.

"Since I am an incoming freshman at SMCM, I have not yet joined any clubs, although I plan to become a member of the math club along with other organizations that interest me," she said.

"I heard about the scholarship through the quarterly newsletter from Freedom Federal Credit Union, and was very excited when I found out that I won. All my hard work throughout high school had paid off," Swatski said.

Commissary scholarship

Two students won \$1,500 scholarships from the APG Commissary: Megan Reilly of Bel Air, and Katherine Kowalski of Wilmington, Del.

This year 625 scholarships were awarded to college and high school students. More than 6,000 students applied for the scholarships at commissary locations worldwide. Those who are eligible for this scholarship include dependent unmarried children under age 23 of active duty personnel, reserve/guard and retired military members, or survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military.

All of the 2009 scholarship recipients are listed at www.militaryscholar.org, the official Web site for the program.

Applicants for the 2009 program were required to maintain a 3.0 grade point average, participate in voluntary school and community activities, demonstrate leadership qualities, and write an essay on "What would you place in a time capsule to help people opening the capsule in the next century understand military life today?"

Manufactures and organizations that do business with the commissary system funded the scholarships with money ordinarily used for various contests and promotions.

The Fisher House Foundation administers the Scholarship for Military Children Program through Scholarship Managers, a professional scholarship management services organization. Fisher House is known for building the military comfort homes near military medical facilities.

As in prior years, the level of competition continues to be very keen.

"The cumulative GPA remains in the 3.7 to 3.9 range," said Bernard T. Cote, president of Scholarship Managers. "As in all prior years, the caliber of the applicants to the 'Scholarship for Military Children Program' continues to be a step above those students who apply to the many other scholarship programs we administer."

(Editor's note: For more information on scholarships, visit www.fastweb.com, or the Feb. 5, 2009, edition of APG News at www.apgnews.apg.army.mil.)

SMART Scholarship

The Science, Mathematics And Research for Transformation (SMART) Scholarship for Service Program has been established by the Department of Defense to support undergraduate and graduate students pursuing degrees in science, technology, engineering and mathematics (STEM) disciplines. The program aims to increase the number of civilian scientists and engineers working at DoD laboratories.

Amount: Full tuition and education related fees (does not include items such as meal plans, housing or parking)

- Cash award paid at a rate of \$25,000 to \$41,000 depending on prior educational experience (may be prorated depending on award length)

- Paid summer internships
- Health insurance reimbursement allowance up to \$1,200 per calendar year

- Book allowance of \$1,000 per academic year
- Mentoring
- Employment placement after graduation

Eligibility

- a U.S. citizen,
- 18 years of age or older as of Aug. 1, 2009,
- able to participate in summer internships at DoD laboratories,
- willing to accept post-graduate employment with the DoD,
- a student in good standing with a minimum cumulative GPA of 3.0 on a 4.0 scale (as calculated by the SMART application) and,
- pursuing an undergraduate or graduate degree in one of the disciplines listed on the About SMART page.

For more information and to apply, visit www.asee.org/fellowships/smart/.

Community Notes

THURSDAY

AUGUST 20 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$12 for children ages 10 and under. The ship will cruise around the Susquehanna Flats area for a relaxing sail and sunset. Reservations are required.

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

FRIDAY

AUGUST 21 LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a narrated lighthouse cruise, 11 a.m. to 2 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$35 for adults and \$17 for children ages 10 and under. Reservations are required. Cost includes a three-hour cruise enjoying water views of three area lighthouses: Concord Point, Fishing Battery Island and Turkey Point. A box lunch is also included. Credit cards are accepted.

For more information, for reservations or to purchase tickets, call 410-939-4078

BASKET BINGO

The Bay Country Ladies will sponsor Basket Bingo, 7 p.m., to benefit the Bay Country Gentlemen at the Level Volunteer Fire Hall located on 3633 Level

Village Road, Havre de Grace. Doors open 6 p.m. Tickets cost \$10 each for all paper cards, extra cards cost \$5. Bring a canned good or a non-perishable food item for a bonus prize ticket.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332 or Nancy Hobbs, 410-877-3378.

MARYLAND WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area offering wine from a local vineyard, cheese, fruit, beer and sodas. Reservations are required.

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

SATURDAY

AUGUST 22 F.O.P. LODGE 128 CRAB FEAST AND BULL ROAST

The Harford County Municipal F.O.P. Lodge 128 will hold a Crab Feast and Bull Roast, 7 p.m. to 1 a.m., at the Havre de Grace Community Center located on 100 Lagaret Lane. Tickets cost \$45 per person or \$80 per couple. Menu includes crabs, raw and fried oysters, pit beef, turkey and ham, Italian sausage, hot dogs, burgers, macaroni and cheese, cold salads, green beans, chips, pretzels, dessert, beer and wine.

For more information or to purchase tickets, contact any member of Lodge 128 or e-mail fop128md@gmail.com.

MARGARITAVILLE CRUISE

The Chesapeake Conservancy, Inc. will offer a Margaritaville Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). Set sail with island tunes and light refreshments; Margaritas, beer and soda included. Reservations are required.

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

SATURDAY AND SUNDAY AUGUST 22 AND 23 CAST A LEAF

Create a beautiful and eye catching bird bath from concrete and leaves. Stain and seal it on the following day. This program will be held on Saturday from 10:30 a.m. to noon and drop in between noon and 5 p.m. on Sunday. This program is for ages 14 to adult. The cost is \$13 per birdbath, and registration is required.

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

SUNDAY

AUGUST 23 FAMILY NIGHT ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer Family Night on the Bay, 5 to 6:30 p.m., aboard the Skipjack Martha Lewis. Passengers will

cruise around the Susquehanna Flats area viewing the local sites on the Bay true Maryland style. Cost is \$15 per person and includes a picnic with sandwich, beverages and water ice. Reservations are required.

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

MONDAY

AUGUST 24 DAY ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer a Day on the Bay, 9:30 a.m. to 3:30 p.m., on the Skipjack Martha Lewis. Enjoy the day sailing to Charlestown, Md., bird watching, sightseeing then lunch at the Wellwood Club and return. Tickets cost \$55 for adults, \$28 for children ages 10 and under. Credit cards will be accepted. Reservations are required.

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

WEDNESDAY

AUGUST 26 AFTERNOON TEA

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$35 per person. Dainty sandwiches, scones, savory desserts and specialty teas will be served.

For more information or to make a reservation, call 410-939-4078.

FRIDAY

AUGUST 28 FOURTH FRIDAY FAMILY CAMPFIRES - OWLS

Come to the Pontoon Pier for a campfire program. Marshmallows supplied; bring a chair and s'mores fixings. Registration is required. This program will be held 8 to 10 p.m. for all ages. The cost is \$2 per person or \$8 per Family (limit 5 per Family), and registration is required.

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

SATURDAY

AUGUST 29 FIRST ANNUAL CHESAPEAKE 'RIVER CRAB' CRAB FEAST

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, will hold a crab feast, 1 to 6 p.m. at the Perryville Fire Company Pavilion. The public is invited. Cost is \$35 for adults, \$17 for children ages 6 to 12 and children ages 6 and under free. Advance ticket sales only. Menu includes crabs, crab soup, corn on the cob, hot dogs, salads, watermelon, dessert, draught beer and soda. Music and games of chance will be provided. Send checks with the number of tickets requested to American Legion Post 135, P.O. Box 98, Perryville, MD 21903. For more information or to purchase tickets, call 410-642-2325.

BASKET AND PURSE BINGO

Basket and Purse Bingo to benefit the Port Deposit Heritage Corporation will be held 7 p.m. at VFW Post 8185, located at 520 Susquehanna River Road, Port Deposit. Doors open 6 p.m. Food, drink and baked goods will be available. This is a non-smoking event. Tickets cost \$12 per person, extra cards cost \$5.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or e-mail missanne1047@zoom-internet.net.

MARYLAND WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area offering wine from a local vineyard, cheese, fruit, beer and sodas. Reservations are required.

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

CHILDREN'S GARDENING III - CHIP-N-DIP

Have fun growing food and flowers at the center and at home. Enjoy crafts, games, and science disguised as fun, while learning about seeds, life cycles and growing food and flowers in a watershed-friendly way. This program will be held 10:30 to 11:30 a.m. for ages 5 to 10. The cost is \$5, and registration is required.

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

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

POST SHORTS

Roye-Williams holds Open House

Roye-Williams Elementary School will hold an "Open House/Back to School Night," 6:30 p.m., Aug. 25.

Roye-Williams is combining its Open House and back to School Night to form a partnership between home and school before the school year begins.

The school store will be open for parents and students to purchase back-to-school supplies, and parents will be able to deposit funds into their child's lunch account.

For more information, call the school, 410-273-5536.

VA Maryland Health Care System Open House and Information Fair

The Veterans Affairs Maryland Health Care System will host an Open House and Information Fair, 10 a.m. to 1 p.m., Aug. 22, in the Outpatient Clinic at the Perry Point VA Medical Center, building 361.

Veterans and their Family members are invited to learn about VA health care eligibility and enrollment, available health care services, compensation and pension benefits, pharmacy services and burial benefits.

Information will also be available about VA programs and services to support veterans struggling due to a job loss or financial setback. Representatives will also be available to provide information and assistance to veterans returning from Iraq and Afghanistan.

Veterans interested in enrolling for VA health care should bring a copy of their discharge paperwork (Form DD214) and a photo ID to assist in the enrollment process.

For more information or for directions to the center, call the VA Maryland Health Care System's Community Outreach Office, 1-800-949-1003, extension 5407.

Women's Equality day Awards program

In recognition of Women's Equality day, APG will hold an awards program, 1 to 2 p.m., Aug. 25, at the U.S. Army Ordnance Mechanical Maintenance School, Ball Conference Center, building 3074. Guest speaker will be Shannon E. Cunniff, director, Chemical and Materiel Risk Management, Office of the Deputy Undersecretary of Defense (Installation and Environment).

Awards will acknowledge APG employees and organizations that are exemplary in their support of the Army's Federal Women's Program objectives. Award categories are Outstanding Woman of the Year, Outstanding Supervisor/

Manager of the Year and Activity Most Supportive of FWP Goals.

For more information, call Kendall Burchard, 410-278-9919 or Sheryl Coleman, 410-278-5964.

First Annual Ironhorse Motorcycle Safety and Fun Ride

Aberdeen Proving Ground will hold its first Annual Ironhorse Motorcycle Safety and Fun ride 9:30 a.m., Aug. 28.

Riders will meet behind Fanshaw Field. Following motorcycle inspections and some safety classes, riders will depart Fanshaw Field, Aberdeen Area and travel to Chesapeake Harley Davidson in Darlington for lunch. Riders will then travel over the Conowingo Dam, down through Port Deposit and back over into Harford County to Edgewood where the ride will finish at Capa Field, Edgewood Area. Details are still being planned. All military, civilian, Family members and retirees are welcome to join to add to the enjoyment and esprit de corps of the motorcycle community on post.

All riders must have a valid Motorcycle Safety Foundation Basic Rider's Course/Defensive Drivers Course card to participate. They also must wear the required protective equipment while participating.

For more information or to RSVP, call Maj. Matt Petraitis, 410-278-2104.

Restoration Advisory Board meeting Aug. 27

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

The topic of the meeting will be an update on the Other Edgewood Areas, Lauderick Creek and Bush River Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

UMUC hosts open houses for vets interested in pursuing higher education

The University of Maryland University College will hold two open houses for veterans who wish to learn about educational benefits under the Post-9/11 GI Bill and Yellow Ribbon Program: 10 a.m. to 1 p.m., Aug. 22 at UMUC Inn and Conference Center, 3501 University Boulevard East, Adelphi, MD 20783 and 4 p.m. to 7 p.m., Aug. 27, UMUC at Dorsey Station, 6865 Deerpath Road, Elkridge, MD 21075.

UMUC undergraduate and graduate school faculty, alumni and staff will be on hand to answer program and institutional questions. Financial aid representatives will also be available to discuss financial aid and payment options.

Veterans can learn about UMUC 411 Military, a free week-long course that allows students to sample online learning, as well as EDCP 100 Principles and Strategies of Successful Learning, which has a section designated exclusively for veterans. Students will be able to apply for admission, choose courses and register.

Application fees will be waived for veterans who apply for admission and enroll on Aug. 22 or 27.

To register, call 800-939-UMUC (8682) or visit www.umuc.edu/open-house/veterans/index.shtml. For more information or assistance, contact the Veterans Advising Team, 800-939-UMUC (8682) or e-mail veterans@umuc.edu.

New hours for APG Post Offices

Effective Aug. 22, hours for the Aberdeen Area and Edgewood Area U.S. Post Offices will change.

The AA Post Office hours will be 9 a.m. to 1:15 p.m. and 2:30 to 4 p.m., Monday through Friday and 10 a.m. to noon on Saturdays.

The EA Post Office hours will be 11:30 a.m. to 3:30 p.m., Monday through Friday.

Thrift Store holds \$3 bag sale in August

The APG Thrift Store will hold a \$3 bag sale in August for items in the sale room. Many items will be moved from the front of the store to make room for newer stock. For more information, call 410-272-8572 during store hours.

Planning for retirement

The Directorate of Human Resources provides retirement services to all military members assigned or attached to Aberdeen Proving Ground. An important part of these services is the Transition Assistance Program.

This three-day training session incorporates lecture, practical exercise and guest speaker methodology, with materials provided by the U.S. Department of Labor, Veteran's Employment Training Service and National Training Institute.

This program replaces the former ACAP training, and is mandatory for active component service members, and is strongly encouraged for eligible Family members. Classes are offered monthly and are held at the APG Area in the Soldier Processing Room, building 4305. To register, visit the DHR Web site, www.apg.army.mil/apghome/sites/human-resources/dhrindex.html

and select the "TAP Training Registration" tab located under "Retirement Services."

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

Special resort rates for military, government employees

Two Florida resorts show their appreciation by offering special rates for military and government employees for a limited time.

The Shores Resort and Spa, Daytona Beach Shores, Fla., offers a special spa appreciation package beginning at \$93* per night and includes one complimentary breakfast at Azure Restaurant. Rates are good through Dec. 31.

The InterContinental Tampa* appreciation package begins at \$95 per night and includes one complimentary breakfast at Shula's Steak House. Rates are good through Aug. 31.

For more information or to make reservations, call the Shores Resort and Spa, 866-866-934-SHORES and ask for code MILISH, or visit www.shoresresort.com.

For more information or to make reservations, call InterContinental Tampa, 866-402-0758 and ask for code IP2MO or visit www.intercontampa.com

**Rates subject to availability and certain restrictions and blackout dates may apply. Based on double occupancy. Not valid on group bookings. Leisure travel only. Valid military ID must be shown at checkin to qualify for rate promotion.*

New hours for Perry Point VA Urgent Care Clinic

The Urgent Care Clinic at the Perry Point VA Medical Center is open 7:30 a.m. to 6 p.m., Monday through Friday (except for federal holidays). The hours of operation changed due to the decreasing demand for urgent outpatient care services during evening and weekend hours at the medical center.

All veterans who receive their care at the Perry Point VA Medical Center are reminded that they can receive medical advice or ask questions about their medications after normal business hours by calling the Telephone Care Line for the VA Maryland Health Care System at 1-800-865-2441.

Veterans can also schedule a same day appointment at the Perry Point VA Medical Center by calling the Telephone Care Line Monday through Friday, 7:30 a.m. to 5 p.m., 1-800-865-2441.

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

AAFES NEWS

It pays to know your A, B, C's when back-to-school shopping

AAFES

How do military Families get their kids back to school without breaking the bank? It's elementary; follow the exchange's A, B, C's for a back-to-school education in real world savings.

A – The Army & Air Force Exchange Service offers a valuable lesson in mathematics with tax-free shopping on clothes, school supplies and even electronics. While numerous states have begun instituting “tax holidays,” military shoppers aren't subject to the restrictions and limited savings opportunities associated with these one-time offerings as tax-free shopping is available year round at BXs and PXs around the world. AAFES facilities in states with “tax holidays,” such as Alabama, Connecticut, Georgia, Iowa, Louisiana, Maryland, Mississippi, Missouri, New Mexico, New York, North Carolina, Oklahoma, South Car-

olina, Tennessee, Texas, Virginia and West Virginia, will match local sales tax percentage discounts during these time frames, by category, to offer an additional percentage off (equivalent to the local sales tax rate) to the already low AAFES prices.

B – Military shoppers can teach their children well by staying on budget with discounts on this year's “must have” fashions and supplies. These special buys will move to the head of the class this week as a 24-page circular, chock full of discounted backpacks, clothes, bicycles and more, arrives at AAFES exchanges.

The lesson in smart shopping continues throughout August as shoes, school supplies and anything else a student may need to get back to school not only will be “tax free,” but discounted up to 30 percent.

“AAFES' buying staff has done its homework over the past year and we're

ready to pass the savings lessons along to military Families,” said AAFES' Chief Marketing Officer Mat Dromey. “Even though we've crammed to deliver the best ‘back-to-school’ shopping experience possible, we're always prepared to match the lowest local price to ensure authorized shoppers receive the best value for their dollar.”

Additional details concerning AAFES' “We'll Match It!” program www.aafes.com/docs/price.htm, as well as links to upcoming “back-to-school” sales and specials http://odin.aafes.com/this_week/default.asp are available at www.aafes.com.

C - Sure class is a reward in itself, but some extra incentive never hurts. Beyond being a destination for “back-to-school shopping,” BXs and PXs even offer an array of free and discounted products to students who excel in the class-

room through its “You Made the Grade” program. The current “You Made the Grade” booklet includes valuable coupons and an entry form for a quarterly drawing in which three winners are randomly awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations.

To receive the booklet, students simply present a valid military ID card and proof of an overall “B” or better average to their local BX/PX. Students may receive one coupon package and enter the savings bond drawing for every qualifying report card. Military Families can contact their local Main Store Manager or General Manager for more information.

While some people may say “You can't put a price on education,” any authorized exchange shopper will say that saving money at the BX or PX is as easy as A, B, C.



Commissary News



Commentary: 15 snacks to help keep your hunger at bay

By
CHRIS HALAGARDA
U.S. Navy

Snacks have been a part of our lives since childhood. They were built into our schedules in preschool and elementary school and encouraged by moms, teachers and coaches in high school. So, where did the art of snacking go? Have they been identified as the first thing that should be eliminated for weight loss or has marketing of unhealthy chips and dips closed our eyes to the possibility of a snack being healthy?

Worse yet, many Americans today not only skip snacks, many skip entire meals, making one or two large meals the only nourishment for the day.

Unfortunately, research has shown time and time again that individuals who skip meals follow up by eating more calories at their next meal than they need for the whole day. These “meal-skipping” individuals also tend to make poor food choices when they do find the time to eat. They then make spontaneous fast-food stops because they're so hungry they don't care what they eat. They'll eat anything to stave off the hunger.

With daily schedules too busy to find time for sit-down meals, it's that much more important to find time for a healthy snack. Many of us are busy beyond our



wildest dreams (or nightmares) with 10-hour workdays, long commutes, chauffeuring kids to practices, yardwork and exercise. When is there time to cook a meal?

There's no easy answer to alleviate these stresses, but ultimately something has to give and you don't want it to be your health. So snacking is a great way to maximize your nutrition without having to spend time cooking.

Here are some simple snacks to keep you moving without all the hunger:

- Natural peanut butter on whole-wheat bread or crackers
- Two ounces of nuts or seeds (small handful)

- Piece of fruit
- Natural turkey cold cuts with low-fat cheese
- Hummus with vegetables, pita bread or whole-wheat pretzels
- Whole-wheat crackers with low-fat cheese
- Cup of whole-grain cereal in a baggie
- Two cups of popcorn
- Cup of low-fat milk
- Low-fat yogurt
- Small bagel or 1/2 large bagel with low-fat cream cheese
- Granola
- Trail mix
- Granola bar
- Beef jerky

Several of the snacks listed are great, too, because they don't need to be refrigerated. You can find many of them at your local commissary and store them right in your home, office, dormitory or even your car.

Although it's ideal to eat a snack containing whole grain carbohydrates, lean protein and small amounts of healthy fats, it's not always possible. The bottom line is to eat a few hundred calories of something healthy and don't go more than three to four hours without eating something.

CCPS offer elementary, secondary school parent portals

www.ccps.org

Cecil County Public Schools offers parents access to their children's homework assignments, grades, attendance history and other information through two parent portals for elementary and secondary school students.

PowerSchool

The elementary school PowerSchool Parent Portal gives parents and students access to on-line information including attendance, grades and detailed assignment descriptions, school bulletins, and even personal messages from the teacher. Everyone stays connected: students stay on top of assignments, parents can participate more fully in their children's progress, and teachers can share information with parents and students.

Logging on to PowerSchool

Parents need the school's PowerSchool Parent Portal URL, a username and a password to log in. For more information contact the school's Main Office.

To log in, go to the Web site www.ccps.org/parents and click on the Parent Portal link.

When the log in page appears, enter username and password.

Click enter and the start page should appear. The Start page serves as the central point where sessions begin.

From the main menu, parents can access, grades, attendance history, e-mail notifications, teacher comments and school bulletins.

In addition, on the Grades and Attendance page, parents can view assignment history and status, grades by semester, and records of attendance, absences or tardies for each class. Teachers can provide assignment details; post comments or e-mail parents and parents can post inquiries or respond to e-mails. Parents can set up e-mail preferences to receive information about grades, attendance and assignment scores as well as request specific information or mailings. E-mails can be sent to more than one address of user's choice.

Frequently Asked Questions

How do I register for Parent Portal?

Visit the child's school to register.

Will students continue to receive mid-term and report card grades?

Yes, the Parent Portal provides additional information to these reports. Mid-term progress reports and report cards will be issued each marking period.

How quickly will student's grades be entered into Parent Portal?

Grades will be entered in a timely manner. It is not expected, however, that a test or major assignment will be graded and entered into Parent Portal the same day it is completed. Depending on the complexity of the assignment it may be several school days before the grades are posted into the Parent Portal. Parents are asked to be patient.

What happens if students change schools within the CCPS system?

The same user ID and passwords will reflect the new school and schedule.

Parent Portal works with Internet Explorer, Firefox and Safari. For more information, visit Cecil County Public Schools' Web site, www.ccps.org or call 410-996-5400.

CCPS Grades To Go!

Parents of secondary school students in Cecil County Public Schools can access their grades online throughout the marking period on the parent portal, Grades To Go!

Grades To Go! lists assignment history by name, description, weight, summative and formative assessments and percentage grade.

Weight means that some assignments count more than others toward the final grade. The higher the weight, the greater the value.

Formative assessments are used to determine how students are doing as they are learning new content; for example, homework, class work and class participation.

Summative assessments are used to determine how well a student has learned a unit of study: for example, tests, quizzes, projects and reports.

To register for Grades To Go! parents can go online to <http://gradestogo.ccps.org>, download and fill out the application and take it, with a photo ID to the child's school.

Frequently Asked Questions

What are NG and T grades?

A grade of NG is given when a student has not received a grade for an assignment. A grade of T is used when a student has transferred into or out of a course. NG and T are not used in the calculation of a student's average.

Will students still receive interim and report card grades?

Yes. Grades to Go! provides additional information for parents. Interim progress reports and report cards will be issued for each marking period.

How can I get answers to questions about my child's grade(s)?

Speak with the child first and then contact the teacher. Others to contact include the guidance counselor or principal.

How quickly will students' grades be entered into Grades To Go!?

Grades will be entered in a timely manner. It is not expected that grades from tests or major assignments will be graded and entered into Grades To Go! the same day they are turned in.

What happens if my child changes schools within the CCPS system?

The same ID and password will reflect the new school and schedule.

What is needed to run Grades to Go!?

Internet Explorer 5.0 or greater, Windows 9 xs, NT, 200, ME, XP; Mac OS9 or OSX.

For more information, visit the CCPS Grades To Go! Web site, <http://gradestogo.ccps.org>.

Cecil County Public School Open House schedule

(If a time is not listed, the school was undecided at time of publication. The school in question can confirm time.)

Bainbridge Elementary

Back to School Breakfast with teachers, Aug. 25, 8:30-10 a.m.

Open House, Pre-School thru grade 2, Sept. 15, 5:30 p.m.

Open House, grades 3 thru 5, Sept. 17, 5:30 p.m.

Bay View Elementary

Ice Cream Social, Aug. 25, 3 p.m.

Back to School Night, Sept. 15, 6:30 p.m.

Calvert Elementary

Welcome Back Ice Cream Social, (Last names A thru M), Aug. 20, 2 p.m.

Welcome Back Ice Cream Social (Last names N thru Z), Aug. 20, 2:30 p.m.

Open House, grades K, 2 and 4, Sept. 16, 6:30 p.m.

Open House, grade 1, 3 and 5, Sept. 17, 6:30 p.m.

Cecil Manor Elementary

Back to School Night, Aug. 25, 3 p.m.

Open House, Sept. 23, 6:30 p.m.

Cecilton Elementary

Ice Cream Social, Aug. 21, 3:30 p.m.

Charlestown Elementary

Back to School Ice Cream Social, Aug. 25, 3 p.m.

Open House, Sept. 24

Chesapeake City Elementary

Back to School Picnic, Aug. 24

Open House, Sept. 16, 6:30 p.m.

Conowingo Elementary

Back to School Picnic, Aug. 21, 4 p.m.

Open House, grades Pre-K thru 2, Sept. 22

Open House, grades 3 thru 5, Sept. 24

Gilpin Manor Elementary

Ice Cream Beach Party, Aug. 25, 3 p.m.

Open House, Sept. 22, 6:30 p.m.

Holly Hall Elementary

Back to School Welcome, Aug. 20, 5 p.m.

Back to School Night, Sept. 17, 6:30 p.m.

Kenmore Elementary

Back to School Social: Aug. 24, 6 p.m.

Open House grades 1, 2, 5, Sept. 10, 7 p.m.

Open House grades 2 and 4, Sept. 15, 7 p.m.

Leeds Elementary

Open House, Sept. 15, 6:30 p.m.

North East Elementary

Back to School event, Aug. 25, 4 p.m.

Perryville Elementary

Picnic, Aug. 25, 3 p.m.

Open House, Sept. 22

Back to School (Last names A-M), Aug. 25, 2:45 p.m.

Back to School (Last names N-Z), Aug. 25, 3:15 p.m.

Parent Orientation, grades Pre-K, K, 3 and 5, Sept. 15, 6 p.m.

Parent Orientation, grades 1, 2 and 4, Sept. 17, 6 p.m.

Thomson Estates Elementary

Sneak-a-Peek, Aug. 25, 4 p.m.

Parent Orientation, Sept. 9, 6:30 p.m.

Bohemia Manor Middle

New Student Orientation, grade 6, Aug. 24, 6 p.m.

Open House, Sept. 17, 6 p.m.

Cherry Hill Middle

6th grade and New Student Orientation, Aug. 24, 6:30 p.m.

Elkton Middle

New Student Orientation, Aug. 24, 6 p.m.

Open House, Oct. 1, 5 p.m.

North East Middle

Orientation, grade 6, Aug. 24, 6 p.m.

Open House, Sept. 17, 6 p.m.

Rising Sun Middle

Orientation, grade 6, Aug. 24, 6 p.m.

Open House, Sept. 10, 6 p.m.

Perryville Middle

Orientation, grade 6, Aug. 24, 6 p.m.

Meet-n-Greet, 7th grade, Sept. 10, 5 p.m.

Elkton High

Parent meeting, 9th grade, Aug. 20, 6 p.m.

Senior Picutre make-up day, Aug. 21, 8:30 a.m.

North East High

Ninth Grade Orientation (Last names L thru Z), Aug. 20, 6 p.m.

Meet the Teacher Night, Sept. 30, 4:30 p.m.

Perryville High

Orientation, 9th grade, Aug. 24, 6:30 p.m.

Orientation, 9th grade, Aug. 24, 6:30 p.m.

Rising Sun High

New Student Orientation, Last names M thru Z, Aug. 20, 6:30 p.m.

School of Technology

Open House, Nov. 5, 6 p.m.



By Anyea Simmons, 5th grade, daughter of Spc. Markesha Simmons, Kirk U.S. Army Health Clinic

HCPS Elementary School Open House/Back-to-School Night schedule

Abingdon

Aug. 25, Open House/Sneak-A-Peek: 4-6 p.m.
Sept. 2, Back to School: Grade 4, 5:30; Kindergarten & Pre-kindergarten, 6:30 p.m.; Grade 2, 7:30 p.m.
Sept. 3: Grade 3, 5:30 p.m., Grade 5, 6:30 p.m., Grade 1, 7:30 p.m.

Bakerfield

Aug. 26, Open House/Sneak-A-Peek: 4:30-5:30 p.m.; Sept. 14, Back to School: 7 p.m.

Bel Air

Aug. 20, Open House/Sneak-A-Peek: 10 a.m. and 6:30 p.m. (New Families); Picnic: Aug. 25, 5 p.m.; Back to School Night: Sept. 1, 7 p.m.

Church Creek

Aug. 21, Open House/Sneak-A-Peek: 4-6 p.m.; Sept. 10, Back to School: 7-9 p.m.

Churchville

Aug. 25, 4:30-6:30 p.m. Sept. 2, Back to School: 6:30 p.m.

Darlington

Aug. 25, Open House/Sneak-A-Peek: 4-6 p.m. Sept. 9, Back to School: 6 p.m.

Deerfield

Sept. 2, Open House/Back to School Night: 6 p.m.

Dublin

Sept. 3, Open House/Back to School Night: 7 p.m.

Edgewood

Aug. 26, Open House/Back to School Night: 2-4 p.m.; Sept. 3, Back to School: 6:30 p.m.

Emmorton

Aug. 25, Open House/Back to School Night: 3:30-5:30 p.m.; Sept. 2, Back to School: 7 p.m.

Forest Hill

Aug. 25, Open House/Back to School Night: 4:30-6 p.m.; Sept. 16, Back to School: 7 p.m.

Forest Lakes

Aug. 26, Open House/Back to School Night: 4-6 p.m. Sept. 2, Back to School: 7 p.m.

Fountain Green

Aug. 25, Open House/Back to School Night: 4-6 p.m. Sept. 9, Back to School: 7-9 p.m.

G. Lisby/Hillsdale

Aug. 26, Open House/Back to School Night: 6 p.m.

Hall's Cross Roads

Aug. 24, New Parent Orientation: 6-7 p.m.; Sept. 1, Back to School: 6-8:30 p.m.

Havre de Grace

Aug. 25, Open House/Sneak-A-Peek: 4-6 p.m.; Sept. 24, Back to School: 6-8 p.m.

Hickory

Aug. 26, Open House/Sneak-A-Peek: 2-4 p.m.; Sept. 2, Back to School: 6:30-8 p.m.

Homestead/Wakefield

Sept. 1, Wakefield Building Back to School: 7-9 p.m.; Back to School: Aug. 21, Find Your Classroom: 4:30-6:30 p.m.; Homestead Building, Sept. 2, 7-9 p.m.

Jarrettsville

Sept. 2, Open House/Back to School Night: 6:30 p.m.

John Archer

Sept. 15, Open House/Back to School Night: 6:30 p.m.

Joppatowne

Aug. 20, Open House/Sneak-A-Peek: 5-7 p.m.; Sept. 3, Back to School: 6:30 p.m.

Magnolia

Aug. 25, Open House/Sneak-A-Peek: 4-6 p.m.; Sept. 17, Back to School: 7-9 p.m.

Meadowvale

Aug. 25, Open House/Sneak-A-Peek: 4-6 p.m.; Sept. 3, Back to School: 6:30 p.m.

Norrisville

Aug. 26, Open House/Sneak-A-Peek: 4-5 p.m.; Sept. 1, Back to School: 7 p.m.

North Bend

Aug. 25, Open House/Back to School Night: 5-8 p.m.

North Harford

Aug. 26, Welcome Back Night: 6 p.m.

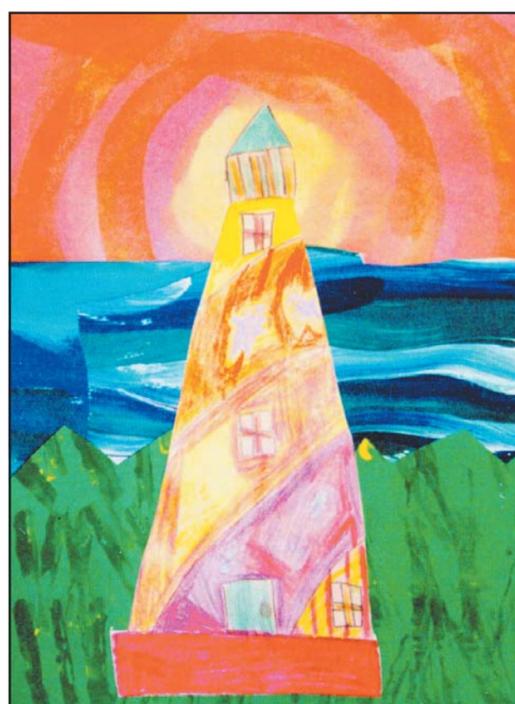
Prospect Mill

Aug. 26, Open House/Sneak-A-Peek: Pre-K-4th grade, Names beginning A-M, 2-3 p.m.; Pre-K-4th grade, Names beginning N-Z 3-4 p.m.; 5th grade at Southampton Middle, 1-2 p.m.

All Back to School Nights begin at 6:30 p.m.: Sept. 1, 1st grade; Sept. 8, Pre-K and K; Sept. 9, 5th grade at Southampton Middle; Sept. 10, 2nd grade; Sept. 14, 3rd grade; Sept. 15, 4th grade

Ring Factory

Aug. 26, Open House/Sneak-A-Peek: 4-6 p.m.; Sept.



By Maryia Kienzler, 3rd Grade, daughter of 1st Sgt. Mark D. Kienzler, U.S. Army Ordnance Mechanical Maintenance School

3, Back to School: 6-9 p.m.

Riverside

Sept. 3, Back to School: 6-8 p.m.

Roye-Williams

Aug. 25, Open House/Back to School Night: 6:30 p.m.

Wm. Paca/OPR

Aug. 26, Open House/Sneak-A-Peek: 4-6 p.m. (New Families only); Back to School: OPR – Sept. 8, 6 p.m.; WP – Sept. 9, 6 p.m.

Wm. S. James

Aug. 25, Open House/Sneak-A-Peek: 4:30-6:30 p.m.; Sept. 15, Back to School: 6:30 p.m.

Youth's Benefit

Back to School: Sept. 14, K and 3rd grade; Sept. 15, 1st and 4th grade; Sept. 16, 2nd and 5th grade and all, 6:30-8 p.m.

HCPS High School Open House/Orientation Back to School Nights

Aberdeen

Aug. 25, Open House, 2-4 p.m.
9th grade Parent meeting, 4-5 p.m.
Aug. 31, 5-7:30 p.m.

Bel Air

Aug. 20, Community Open House, 7-8:30 p.m.
Aug. 26, Freshman Orientation, 9-

11:30 a.m.

Sept. 3, 6-8 p.m.

C. Milton Wright

Aug. 26, Freshman Fest – Open House for Freshman, 1-3 p.m.
Sept. 16, 6-8 p.m.

Edgewood

Aug. 25, Freshman Orientation/New Students, 3:30-5 p.m.
Sept. 10 5-6:30 p.m.

Fallston

Aug. 26 – Freshman Orientation, 2:15 p.m.
Sept. 3, 6:30 p.m.

Harford Technical

Aug. 25, Open House, 1-4 p.m.
Sept. 3, 6:30-9 p.m.

Havre de Grace

Aug. 20 – LAUNCH for incoming 9th graders, 3-5 p.m.
Sept. 2, 6:30-8:45 p.m.

Joppatowne

Aug. 26, – Freshman Fest 1 – 3:30 p.m.
Sept. 2, 6:30 – 8 p.m.

North Harford

Aug. 20, – 9th Grade /New Parent-Student Orientation, 6-8 p.m.
Sept. 16, 5:30-8:30 p.m.

Patterson Mill High

Aug. 25, 9th Grade/New Parent-Student Orientation, 6-8 p.m.
Aug. 26, Husky Fest, 1:30-4 p.m. (Open House)
Sept. 10, Grade 11 & 12
Sept. 14, Grade 9 & 10, 6-8 p.m.



By Billy Kilmon, 4th Grade, son of Lt. Col. L. Scott Kilmon, Joint Personal Effects Depot

Sept. 8, Grade 7 & 8, 6:45 p.m.

Edgewood

Aug. 26, Open House/New Students, 2:30-4 p.m.
Sept. 9, Administration Meet & Greet, 5 p.m.
Sept. 9, 6-8 p.m.

Fallston

Aug. 25 – 6th Grade/ New student Open House, 2-4 p.m.
Sept. 10, Grade 6
Sept. 9, Grade 7
Sept. 8, Grade 8, 6:30-8:45 p.m.

Havre de Grace

Sept. 10, 6 – 8 p.m.

Magnolia

Aug. 25, Open House/New Students, 1-3:30 p.m.
Aug. 25, Meet and Greet, 3 – 4 p.m.
Sept. 9, Grade 6
Sept. 10, Grade 7 & 8, 5:30-7 p.m.

North Harford

August 26, Open House 1-3 p.m.
Sept. 10, Grade 6
Sept. 17, Grade 7 & 8, 6:30-8:30 p.m.

Patterson Mill Middle

Aug. 26, Husky Fest (Open House), 9 a.m.-noon
Sept. 8, Grade 6
Sept. 9, Grade 7 & 8, 6-8 p.m.

Southampton

Aug. 25, Open House, 8:30-11 a.m.; 1-5 p.m.
Aug. 31, Grade 8A, 8B, 7B
Sept. 1, Grade 8C, 8D, 7A
Sept. 2, Grade 6A, 6B
Sept. 3, Grade 6C, 6D
Sept. 8, Grade 7C, 7D, 7-9 p.m.
Incoming 6th Grade Parent Orientation, May 18, 2010, 7-9 p.m.

Commentaries: ARL math and science camp not a horror at all

By
GERMANIE LEWIS
Special contributor

It was sometime in the summer of 2008 and my parents dragged me and my friend to a ceremony for my sister. My sister's always having some ceremony or something that I had to be dragged to. And now my friend had to go as well. Suffice to say, I was angry. It was at that one huge lab on [Aberdeen Proving Ground], the ARL [U.S. Army Research Laboratory]; my sister attended camp there called GEMS [Gains in the Education of Mathematics and Science]. Yes, it was a math and science camp, the horror.

Now don't get me wrong I'm a very bright young girl, and I really do love more than my fair share of science and math. But this was in the summer at a camp and had my sister waking up at 5:45 so she could be ready on time. That sounds strangely like, hmmm let me think, school.

To me the ceremony was boring, and all I did was eat cookies and pizza. And as soon as we got in the car I told my parents that I wasn't ever going to be a future GEMS student. They said that they would personally enroll both me and my friend. I continuously refused to go, and sooner or later my parents stopped pestering me.

Then time came to register for the 2009 school year. Long story short, my mom sat there and watched me submit my essays and information on the computer. Weeks later I got a letter in the mail saying that I, 'Mr.' Germanie Lewis was accepted. I am not a boy, and I thought that this was just a premonition that my time at camp would not be a happy one.

It was about two weeks ago that my time at the GEMS program finished, and believe it or not, I want to go back. My experiences there were amazing. I had fun, learned things that I wouldn't have done at school and met wonderful new friends from all around who I still keep in touch with.

The scientists, teachers and Science and Engineering Apprentice Program at the GEMS program were very nice and helpful to us. They helped us with everything and took time out of their busy schedules to teach us kids. I got to do experiments and learn things and enjoy myself at the same time. For me it was like a week in the life of a scientist.

After going to GEMS I'm thinking more and more of what I'm doing with my future and that I need to be prepared even now not even being in high school yet.



Photos by SARAH MAXWELL, ARL
Germanie Lewis rolls a ball of corn starch based material that stays solid only as long as pressure is applied. The experiment was part of the Gains in the Education of Mathematics and Science program hosted by U.S. Army Research Laboratory's Weapons and Materials Directorate.

When I came into this program I wasn't sure what I wanted to do with my life. I had millions of choices and possibilities and I still do, but now, being in the technical/engineering field appeals to me so much.

(Editor's note: Author is an Aberdeen Middle School 8th grader.)

By
MORGAN SULZBACH
Special contributor

Hi, I'm Morgan, and I'm going into the eighth grade at St. Margaret School. When I was told about GEMS by one of my friends, I immediately wanted to know how I could sign up.

From what she told me, it sounded like a fun and educational place where I could learn about science. At school we only learn the basics in life, physical and earth science.

This camp not only helped me meet new people but also taught me how science is used for survival and safety. These terms are used on higher and higher levels now because of advanced technology, some of which all the kids were able to use during the week.

Although I don't have anyone in my Family in the military, I feel at ease because of all the hard working people who not only help millions of Soldiers but also me in my adventure called learning.

(Editor's note: Author will be an 8th grader at St. Margaret School in the fall.)



Kristin Kyburz, left, and Morgan Sulzbach work with colored corn syrup at U.S. Army Research Laboratory's Weapons and Materials Research Directorate. Dr. Eric Wetzel, right, a mechanical engineer, teaches them the properties of shear thickening fluids in one of the labs the students participated in during ARL's Gains in the Education of Mathematics and Science program.



Rachel Armiger, a rising senior, tests the strength of polymers in the U.S. Army Research Laboratory's electromechanical testing facility with the help of Tishan Weerasooriya during the Gains in the Education of Mathematics and Science program.

ARL offers GEMS students experience that can't be duplicated in school

Story and photo by
SARAH MAXWELL
ARL

More than one hundred middle and high school children were exposed to world-class laboratories and scientific experiments during the U.S. Army Research Laboratory's Gains in the Education of Mathematics and Science program this summer.

Every year ARL opens its doors to students with four, one-week science-camp sessions throughout the summer that covers robotics, chemistry, materials science and other subjects.

"It's a whole week of hands-on action," said Dr. Sandy Young, a researcher at ARL's Weapons and Materials Research Directorate and program director. "They get experience and equipment they don't have in schools."

The students are introduced to lab experiments designed by active scientists, many at the forefront of their fields, and are allowed to use the equipment the scientists use every day.

"I think it's really neat," said Brenna Gleason during an experiment on shear materials using blue corn starch. "I like to experiment and play with different things—see different properties."

ARL scientists design the programs and teach some of the classes, but full-time educators as well as older student interns are also involved.

Donna Clem, Harford County Public School's coordinator for the Science and Mathematics Academy, was

the lead teacher at GEMS and has been involved for five years.

"I think it's a fantastic program," Clem said. "I think this is an experience that can't be duplicated in high school."

Although schools don't usually have the equipment ARL can provide, Clem said Harford County purchased an instron machine, which measures the properties of materials after seeing how beneficial it was during the GEMS experiments.

According to Clem, almost all of the students really enjoy the hands-on type of science classes, but she credits the preparation of the ARL staff for giving the kids a positive experience.

The GEMS program takes months to prepare, and each year is a little different, with the goal of improving on previous sessions, Young said. She and a group of ARL scientists volunteer their time and resources for the program.

"You have kids say 'Why do I need to know this,' and they're here showing them why they need math, science, etc...." Clem said. "It takes dedicated people like Doctor Young and the other scientists who volunteer here."

Each session ended the week with a pizza party, students' scientific presentations and informal gifts that represented some of the experiments the kids finished.

Anyone interested in requesting information for next year's GEMS can visit the Army Education Outreach Program, www.usaeop.com.

Inaugural MUSIP session attracts students to ECBC, government service

ECBC

The U.S. Army Edgewood Chemical Biological Center celebrated the success of its inaugural Minority Undergraduate Summer Internship Program and the work of program participants with a graduation ceremony July 30 in the Center's Berger Auditorium.

While the college sophomores and juniors shared their accomplishments over the course of the 10-week program with ECBC leaders, distinguished guests and their family and friends, the event also highlighted each of the students' backgrounds and the research they conducted.

"There is a buzz in the air that I have not felt in a long time," ECBC Technical Director Rick Decker said in his opening remarks. "It is very exciting. Young people seem to be re-energizing government service."

In support of the center's ongoing goal to strengthen its workforce and encourage students to pursue careers in science and engineering, MUSIP provided eight undergraduates with the opportunity to

enhance their education by working on challenging integrated science, technology and engineering research projects with leading scientists and engineers.

"In addition to hands-on research, the students were exposed to the inner-workings of the government workplace in the hopes that they would familiarize themselves with the culture and later be attracted to a government career at ECBC or elsewhere," said Cindy Backhaus, ECBC workforce development officer.

Curious about how her classroom experiences would translate into a career, Lindsay Marron spent her internship working on the Personal Protective Equipment Standards Program where she tested animal skin, among other things. In the end, Marron, a biology major at the College of Notre Dame of Maryland, learned a lot about the softer side of lab work when she was required to take safety and animal ethics training.

"I was anxious to find out what exists outside of my college's doors," Marron

said. "This internship definitely took me outside of my comfort zone."

Many of the interns based their presentations on what they learned as a student, an American and a minority.

"This internship — from the lens of an American — has shown me that I definitely want to work for the government when I graduate," said Joshua J. Armstead, a chemical engineering major at Trine University in Indiana. "Things operate like a big family here."

MUSIP was established by ECBC's Diversity Advisory Committee and Workforce Management Office in collaboration with the Oak Ridge Institute of Science and Education in May 2008 and commenced on June 1.

The program sought underrepresented minority college sophomores and juniors majoring in biology, chemistry, engineering, environmental science, occupational safety, physical science, physics or related disciplines at four-year colleges to apply for the MUSIP internship.

The interns worked with ECBC mentors throughout the program to help guide them and develop their career interests.

"After some time, I began to view my mentor, John Fok, Ph.D., as a friend with whom I could discuss sports and politics," Armstead said. "I really appreciated his willingness to communicate with me in simple terms and to keep me engaged in research instead of busy work."

Comments during the ceremony and the end-of-internship survey results revealed that the students would have enjoyed a longer stay at ECBC.

"The program could be a bit longer," Marron said. "It would be great to continue our research and see the final results."

Aiming to build upon the success of this first MUSIP session, the center is already preparing for a summer 2010 session.

This summer's interns have already been offered the opportunity to continue working at ECBC during their upcoming winter break with hopes that they will return after graduation.

CYS Services offers apprentice program



Story by
RACHEL PONDER
APG News

Aberdeen Proving Ground youths looking for a chance to make money, gain valuable work experience and a competitive edge, need to look no further than the Youth HIRED! Apprentice Program.

The Youth HIRED! Apprentice Program is a new program available through the Child, Youth and School Services Division of Family and Morale, Welfare and Recreation at APG that provides 15- to 18-year old students whose Families work on APG as service members, civilian employees or contactors, an opportunity to gain real-world career experience and get paid a stipend while working in a variety of positions at FMWR facilities.

The program took a year and a half to conceptualize and approve at the FMWR command-level and was introduced on installations in Europe in April, and to selected stateside installations in May.

Jay McKinney, a youth workforce preparation specialist with APG's CYS Services office, said that the program offers more than just a job, it offers valuable experience for teens.

"Many teens are unsure of what career they want to pursue," McKinney said. "This program gives them a chance to explore their options."

Some of the career options include: education, child and/or youth development, marketing or graphic design, library and information science, food and beverage management, pet care

services, recreation and tourism management, physical education, information technology, sports studies and sports management.

McKinney added that working in an apprenticeship might also reaffirm a teen's decision to pursue a particular career path. For example a teen who does an apprenticeship at the Child Development Center and enjoys it might decide to study early childhood education in college.

"This program gives the teens valuable work experience," McKinney said. "Jobs that give teens valuable work experience can be hard to find off post, especially during a slow economy."

The program is available at selected installations throughout the continental United States and abroad.

Students interested in the program must be enrolled in high school, have a 2.0 grade-point average and be registered with CYS Services.

Each student must submit an application with the Youth HIRED! Apprentice Program and undergo an interview with a CYS Services staff member who will then place the student in a position based on his or her interests.

Teens in the Youth HIRED!

Program will be assigned an FMWR mentor who has completed all required local CYS Services background checks.

The mentor will assist the apprentice in setting realistic learning objectives while providing relevant learning opportunities and will work closely with the teen throughout the apprenticeship.

Possible apprenticeship positions may include marketing assistants with the CYS Services marketing and advertising department, positions at the fitness centers, bowling center, golf course, outdoor recreation, post lodging, library, child development centers and more.

Students enrolled in the apprenticeship program will be required to complete 15 hours of work per week in a 12-week period, at the end of which students will be eligible to receive a \$500 stipend.

Students may participate in the program twice a year and can participate in the program every year while they are between the ages of 15 and 18.

During the summer, apprentices are allowed to serve two terms at one time during the summer, meaning they would participate

30 hours in a seven-day period.

There is also a potential for the stipend to increase depending on the number of times the student enrolls in the program.

Additional requirements for the students include participating in other career preparation enrichment activities such as workshops and classes where students will learn how to fill out a financial aid form and scholarship applications. Students will also be expected to keep a journal of their experiences.

Teens will be required to participate in six of these activities, but they will count towards a student's 15-hours of work.

"Teens will receive experience that will make them competitive in future job opportunities and college applications," McKinney said. "Students will develop work and life skills, like customer service and resume writing, that will be applicable to any job they might pursue in the future."

Apprenticeships are transferable to other installations as long as the HIRED! Apprentice Program is available at that installation.

For more details, e-mail Jay.a.mckinney@us.army.mil, or call 410-278-3250.

FMWR offers new skill building programs for youth

Story by
RACHEL PONDER
APG News

The Family and Morale, Welfare and Recreation Child, Youth and School Services is offering a new program for children and teens to have fun by learning new skills using FMWR facilities.

This program, called The EDGE!, provides opportunities for children and youth, ages 6 to 10, 11 to 15, 16 to 18 to Experience, Develop, Grow and Excel in FMWR partner facilities.

The program is open to youths whose Families work on Aberdeen Proving Ground as service members, civilian employees or contactors.

The EDGE! contains four broad, interest area-specific packages:

- The Art EDGE!
- The Adventure EDGE!
- The Life EDGE!
- The Fit EDGE!

Each package will be a four-week class that will teach youths special skills. For example, a Fit EDGE! package might offer bowling, golf, yoga or strength training. An Art EDGE! might offer dance, scrapbooking, fashion design and drama.

There will be at least two EDGE! packages offered at APG per month.

Chuck Rose, an FMWR partnership specialist with APG's CYS Services office who is the lead for the program, said that he has been conducting surveys at the youth centers to determine what classes to offer.

"This program is for the youths and teens so we want to plan classes that they will enjoy," Rose said. "The EDGE! will allow teens and children to try out new interests and perhaps encourage them to pursue a lifelong hobby."

Rose continued saying that there are many benefits to getting youths involved in afterschool group activities. Some benefits include increased learning, fitness, self esteem and relaxation. Involvement in after school activities also has been shown to improve social skills, and decreases the chance that the youth will engage in dangerous behaviors, he said.

Rose said that The EDGE! program acts as a precursor to other FMWR programs, like SKIES and CYS Services'



sports.

"Youths can try out a package, and if they decide they like it, we can let them know of other programs offered through FMWR that will let them pursue their hobby," he said.

Rose said that one of the goals of The EDGE! program is to involve youths and Families who are not currently using FMWR facilities.

"We want to encourage youths who are not currently enrolled in FMWR programs to see what we have to offer by participating in this program," he said. "Those who are already participating in

FMWR programs are certainly encouraged to participate as well, and tell their friends about our program."

The EDGE! is a free program for teens. School age children (1st through 5th graders) will be charged the school age child care rate, which is \$5 per hour.

Rose added that military Family members receive 15 hours of free programs each month, which can be applied to The EDGE! program.

Rose said that although The EDGE! is not a vocational program, the program is designed to get youths to think and start

planning for the future by helping them build life skills.

The first package being offered at APG is a Life EDGE! This free class is called "Teens-Got Money?" and will provide instruction to teens ages 11 through 15 and 16 through 18 on how to save and earn money, and future career interests.

The class began Aug. 17 and will be held on Mondays, 3 to 4:30 p.m., for four weeks at the CYS Services conference room, building 2752, with snacks provided.

All packages will require youths to sign-up at the CYS Services Central Registration, building 2752.

For more information about the program or becoming an Edge! instructor, contact Rose, 410-278-1399 or e-mail chuck.rose1@us.army.mil

Free transportation from the Aberdeen Youth Center will be provided.

EDGE! Program seeks volunteers

FMWR Child, Youth and School Services

The EDGE! program, a part of the Aberdeen Proving Ground Family and Morale, Welfare and Recreation Child, Youth and School Services, is seeking volunteers to present a variety of classes to children, youths and teens.

Volunteers are needed to teach classes such as disc golf, rock-wall climbing, futsal (indoor soccer), archery, music composing, writing, acting, painting and a lot more.

"Our packages consist of various programs in fitness, life skills, adventure and art," said Chuck Rose, EDGE! program coordinator. "These programs are designed to be offered once or twice each week between 3 p.m. and 6 p.m. during a four-week period. The classes can also be targeted towards specific age groups, such as school-age children or middle school and high school teens."

Teen Paintball

DoD Family members ages 11 to 18 can register for a free four-week paintball program. Paintball will be held 4 to 6 p.m., Tuesdays, Sept. 22 to Oct. 13 at Robin Hood Paintball located on 2429 Old Robin Hood Road, Havre de Grace. Roundtrip transportation will be provided by CYS

Services. Register at CYS Services Central Registration, building 2752.

For more information, call Chuck Rose, 410-278-1399.

Disc golf

"Hit the birdie" Disc Golf program will be held 4 to 6 p.m., Mondays, Sept. 21 through Oct. 19 at the Aber-

The EDGE! programs are designed to meet the needs of APG youths and teens.

"I have received more than eighty surveys from youths and teens at the Aberdeen and Edgewood Youth Services. The programs that are being offered initially are the exact ideas from the kids themselves," Rose said. "It's what they want to see and do, so that's what we are attempting to do...put their ideas to work."

The EDGE! programs are open to all Department of Defense-eligible Family members age 6 to 18.

If anyone is interested in leading a class in one of the mentioned subjects or other soon-to-be-designed program, contact Rose, 410-278-1399.

Any youths or teens who have an interest in participating in any of the EDGE! programs can contact Chuck at the same number.

dean Area Youth Services. Disc Golf is open to Department of Defense Family members.

Cost is \$40 for ages 6 to 10 and is free for ages 11 to 18. Register at CYS Services Central registration, building 2752.

For more information, call Rose, 410-278-1399.

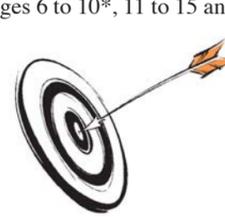
Announcing Upcoming EDGE! sessions

• "Teens - Got Money" is a Life EDGE! session on financial management that runs Aug. 17 thru Sept. 14, 3 to 4:30 p.m., at Child, Youth and School Services, building 2752 for youths ages 11 to 15 and 16 to 18.

• "Learn to Bowl," a Fit EDGE! session is projected for Sept. 21 to Oct. 19, 4 to 6 p.m., at the APG Bowling Center for youths ages 6 to 10, 11-15 and 16-18.

Packages being developed for September/October to spring 2010 time frame include:

- Disc Golf for ages 6 to 18, Sept. 21 to Oct. 19, at the Aberdeen Area Child, Youth & School Services.
- Dodge Ball for ages 6 to 18, Oct. 6 to 29 at the Boys & Girls Club in Aberdeen.
- Paintball for ages 11 to 15 and 16 to 18, Sept. 22 to Oct. 13 at Robinhood Paintball, Inc.
- Rockwall Climbing, for ages 6 to 10*, 11 to 15 and 16 to 18. (Rockwall climbing may require minimum age to be 11 years old.)
- Futsal, for youths ages 6 to 18.
- Archery, for ages 11 to 15 and 16 to 18, is projected for April/May 2010.



- Martial Arts (Ju Jitsu), for ages 6 to 18.
- Cooking & Culinary arts, for youths ages 6 to 18, projected to start late October/November at Top of the Bay.

• Strength training for boys ages 11 to 18 is scheduled for October/November.

• Aerobics/fitness for girls ages 11 to 18, is scheduled for October/November.

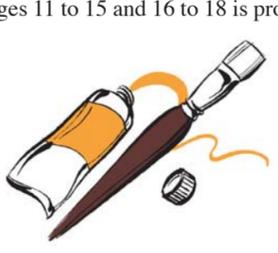
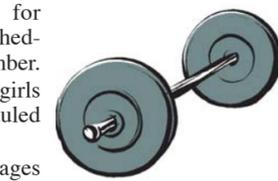
• Writing for youths ages 6 to 18, is projected for January/February 2010.

• Music Composing for youths ages 11 to 15 and 16 to 18.

• Acting for youths ages 11 to 15 and 16 to 18 is projected to begin January/February 2010.

• Painting for youths ages 11 to 15 and 16 to 18.

• Pet Care/Dog Obedience for youths ages 6 to 18 is scheduled for Oct. 26 to



Nov. 19 at the Aberdeen Area Child, Youth and School Services on Tuesdays and the Edgewood Area Child, Youth and School Services on Thursdays.

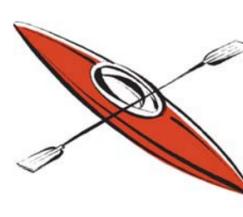
• Snowboarding for youths ages 6 to 18 is projected to start January 2010.

• Auto Maintenance/Repair for youths ages 11 to 15* and 16 to 18.

• Camping for youths ages 6 to 18 is projected to begin in spring/summer 2010.

• Canoeing/Kayaking for youths ages 6 to 18 is projected to begin in spring/summer 2010.

• Golf for youths ages 6 to 18 is projected to begin in April/May 2010. (Note: Package ideas are based on feedback received from more than 80 surveys completed by middle and high school teens.)





FAMILY AND MORALE, WELFARE & RECREATION

Activities/Events

CDC implements Army's Strong Beginnings for Pre-K children

The Aberdeen and the Edgewood Child Development Centers will be implementing the Army's Strong Beginnings Pre-K program for children who will turn 4 before Sept. 1, 2009. The children enrolled in the centers will automatically participate in this program.

Strong Beginnings Pre-K is a program designed to prepare children to be successful to enter school. The curriculum focuses on the social, emotional and physical development of children. It is a basic academic program to enhance school readiness. Children will participate in a variety of activities to include the Smart Start Sport program, there will be SKIES JR classes offered as well.

If there is interest, a part-day program will be offered to children from 8:30 to 11:30 a.m. at the Aberdeen Center. The centers look forward to an exciting school year for the children.

For more information, call Ruth Strauss, Aberdeen Area CDC director, 410-278-7111.

Radio City Christmas Spectacular

See the Rockettes perform in the Radio City Christmas Spectacular at the 1st Mariner Arena, 201 West Baltimore Street, Baltimore. There will be two shows, 4 or 7 p.m., Dec. 17. Tickets cost \$76.75 for adults and \$67.75 for children ages 2 through 12. Children ages 2 and under do not need

a ticket if seated on a parent's lap. All tickets must be pre-ordered. Tickets are limited and are available on a first-come first-serve basis. Seats are located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

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

The Great Russian Nutcracker

The Lyric Opera House, located on 140 West Mount Royal Avenue, Baltimore, will present the Nutcracker, 7:30 p.m., Dec. 19 and 5 p.m., Dec. 20. Tickets cost \$70.50 for all ages and must be pre-ordered. Children under the age of 2 do not need a ticket if seated on a parent's lap. Tickets are limited and are available on a first-come, first-serve basis. Seating is located in the lower levels. There is no guaranteed seating. The last day to purchase tickets is Dec. 3.

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

CYSS is open for home schoolers

Child, Youth and School Services invites home school Families to use the Aberdeen Area Youth Center, building

2522, 8:30 a.m. to 2 p.m., Wednesdays, beginning Sept. 9 (except for Harford County Public School off days). Children must be accompanied by at least one parent and be supervised at all times.

Children and parents will have use of the homework room, arts and crafts room, Computer Lab, with tech support 8:30 to 9:30 a.m. and 1 to 2 p.m., and the gym.

All children must be registered through the CYS Services Central Registration office, located in building 2752 Rodman Road, rooms #110 or #113. Registration is free and entitles children to become members of the Boys and Girls Club, 4-H Clubs and participate in the programs offered at the Youth Center throughout the year. Registration packets can be picked up 7:30 a.m. to 4:30 p.m.

There is an APG LIONS Home School Co-Op program which parents may choose to join.

For more information, call Jeanne Colopietro, 443-243-2861.

Sesame Street Live

"Sesame Street Live: 1-2-3 Imagine with Elmo and Friends" will be held 7 p.m., Sept. 11; 10:30 a.m., 2 p.m. or 5:30 p.m., Sept. 12; and 1 p.m. or 4:30 p.m., Sept. 13, at 1st Mariner Bank Arena, located on 201 W. Baltimore Street, Baltimore. Tickets cost \$23 each for all ages. Tickets must be pre-ordered by Sept. 1. No sales will be made after Sept. 1. All seats are located in the lower level and is on a

first-come, first-serve basis. Seating will not be known until ticket orders are received.

For more information or to purchase tickets, visit FMWR Leisure Travel Services, Aberdeen Area Recreation Center, building 3326, 410-278-4011/4907 or APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Disney on Ice presents Celebrations!

Tickets are available for Disney on Ice presents Celebrations! at the 1st Mariner Arena located on 201 West Baltimore Street, Baltimore.

Show times include 7:30 p.m., Oct. 28 and Oct. 29; 10:30 a.m. or 7:30 p.m., Oct. 30; 11 a.m., 2:30 p.m. or 6:30 p.m., Oct. 31; and noon or 4 p.m., Nov. 1.

Tickets cost \$19.25 each for all ages. All seats are located in the lower levels.

For more information or to purchase tickets, Visit FMWR Ticket and Leisure Travel Office at the AA Recreation Center, building 3326, 410-278-4011/2907, or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

The Face of FMWR

FMWR Marketing is looking for the face of FMWR. All ages, backgrounds, ranks and status; civilian and active duty, singles and Families: photos are needed for the 2010 FMWR Directory.

If you are interested in posing for a few pictures, contact FMWR Marketing at MWR.Marketing@conus.army.mil.

SKIES Unlimited

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

Unity Tae Kwon Do School of Martial Arts at APG presents Tiny Tigers

Instructor Kyo Sa Nim Sean A. Williams will teach this program.

Children ages 3 to 5 (parent participation required) can join the Tiny Tigers Unity Tae Kwon Do School of Martial Arts at APG. Tae Kwon Do builds confidence and self-esteem in young students. Classes will be held at the Child, Youth

and School Services Center, building 2522, Monday and Wednesday, 5:30 to 6 p.m., Sept. 14 through Oct. 7. Cost is \$40 per parent/child pairing.

Students must wear a white T-shirt and sweat pants. Class size is limited to 12 parent and child pairings, so register early.

Culinary kids

This hands-on class incorporates science, math, nutrition and kitchen safety into the preparation of fun and delicious culinary specialties.

Classes are Wednesdays, 5:30 to 7 p.m., Sept. 16 through Oct. 7, at the Aberdeen Youth Center, for ages 6 to 11.

Some of the dishes on the menu

include Thai Ginger Noodle Salad, Desert Sushi and Roasted Red Pepper Hummus. Chef hats and aprons are provided because to be a chef, one must look like one.

Cost is \$145 per student.

Dance Programs for grades pre-K through 8

Pre-K - Pre-ballet and creative movement will be offered, 6:30 to 7 p.m., Sept. 17 through April 25, Thursdays, at the Aberdeen Area Youth Center, building 2522. Pre-K registrants need birth certificates to verify age.

Class price is \$70 per student.

Kindergarten and 1st grade - Ballet and pre-tap will be held 7 to 7:45 p.m. at the AA Youth Center. Cost is \$85 per student.

2nd and 3rd grades - Ballet, tap and jazz will be held from Sept. 14 through April 25, Mondays, at the AA Youth Center for students in the second and third grades. Classes will be held 7 p.m. (Exact class time depends on number of students that sign up).

Class costs \$70 per student for each separate discipline.

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.

Training Room 104.

The class covers citizenship procedures on how to fill out the application for American Citizenship, basic questions about American history and the Constitution.

Participants must attend all six classes to receive a Harford Community College certificate for attending a citizenship class. An instructor from HCC will teach all sessions.

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

Introduction to computers, for adults 18 and older, will be held on Tuesday's, 6 to 9 p.m., Aug. 25 through Sept. 15.

This hands-on class is designed for those with little or no background in computer. Learn the basics skills needed to operate a computer. Student must attend all sessions to receive a certificate from Harford Community College. Must register in the ACS Employment office. Seating is limited.

Interviewing techniques will be held 11 a.m. to 1 p.m., Aug. 27, in the ACS classroom, building 2754 Rodman Road.

This class will help participants to make a positive impression in the interview, answer questions effectively, ask questions that show interest, how to follow up after the interview in order to stay in the running for the job. For more information, call Marilyn Howard, 410-278-9669/7572.

Job vs. Career classes for teens

Today's workforce offers many challenges and rewards. Learning has a tremendous impact on future earnings. Teens will learn the benefit of a career over a job.

The class will help guide teens through the job and career preparation process so they can achieve their own employment success.

Topics include:

- What employers are looking for
- How to apply for a job
- Tips on resume writing, interviewing experience

For more information or to enroll in this free class, call Marilyn Howard, ACS Employment Readiness specialist, 410-278-9669.

ACS classes

Home buying, Selling Seminar

The Army Community Service Relocation Readiness Program will hold free Home Buying and Selling Seminars, 11 a.m. to 1 p.m., Aug. 20 and 27 and Sept. 10 and 17, at ACS, building 2754 Rodman Road, Training Room 103. All service members, civilians, Family members, retirees and contractors ages 18 and older are welcome to attend.

The seminar will focus on home buying and selling. It also is designed to guide military Families and Department of Army civilian employees through most of the financial hurdles of purchasing and selling real estate. An instructor from Harford Community College will teach all sessions.

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

Improving English skills

The Army Community Service Relocation Readiness Office will offer a free English for Speakers of Other Languages class for those needing a refresher course or for those with limited English speaking and writing skills.

Classes will be held every Friday, 6 to 8 p.m., Aug. 28 through Oct. 2 at ACS, building 2754 Rodman Road, Training Room 104.

The course is open to all military personnel and Family members, civilians, retirees and contractors ages 18 and older.

The class is also designated to provide foreign-born adults an opportunity to improve their English comprehension, reading and writing skills. An instructor from Harford Community College will teach all sessions.

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

Adult American citizenship class

The Army Community Service Relocation Readiness Office will offer a free class for all military personnel and Family members, retirees, civilians and contractors, ages 18 and older, preparing to take the test for American Citizenship given by the Immigration and Naturalization Service.

The class will be held every Thursday, 6 to 8 p.m., Aug. 27 through Oct. 1 at ACS, building 2754 Rodman Road,

4th and 5th grades - Ballet, tap, jazz, hip hop and point will be held 6:30 p.m., from Sept. 15 through April 25, Tuesdays, at the AA Youth Center. Exact class time depends on the number of students that sign up. Students must audition.

Class costs \$70 per student for each separate discipline.

6th through 8th grades - Ballet, tap, jazz, hip hop and point will be held 6:30 p.m., Sept. 18 through April 25, Thursdays, at the AA Youth Center. Exact class time depends on number of students that sign up. Students must audition.

Class costs \$70 per student for each separate discipline.

This is a tentative schedule. Classes may be added or deleted according to attendance. Sign students up for what disciplines they want to take.

A minimum of five students are needed for class to be held. No more than 12 students per class.

Students must be registered by Sept. 8.

Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, Sept. 8 thru Oct. 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.

American Kickboxing

August bowling specials

• Bowl for \$1.25 per game, 1 to 3 p.m. Shoe rental costs \$2.

• Buy a combo meal from the snack bar and receive a free game of bowling. Shoe rental not included.

• Cosmic Saturdays: Each Saturday, 3 to 9 p.m., receive one hour of bowling, one whole cheese pizza and one pitcher of soda for \$32.

• Summer Blowout Friday, Aug. 21: Bowl for \$.75 per game per person plus \$2 for shoes.

• Cosmic End of the Summer Special: Friday, 1 to 5 p.m., Aug. 28, bowl \$.50 a game plus for \$2 Shoes. All

games are free 5 to 10 p.m. but is limited to four free games per person and does not include shoe rental.

Fall and winter leagues are now forming. Adult leagues are forming Monday through Friday evenings. Join the Saturday Youth League, sign up 10 a.m., Aug. 29 at the Bowling Center. The Bowling Center also has lunch leagues, a nice time to get out of the office and have some fun. Employees from Fort Mammoth would like to get a league going on Tuesday night.

For more information, call the APG Bowling Center, 410-278-4041.

APG Bowling Center Snack Bar specials

Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday thru Thursday; 7 a.m. to 10 p.m., Friday; and 4 to 10 p.m., Saturday; the Bowling Center is closed on Sundays.

Week of Aug. 17

Special #1: Double bacon cheeseburger with French fries, cookie and regular soda for \$6.95.

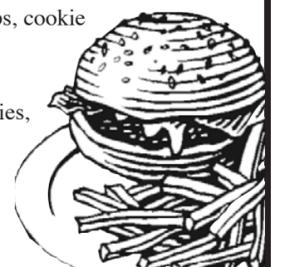
Special #2: Turkey club sandwich with potato chips, cookie and regular soda for \$6.95.

Week of Aug. 24

Special #1: Chicken tender sub with French fries, cookie and regular soda for \$6.95.

Special #2: American hero with potato chips, cookie and regular soda for \$6.25.

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





Army News

Immersive technology melds Hollywood, warrior training

Story by
C. TODD LOPEZ
Army News

Training technology development in California has demonstrated the possibility of having Soldiers walk through virtual environments that contain both real-world objects and simulated characters.

The Army has enlisted the help of the Institute for Creative Technologies at the University of Southern California to push the limits of technology to create better, more immersive training environments for Soldiers.

The "FlatWorld Wide Area Mixed Reality" demonstration was a 3-D gaming environment that didn't require Soldiers to wear a visor that would tether them to a computer. The environment melds concepts of stagecraft from Hollywood, including real-world props, with technology and projection screens, to make a virtual world Soldiers can move around in and interact with.

"We have walls where the outside is projected in, where you can have virtual humans interact with you in the spaces, or where you can project bullet holes onto the walls," said Dr. Randall Hill Jr., executive director of ICT. "It is enabling Soldiers to make decisions under stress, to practice, and to get experiences they wouldn't normally get in the school house or even in their unit before they deploy."

Hill said it is possible to track a Soldier's movement throughout the environment and to then manipulate the environment based on the position of the Soldier. Eventually, he said, it may be possible to create infinitely sized virtual training areas inside a finite training space. By changing the content on the life-size training screens, for example, Soldiers could cycle through the same training environment multiple times, but always see a new scenario or simulated environment.

The ICT is located in Los Angeles, Calif., near Hollywood--the heart of America's entertainment industry. The institute is, said Hill, a "nexus" between



Photo credit to INSTITUTE OF CREATIVE TECHNOLOGY

The "FlatWorld Wide Area Mixed Reality" demonstration was a 3-D gaming environment that didn't require Soldiers to wear a visor that would tether them to a computer. The environment melds concepts of stagecraft from Hollywood, including real-world props, with technology and projection screens, to make a virtual world Soldiers can move around in and interact with.

the entertainment industry, academia and the Army.

"We believe the key here is engagement," Hill said. "That's where the entertainment industry comes in and that's where we are trying to bring that capability in -- the technologies that we are developing to support interactive digital media for the purpose of training and for actually a lot of other uses too."

Many projects at ICT are "people-focused," Hill said. One of the most visible, now being used by Army Accessions Command, is the "Sergeant Star" program. Sergeant Star first appeared on the goarmy.com Web site as a non-animated character that answers questions for site visitors. The ICT team was asked to turn Sergeant Star into something more.

Now, the virtual-NCO is available "in person" at Future Farmers of America events, NASCAR races and other venues where the Army reaches out to audiences for recruiting. Sergeant Star is projected at full size on a screen and can interact with potential Army recruits, answering questions about life in the Army, enlistment opportunities, and jobs in uniform.

Hill said Sergeant Star is a demonstration of the kind of "autonomous characters" ICT wants to include in virtual training environments -- characters that students can have meaningful interaction with.

"It's about being able to have a conversation with them, a social interaction with these characters," he said.

The characters can reason about the

environment, express emotion and communicate through not only speech, but also gesture, he said.

"We want to give them the ability to perceive you and your gestures and facial expressions," he said.

Hill said the Army could use more advanced versions of characters like Sergeant Star as training coaches or even as virtual patients where Soldiers are being trained to interact with somebody who may be a sexual assault victim.

Other ICT projects include the ELECT BiLAT social simulation. The immersive simulation allows Soldiers to learn negotiation skills with Iraqi leaders, where the student must pay special attention to cultural sensitivities and must negotiate a "win-win" agreement between both parties.

A penny saved is a lesson learned

Story by
C. TODD LOPEZ
Army News Service

It's almost never a bad idea to kneel down and pick up a penny you find on the sidewalk -- it's even a better idea to pick up that nickel, dime or quarter.

Sgt. 1st Class Scott Humphrey, an Army Reserve career counselor and his family picked up on that idea years ago and regularly go on walks near their home in Fort Wadsworth, on Staten Island, N.Y., to look for lost change.

"It is important that we do the walks we do as a Family," Humphrey said, adding that the money they find is small, but important. "When you look at it in its simplest form, a penny can make all the difference in the world."

Humphrey, his wife Barbara, and their two daughters, 11-year-old Brianna and 6-year-old Karen, have turned pennies, other found change, and even the occasional bill into more than \$1,100 dollars over the past three and a half years. In fact, since they started in October 2005, they've collected an average of 88 cents a day.

"The reason we started picking up change and showing the children the money we find, is so they learn the value of money early on," Barbara said. "Our goal is to kind of teach them a lesson. Whenever they look at change, or receive money ... and when they start to work, they know the value of money. And when they go to a store with a twenty dollar bill, they will ask, is it really worth it to get this?"

Mostly during warming weather, the Humphrey Family goes out together to look for change, Barbara said. It's a Family event, meant to spend time together, get exercise and to find as many lucky pennies as possible.

"It can actually become a cute hobby," Barbara said. "The four of us when we go out on walks and things like that, we actually spend Family time together. It is also a bit of a way to lose weight. We walk for miles now. It is not even just us walking around the block -- we also get to talk, and the kids get excited about it."

The two girls bring backpacks and a bottle hand sanitizer along on their expeditions.

"The girls will take a backpack on the way, and there's a kit with some Purell in there. Some change is pretty dirty," Barbara said. "Money is dirty in itself, so everybody has their own survival pack."

It's a tie between Humphrey and Brianna for who collects the most change, Barbara said. Dad can find coins even when well hidden, and Brianna has a knack for spotting paper money from a distance.

"Scott will find change in very strange places, like we can pass by construction sites where they have brick dust and he can spot a penny or a dime in that kind of environment," she said. "We have names for finding change like that. 'In the wild' means it was a hard penny or dime to locate because of the camouflage. And my daughter Brianna will spot coins or dollar bills from very far away."

Barbara actually started the Family

off on their expeditions to find change when she was in college in 2005 earning her degree in English literature. It was there, she said, she recognized the disparity between her fellow students' willingness to complain about lack of pocket money and their reluctance to bend over and pick up a nickel.

"A lot of adults were going to school full time and complained about not having money," she said. "Meanwhile, I kept finding pennies, dimes and nickels on the floor. I was like you know what, what would happen if I would just start picking them up -- not spending it -- and just chronicled the daily finds?"

Barbara started a blog at <http://www.changepot.blogspot.com> to document her daily income of dropped coins.

"At the end of the day, everybody comes to me with their change, and they will say I found this in the parking lot, I found this under a soda machine," she said. "Then I kind of mix it all together and put it on the blog."

Whether the finding of pocket change drove the blogging more than the blogging drove the desire to find change is uncertain, but Barbara said when the Family hit an apparent psychological milestone of \$100 in change, the girls really took notice.

"The children were like why don't we go out to eat," she said. "They wanted to do different things with the money. And after a while, we started noticing that once we hit one hundred dollars, two hundred dollars came much easier -- then three hun-

dred dollars and four hundred dollars."

The total of found change listed in "Changepot," as of March 31, is about \$1,116.60 -- with about \$84 of that found since the beginning of Fiscal Year 2009. Barbara said she tallies the change found in line with the federal government's fiscal years, which run Oct. 1 -- Sept. 31 -- noting they are a military Family, after all.

That found change isn't going to end up buying a new flat-screen television, or shoes or even a fancy dinner at an expensive Manhattan restaurant, the Humphreys say. Barbara admits that even though the Family collected it, they don't believe it's really "their" money.

"We are looking at different charities," she said. "And we are looking to stay local. It's a karma thing; we feel it isn't our money and we want to help whoever needs it most -- we want to donate."

And really, going out as a Family to find change is more important than adding change to the bank account anyway, she said.

"It really isn't about finding the change -- it's about keeping the Family together," she said. "Now we have a hobby we can do. The change jar in itself is a vehicle for change for everyone -- and it's a valuable lesson on how the economy directly impacts Americans and how as much as they complain they have no money, if you do something as small as picking up a coin every time you see one -- in four years you'll have more than one thousand one hundred dollars."

"The 2008-2009 winning teams demonstrate the intellect, curiosity and innovation of today's youth," DiMichele said. "They are America's future leaders, the lifeblood of the science industry and the authors of tomorrow's scientific and technological breakthroughs. Skills in science, math and technology are vital to the security of our nation and it stands as increasingly important for the Army to encourage student interest in these areas."

eCYBER

From page 6

- The 7th grade "BabyBots" team from Stone Middle School in Melbourne, Fla., researched how various pollutants in floodwater affect living organisms. They are developing a home test kit and an educational program designed to raise

awareness of the potential hazards of local flood and storm waters.

- The 8th grade "Super Sports Squad" team from Pin Oak Middle School in Bellaire, Texas, developed a physical education program designed to improve the motor skills of special needs students through the use of modified sports, and have been asked by other school districts to develop an instructional manual to help implement these programs into

additional schools.

- The 9th grade "Catch A Breath" team from All Saints Regional Catholic School in Manahawkin, N.J., measured the dew point, temperature, carbon dioxide levels, carbon monoxide levels and other gases in local public buildings, and discovered high levels of carbon dioxide in their school. They developed a classroom CO2 monitor that they hope to patent and make available to all schools.

APG 2012

From front page

military and U.S. citizens; to train and educate personnel in the medical management of chemical casualties; and to provide subject matter expertise in developing Defense and National policy and in proper crisis management," according to the mission statement.

With the use of chlorine and mustard gas, World War I was the first U. S. conflict to initiate the use of chemical weap-

ons, thus resulting in the establishment of MRICD's mission.

Not only do researchers work to prevent chemical injuries, they also study the effects of numerous chemical warfare agents, including both long and short-term effects. The information helps scientists to develop and experiment with various methods of medical treatment. They assess the use of pre-emptive treatments that can be given before exposure to chemical agents to lessen or prevent the harmful effects, as well as the use of treatments after exposure and their ability to reverse the

effects.

The vital research conducted by MRICD's scientists has resulted in numerous accomplishments for the chemical defense field. A scientific breakthrough occurred with the development of a topical skin protectant against chemical warfare agents. The topical compound is meant to be used in combination with protective gear and offers protection from exposure to mustard, nerve agents and biological agents. Through the study of brain injury resulting from nerve-induced seizures, MRICD scientists were able to

work with the Food and Drug Administration to develop the first antidote for nerve agent-induced seizures.

Not only is MRICD's research beneficial to military personnel, it can also be applied to civilian concerns. Research on chemical agent exposure is relevant to developing treatments for other medical conditions such as epilepsy and Alzheimer's disease. Past MRICD developments have been used in the general medical community, including contributions to the creation of modern cardio-pulmonary resuscitation.



Backpacking for safety

Installation Safety Office

Backpacks are a popular and practical way for children and teenagers to carry schoolbooks and supplies. However, backpacks that are too heavy or worn incorrectly can cause problems for children and teenagers.

When used correctly, backpacks are designed to distribute the weight of the load among some of the body's strongest muscles. Improperly used they may injure muscles and joints. This can lead to back, neck and shoulder pain, as well as posture problems.

Parents should look for the following to choose backpacks safely:

- Wide, padded shoulder straps – Narrow straps can dig into shoulders. This can cause pain and restrict circulation.

- Two shoulder straps – Backpacks with one shoulder strap that runs across the body cannot distribute weight evenly.

- Padded back – A padded back protects against sharp edges on objects inside the pack and increases comfort.

- Waist strap – A waist strap can distribute the weight of a heavy load more evenly.

- Lightweight backpack – The backpack itself should not add much weight to the load.

- Rolling backpack – This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

To prevent injury when using a backpack, do the following:

- Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles and even aggravate curvature of the spine.

- Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist

- Pack light. The backpack should never weigh more than 10 to 20 percent of the student's total body weight

- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back

- Stop often at school lockers, if possible. Do not carry all of the books needed for the day

- When bending down, bend using



both knees. Do not bend over at the waist when wearing or lifting a heavy backpack

School can, and should be, fun and exciting for kids. Following these safety tips can help assure the safety of kids as they begin another school year.

Whatever age, whatever sport, protect the eyes

Story by **CARLLA E. JONES**
U.S. Army Center for Health Promotion & Preventive Medicine

More than 40,000 people a year suffer eye injuries while playing sports, according to Prevent Blindness America. However, 90 percent of these injuries can be prevented by using protective eye wear. It's important to remember that whatever game, whatever age, participants need to protect their eyes.

Eye injuries in sports happen as a result of direct contact with other competitors and from sports equipment such

as bats, balls, pucks, rackets, darts and guns (even air guns).

According to the National Society to Prevent Blindness, the leading cause of sports-related eye injuries in 5- to 14-year-olds is baseball; the leading cause of sports-related eye injuries in 15- to 24-year-olds is basketball. In general, the sports with highest risk for sports-related eye injury for players not using protective equipment are basketball, racquetball, lacrosse, baseball and paintball. Sports that present a medium risk for sports-related eye injuries without the

use of protective measures include tennis, football, golf and soccer.

The good news is that almost all eye injuries can be prevented by understanding safety practices and using the proper protective eyewear. Most protective eyewear for sports has protective requirements specified by the American Society for Testing and Materials. Among ASTM published standards are these:

- ASTM F803 – "Eye Protectors for Selected Sports," which addresses racket sports, women's lacrosse, field hockey, basketball, baseball and soccer.

- ASTM F1776-01 – "Eye Protective Devices for Paintball Sports."

- ASTM F513-00 – "Eye and Face Protective Equipment for Hockey Players."

Remember that regular glasses do not provide enough protection when playing sports. Safety goggles with lensed polycarbonate protectors should be used for racquet sports or basketball. Batting helmets with polycarbonate face shields should be used for youth baseball. Helmets and face shields used when playing hockey should be approved by the U.S. Amateur Hockey Association.

Protective eyewear is only effective if it's used. Use should become a habit when playing any sport. Wearing protective eyewear will decrease the risk of eye injury and should be used no matter the age of the participants.

When purchasing protective eyewear, make sure the eyewear is specifically designed for that sport or other activity. Check the label on the product to verify that the product has been tested, approved and certified.

If an eye injury occurs, an eye-care professional should be consulted right away. Keep the injured person still and calm to avoid worsening the injury. For chemical injuries, rinse the eye with water (15 minutes) before transporting the person to medical care. Wash hands thoroughly before touching an irritated or injured eye. Never rub an eye that has a speck or other foreign material in it.

Eye injuries are the leading cause of visual impairment after eye disease. Prevent Blindness America estimates 90 percent of all eye injuries are preventable. Wearing protective eyewear can prevent most eye injuries from occurring.

Make vision a health and safety a priority. To protect against eye injury wear protective eyewear and make sure children use it, too.

For more information about vision conservation, visit the Tri-service Vision Conservation and Readiness Program Web site at <http://dodvision.com/> or Prevent Blindness America at www.preventblindness.org/. To view ASTM standards, visit www.astm.org/Standard/index.shtml.

Adventures in driving decision making

Panic on the highway!

Installation Safety Office

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

Test your driving expertise in the following situation and then from the options provided, select the best answer. The answers are printed upside down.

Situation #48

You are driving along a two-lane highway behind two cars. Things are moving a little too slow to suit you. You have been waiting for the car just in front of you to pull out and pass the other car. However, after he passes up three chances to pass, you decide he doesn't want to. At the next opportunity, you pull out to pass them both. Just as you get almost even with him, he starts to pull out toward you to pass. What should you do?

A. Honk, swerve left and accelerate to get ahead.

B. Honk, brake hard, veer left and drop back.

ANSWER B. Yeah, "honk, brake hard, veer left and drop back" is probably the safest thing to do. Honk to let him know you're there, he may not know. Then, hard brake to reduce your speed so you can veer away from him and drop back to get a different reading on him.

ANSWER A. Tough choice, isn't it? However, your choice to "honk, swerve left and accelerate to get ahead" seems risky. Already that driver has shown he's not very smart, and it seems foolish to gamble on what he will do. You would expect that he'd pull over and back into his original position, but he could just as easily accelerate and muscle his way over. Try answer B.

Ironhorse Motorcycle Safety, Fun Ride

The First Annual APG Ironhorse Motorcycle Safety and Fun Ride will take place 9:30 a.m., Aug. 28 behind Fanshaw Field, Aberdeen Area.

Following motorcycle inspections and safety classes, motorcycle riders will depart Fanshaw Field and travel to Darlington Harley-Davidson for lunch. The ride will continue over the Conowingo Dam and through Port Deposit. Riders will then return to Harford County and end the ride at Capa Field, Edgewood Area.

All military, civilians, family members and retirees are welcome to join in to add to the enjoyment and esprit de corps of the motorcycle community on post.

All riders must have a valid Motorcycle Safety Foundation Basic Rider's Course/Defensive Drivers Course card to participate, as well as wear the required protective equipment while participating.

For more information or to RSVP, call Maj. Mathieu Petraitis, 410-278-2104.

Health Notes

Commentary: Children, teenagers need more vitamin D, according to new guidelines

By **LT COL KAREN E. HAWKINS**
DeCA

Drinking milk is a good way for children to get some of the vitamin D they need, especially now that the recommended daily amount has increased, according to the nation's leading pediatrician group. The American Academy of Pediatrics now recommends that children get 400 international units of vitamin D daily, instead of the old recommendation of 200 IUs, to ward off rickets and prevent a deficiency. Recent studies have suggested that vitamin D helps the immune system work well, and may help protect against diabetes, cancer and infections.

Milk not only provides calcium, it also provides 100 international units of vitamin D, which makes it an excellent source of the vitamin. However, children would need to drink about four cups of milk every day – too much for most to drink – to get the amount they need. To help ensure children are getting enough vitamin D, also known as the sunshine vitamin, the Academy of Pediatrics also recommends that children take supplements. There are liquid and chewable supplements for infants and children.

Supplement recommendations

- Breast-fed infants need 400 IUs of vitamin D supplement because breast

milk does not contain enough vitamin D. A supplement needs to be started in the first few days of life.

- Formula-fed infants who drink at least 1 liter of formula per day are getting enough vitamin D. All infant formula in the United States is fortified with vitamin D.

- Children and teenagers who do not get 400 IUs of vitamin D through vitamin D-fortified milk or vitamin D-fortified foods need 400 IUs of a vitamin D supplement.

Some other foods are good sources of vitamin D such as salmon, mackerel, tuna and sardines. Soy milk may also contain vitamin D, but read the label to make sure. And remember: Buying supplements at the commissary can save you money while providing vitamin D if recommended by a doctor.

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

Sign up with the DeCA Dietitian on www.twitter.com and start getting messages sent to your cell phone.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-278-1418, fax 410-278-3033, or e-mail carolyn.russell2@us.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Debra Bonsall (daughter has brain tumor)	Wayne Erb Dawn Folck Rita Fowler John Furchert Holly Geppi Marilyn Grebe Erin Griffin Linda Hindman Beverly King (caring for husband)	Karen Milton Deborah Moore Richard Morris Marie D. Nowak Cindy Orwig Mary Pettitway Christina Shapiro Ron Spencer Anita Spies Joyce Steininger Willie Stevenson Linda Tabaka Gale Thompson Darlene Treston Luis Villafane Carolyn Zalepa Barbara Zenker
Shondria Boone Jeanie Bowman Georgia Braun Michelle Brooks Alberta Brown Veronica Brown Andrew Buchanan Veronica Callahan Kimberly Carns Randy Carroll Joyce Clark Brenda Clayton John Daigle Bonnie Day Meg Downey	Kari Jackson Sinclair Joe Janet Kipp Ellyn Kocher Angela Lambert Julie Long Joy Meadows Frantz Midy	