

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Feb. 25, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Nominate civilian, military women for 'green' movement

Women's History Month will be observed in March. The environmentally-focused theme for 2009 is "Women Taking the Lead to Save Our Planet."

One goal is to recognize the varied roles and leadership of APG's civilian and military women in the environmental or 'green' movement.

Nominations should be submitted by Feb. 19. Examples of work may include leadership in any environmentally-focused area (i.e. preservation of natural or cultural resources, cleanup of environmental contamination, energy consumption, pest management, recycling, carpooling, pollution prevention, etc.).

The submission of a digital photograph of the nominee is requested.

Honorees' accomplishments will be showcased in a Powerpoint slideshow during the March 4 program.

There is no limit to the number of honorees submitted from each organization.

For more information, call J. Diane Siler, APG Federal Women's Program manager, 410-436-2681.

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.

National Prayer Luncheon Feb. 20

Aberdeen Proving Ground will host its annual National Prayer Luncheon, 11:30 a.m., Feb. 20, at the Top of the Bay.

Guest speaker will be Lt. Gen. Benjamin C. Freakley, commanding general, U.S. Army Accessions Command/ See SHORTS, page 6

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APG NCO recognized

DES selects Police Officer of the Year

Story and photo by YVONNE JOHNSON APG News

The Directorate of Emergency Services introduced its 2008 Police Officer of the Year during a ceremony at building 2200 Feb. 3.

Officer Geoffrey M. Gray of the Edgewood Area Patrol Division was recognized before Family and coworkers as the year's top officer by DES director Robert Krauer, deputy director Joseph Darabasz and police services Chief Charles Ruggiero.

Gray's wife Jennifer and children, Tyler, 11 and Jaclynn, 8, looked on proudly as Gray was awarded a commemorative plaque, a gift certificate and the sign for his designated parking space from last year's winner, Officer Wade Norbutas.

"We're very proud of him, very proud," Jennifer said.

Darabasz opened the ceremony with the invocation followed by Ruggiero who said, "It's an honor to be able to come here this morning and present an outstanding award to this great officer."

Krauer said that Gray's selection was unanimous and a "testament to his hard

work during the past year."

"It's not so much recognition for what you did but for what we expect of you in the future," Krauer said. "I expect even bigger and better things out of you."

Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, presented Gray with a coin of excellence and commented on "the incredibly important work" DES personnel do every day, noting that police officers are the first ones visitors see when they arrive and the last ones they see when they leave.

"We have one of the best and most highly professional law enforcement activities in the country," Weissman said. "It's one thing to be recognized for being the best and another to be recognized in an already highly successful organization."

Gray was humble in his thanks for the honor.

"I feel like I was just doing my best," he said.

DES Police Officer of the Year Geoffrey M. Gray

A native of Johnstown, N.Y., Gray entered the Army in 1995 and served as a military police officer until 2003 when he left



Officer Geoffrey M. Gray is the Aberdeen Proving Ground 2008 Police Officer of the Year. Gray is a patrol officer with the Edgewood Area patrol division.

the military and became a civilian officer with the former Directorate of Law Enforcement and Security. He served with the Marine, Wildlife and Environmental Division until 2005 when he transferred to the Edgewood Patrol Division.

Gray said he wanted to serve in law enforce-

ment as long as he can remember.

"It was the only option I would consider when I joined the Army," he said. "I told them I wouldn't go in unless I could be an MP."

Along with his patrol responsibilities, Gray serves as field training officer for Police Academy

graduates and as lead patrol officer in the absence of his shift sergeant. He arrives 30 minutes before others on his shift to issue arms from the arms room, and he is the first vice president of the police union.

He described himself as "outgoing" and "proactive."

See GRAY, page 3

Commissaries partner with DoD to help promote financial fitness through 'Military Saves' program

Story by

KEVIN L. ROBINSON DeCA

Navy service member Karen Amador Lesetmoe described herself as someone who had gotten in over her head in debt. Between credit card debt, a car loan and a low-paying job that made shopping for food a constant challenge, the single mom needed a new direction.

So she went on a diet - financially that is.

"I decided I'd had enough of living paycheck to paycheck and worrying about money all the time," said Lesetmoe, whose testimony to get out of debt is posted with others on <http://www.MilitarySaves.org>. "When I paid off my credit cards, I didn't relax and fall back into my old spending habit, I was on a mission to save money. I

opened a savings account and started putting all the money I would have spent on my debt into my savings."

Lesetmoe's story of financial distress is all too real for many people in uniform and their Families.

To help reinforce its message for the military community to be financially fit, DoD has proclaimed Military Saves Week, Feb. 22 through March 1. The Defense Commissary Agency has joined other DoD agencies and installation financial institutions to echo the benefits of reducing debt and building wealth.

Military Saves was developed by DoD's nonprofit partner, the Consumer Federation of America, to enlist the military in a yearlong commitment to financial responsibility. To symbolize that commitment,

See SAVE, page 3

KUSAHC NCO receives Purple Heart

Story by

RACHEL PONDER APG News

An Aberdeen Proving Ground Soldier received the Purple Heart, one of the nation's oldest and most prestigious medals, Feb. 9 at Top of the Bay.

Sgt. Eric Scheier received the prominent medal for an injury he received while serving in Iraq in 2006.

Scheier, who was deployed in support of Operation Iraqi Freedom and assigned to the 1st Platoon, C Troop 1st Squadron, 10th United States Cavalry Regiment, was wounded by shrapnel from an improvised explosive device while providing treatment to wounded Soldiers at approximately 10 a.m., Aug. 12, 2006.

Scheier's unit was on patrol when the dismounted element conducting the route clearance for his convoy was struck by an IED. Scheier dismounted and ran approximately 200 meters to respond to the wounded Soldiers. Scheier provided treatment and moved one of the Soldiers into an evacuation vehicle. While treating the wounded Soldier, a second IED detonated approximately 10 feet from the vehicle he was



Photo by SEAN KEIF, APG PHOTO LAB Sgt. Eric Scheier who works for Kirk U.S. Army Health Clinic as a medic in the troop medical clinic, shows his son, Connor, his Purple Heart Medal that he received Feb. 9 during a ceremony at Top of the Bay for an injury he received while serving in Iraq in 2006.

in. Without regard for himself, he continued to treat the other two dismounted Soldiers, who were killed in action.

Scheier, who said that he did not need to be hospitalized for his injury, stayed in Iraq for six months after the incident. He now works for Kirk U.S. Army Health Clinic as a medic in the troop medical clinic.

The ceremony was hosted by Lt. Col. James M. Nold, commander, KUSAHC.

Sgt. 1st Class Wendy Daugherty, senior medical noncommissioned officer for KUSAHC, welcomed attendees, including dig-

nitaries and Family and friends of Scheier.

She also recognized Donald Williams, Nick Kyriazis, Joe Perzinski and Sam Columbia who were representing the Military Order of the Purple Heart, Purple Heart Association Chapter 561.

Daugherty commented on how it was fitting that an NCO should receive the award during the Year of the NCO.

Daugherty gave the audience some background, stating that Gen. George Washington created this now well-known medal,

See SCHEIER, page 9

OC&S hosts 36th Annual Wilbert Davis Gospel Night

USAOC&S

In celebration of African-American/Black History Month, Brig. Gen. Lynn Collyar, on behalf of the U.S. Army Ordnance Center and Schools, will host the 36th Annual Wilbert Davis Gospel Night Sunday, 4 p.m., Feb. 22 in the Post Theater. Admission is free and open to the public. Local gospel groups will be featured as well as many others. "We are the Change That We Seek" is this year's theme. Essay contest winners will also be announced.

Gospel Night began in 1973 by Maj. Wilbert Davis. He personally nurtured the musical celebration of Black History Month even after he retired from the Army. In tribute to his personal dedication and devotion to the celebration, Gen. Johnnie E. Wilson, then the Chief of Ordnance, signed a proclamation naming the annual event in his honor Feb. 9, 1992.

For more information, call Master Sgt. Gail Brennan, 410-278-2529.

Veterans services available on APG

Directorate of Human Resources

The Garrison Directorate of Human Resources, Military Personnel Office, located in building 4305, continues to maintain agreements with the state of Maryland and the Department of Veterans Affairs to support all separating/retiring Soldiers and Veterans.

Like many organizations, turnover of staff has occurred in both of these organizations.

"We apologize for any inconvenience this may have caused," said Janet Dettwiler, director of Human Resources, "however, the Military Personnel Office will continue to assist veterans as necessary."

The Maryland Job Service Office will continue daily service with its unmanned Resource Center located in room 137. There are state-owned computers available with access to job banks and many pamphlets and flyers from perspective employers.

The monthly Transition Assistance Program Workshop will continue with no interruption.

Until a full-time service representative is hired, personal service will be limited to Tuesdays and Thursdays in room 136. Veterans can call 410-306-2354 and leave a message or call the main office in Bel Air at 410-836-4630 for further assistance.

The Department of Veterans Affairs will continue to support the monthly Transition Assistance Program Workshop as well as the twice monthly service visit. These visits will be the first and second Tuesday of each month.

The next visit is March 3. A veterans' representative will be in the office, located in room 133, from 9 a.m. to 3 p.m. Appointments may be made in person or by calling 410-306-2322/2320. Walk-ins are welcome.

To speak to the representative while they are at APG, call 410-306-2358.

"Thank you for your patience as change occurs," Dettwiler said.

20th Support Command Soldiers honored for mission in Iraq

Story by
QUENTIN MELSON
20th Support Command

Soldiers from the 20th Support Command (CBRNE) received the Department of Defense Group Achievement Award and the Department of the Army Meritorious Unit Commendation for their service as members of Task Force McCall in Iraq in ceremonies Jan. 26 at the organization's headquarters on the Edgewood Area of Aberdeen Proving Ground.

Joseph Benkert, assistant secretary of defense for Global Security Affairs, presented the awards and offered his praise for the command's service in Iraq before presenting the awards.

"What you did in Iraq really closed the book on Saddam's nuclear program," Benkert said. "With this operation, you took

out the last remnants of the nuclear program and really shut the book on it once, and we hope, for all. That was really important. Everyday we work to prevent the proliferation of [weapons of mass destruction] and nuclear materials, and the work you did in Iraq was a really important part of that long term effort not just shutting the book on Saddam's nuclear program but preventing the proliferation of WMD's everywhere. For that, we are very grateful."

Benkert then presented members of Task Force McCall a certificate for their efforts. After months away from their homes and Families, participants said they were honored to receive the award.

"Recognition from our civilian leadership says a lot about the importance of this mission," said Master Sgt. Christopher Ellette,

noncommissioned officer in charge of Task Force McCall. "It says a lot about how Soldiers of the 20th Support Command, non-commissioned officers and officers, "Soldiered up" and accomplished the mission."

Senior members of the 20th Support Command (CBRNE) were quick to praise the Soldiers for their excellent work, in this, the first mission of its kind overseas.

"I am very proud to receive this award," said Lt. Col. Stephen Smith, officer in charge for Task Force McCall. "I am especially proud of all the people who participated. They completed what was a very complex and very important mission for the security of Iraq and did it safely with no injuries. Everybody came home and of that I am very grateful and proud."

Brig. Gen. Jeffrey J. Snow, commander of the 20th Support Command, praised the Soldier's and civilian's performance.

"This is certainly a great day for these Soldiers and civilians and the entire 20th Support Command and JTF-Elimination," Snow said. "As a new command still building our capabilities, it is no small feat to deploy overseas and accomplish the highly sensitive and dangerous mission that these Soldiers carried out with flying colors. So much so that they are being recognized here today with both a Department of Defense award and the Department of the Army Meritorious Unit Commendation. The Soldiers and civilians of TF McCall helped put this unit on the map, and people are starting to stand up and take notice."



Photo courtesy of TASK FORCE MCCALL
Lt. Col. Stephen Smith prepares to depart on Task Force McCall mission in Iraq, Jan. 2008.

AMSAA, AEC develop Reliability Scorecard

Story by
NANCY WELLIVER
AMSAA

The Army Acquisition Executive approved the new Army Reliability Policy in December 2007. The policy was developed to cost-effectively increase the reliability of Army systems. The new policy encourages use of cost-effective reliability best practices and provides a mechanism to alert key Army leaders when weapon systems are off track with respect to meeting their reliability requirements.

One of the policy's key elements is an early review of reliability and testing efforts to determine if a program is on the right path for achieving the reliability requirements.

In order to execute this policy element in a consistent way, the U.S. Army Materiel Systems Analysis Activity and the U.S. Army Evaluation Center developed a new Reliability Scorecard. The scorecard examines a supplier's use of reliability best practices, as well as the supplier's planned and completed reliability tasks. The scorecard can also be used to evaluate a given program's reliability progress. AMSAA, in support of AEC, will evaluate a system's reliability program plan using the scorecard.

The current version of the scorecard was developed based, in part, on reliability assessment approaches developed by IEEE, Raytheon, Alion, the University of Maryland and others.

AMSAA and AEC expanded and refined the individual assessment areas based on several years of evaluation and reliability program experience.

The scorecard evaluates eight critical areas: Reliability requirements and planning, Training and development, Reliability analysis, Reliability testing, Supply chain management, Failure tracking and reporting, Verification and validation and Reliability Improvements. Each element is rated either red, yellow or green based on a number of elements. This scorecard is important in tracking the achievement of reliability requirements and rating the adequacy of the overall Reliability Program.

The current qualitative rating will eventually transition to a quantitative scoring process as more programs are evaluated and more data become available.

The scorecard was one of the key products of the OSD Reliability Improvement Working Group. The scorecard is posted to the Defense Acquisition University Acquisition Community Connection and can be accessed at <https://acc.dau.mil/CommunityBrowser.aspx?id=210483&lang=en-US>.

The scorecard has already been successfully applied to several Army weapon system programs.

Reliability Scorecard

8 Categories

- Reliability requirements and planning
- Training and development
- Reliability analysis
- Reliability testing
- Supply chain management
- Failure tracking and reporting
- Verification and validation
- Reliability Improvements

For each category there are several elements with associated rating criteria

Structured engineering and analytical approach to identify weak performers early

Example of an Element within Reliability Analysis Category

Critical loads and stresses are characterized; life cycle environment and operation duty cycle stresses are characterized.	Green
Clearly define estimates of life-cycle user and environmental loads, update periodically, verify with measurements on pre-production systems/products. The developer must characterize the critical loads and stresses. Validate with additional testing and data collection.	Yellow
Estimate life-cycle user environmental loads from "like-systems" in similar operational environments. Measurements not verified on actual system through testing and data collection.	Red
Life-cycle user environmental loads and duty cycle stresses are not defined.	Red

PM C4ISR On-the-Move begins planning for integrated exercise



Zachary Bupp, an engineer, helps Spcs. Howell and Gomez of Company A, 1st Battalion, 29th Infantry set up a One System Remote Video Terminal during C4ISR OTM E08. E09 will incorporate various live communications, sensor and battle command systems augmented with virtual and constructive simulation. This brigade-sized element of live and simulated systems is hosted in an environment providing realistic conditions that are relevant to Soldiers.

Story by
EDRIC THOMPSON
CERDEC

U.S. Army product manager at Fort Monmouth, N.J., held a planning conference at Gibbs Hall, Jan. 27 through 29, to kick-off preparations for its annual exercise at Fort Dix, N.J.

Event 09, or E09, the largest integrated technology demonstration of its kind, is conducted by Product Manager Command, Control, Communications, Computers,

Intelligence, Surveillance and Reconnaissance On-the-Move (PM C4ISR OTM) in collaboration with the Research Development and Engineering Command, the Communications-Electronics Research, Development and Engineering Center and other government labs and industry partners.

Scientists, engineers and program managers from organizations across the Department of Defense attended sessions

devoted to E09 guidance and campaign goals, overviews of PM C4ISR OTM capabilities and facilities, briefings of proposed technologies for exercise inclusion, and break-out sessions for the attending technical providers to collaborate or discuss their proposals with the PM's personnel.

Lt. Col. William T. Utroska, product manager, C4ISR OTM, was pleased with the participation and is eager

to begin the execution phase.

"The engineering and integration phase is the most important," he said, "but during execution, we will see the fruits of our labor and adjust accordingly as we validate technical feasibility with operational relevance."

As an Army capital investment, PM C4ISR OTM is a Research and Development Program of Record that supports Army, DoD and industry technology development efforts by providing a relevant environment to assess emerging technologies in a C4ISR System-of-Systems.

The PM uses a "test/assess-analyze-fix" process to support future force capabilities and risk mitigation/reduction for Future Combat Systems concepts; quicken the development of technology into the current forces; determine and validate technology readiness levels; evaluate emerging industry technologies and quantify end-to-end performance and combat effectiveness.

Activities conducted at PM C4ISR OTM's lab or field sites are constructed to expose systems to conditions not ordinarily available within their individual development

See E09, page 3

Field expertise translated to PM benefit

Story by
BRANDON POLLACHEK
PEO IEW&S Public Affairs Officer

Contributions a Solider can make for his fellow comrades-in-arms can come in various forms and many of those tend to be obvious when that Soldier is a field artillery targeting technician. However, during an Operation Iraqi Freedom deployment in November 2003 the future role for one warrant officer would change drastically.

While assigned to a tactical unit Chief Warrant Officer 4 Eric Adair was pulled out of theater as the Army had an even more pressing need, which his expertise was ideal for. During the early stages of the Global War on Terror the increased importance of counterfire radars in theater was becoming evident; there was an immediate need to include an operational expert on counterfire radars in

the Program Manager Radars office. Adair found himself thrust into a new environment as the assistant product manager for PM Radars.

"I was able to bridge between both communities, and after I got my feet wet in the acquisition world taking some basic courses, I was able to forge those connections," said Adair about his assignment. "I've been on the other side and it is having the person in the middle to translate in some aspects and also to shake things up on the acquisition side that is the importance of having a technical expert in the mix."

Serving as the APM for Radars, Adair was instrumental in ensuring numerous capabilities made it to the front lines. "Pretty much everything that involves radars I have had my hands on over the past five years," Adair said.

One example of his ability to

uniquely meet a demand of the Soldiers in an extremely short time frame was demonstrated by his ability to answer a call from Soldiers in the field for a capability, which could provide 360-degree counterfire radar coverage with increased range. Through his diligence, he was able to field two systems that met the capability need within 70 days to include ensuring they met all fielding, maintenance, training, information assurance and material release requirements.

In another example he pulled together a team of experts and spent four months in Korea meeting the need for critical repair on all of the U.S. Army counterfire radars deployed.

Although, Adair was pulled out of theater to become the APM for radars, his duties in that role led

See ADAIR, page 8



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cation to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor-appg@conus.army.mil.

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

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APG Outdoor Journal

Commentary: APG volunteers... God love 'em



Photo by GEORGE "BART" ROBERTS, APG WILDLIFE & MARINE LAW ENFORCEMENT

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

Two or three weeks ago a friend of mine, who works for the Maryland

Department of Natural Resources, and I were huddled up in a goose blind on a farm way up in Cecil County trying to figure out whether it was our deodorant (or the lack thereof), or our goose calling that was causing the geese to avoid us like we had the plague or something.

After a while, the old farmer drove up to our blind on his tractor, pulling one of his manure spreaders.

"Boys," he said, looking down at us, all serious like, spitting a stream of tobacco juice on the ground, "I been sitting down there in the barn a'listening to your calling, and after studying on

it for a spell, I figured I'd come on up and see if'n you might be interested in goin' to work for me full time. I reckon you've seen how them durned geese have been wreaking havoc on my farm. Why, there ain't been a day gone by for the past couple of weeks or so that there ain't been at least five thousand of them in my wheat fields a ruinin' my ponds. I was just a'wonderin', seeing as how you fellers seem to be pretty good at shooing them off, if'n I might be able to talk you two into doin' it on a regular basis? Since you fellers started a'calling this morning, there ain't been a single goose come within

a half-a-mile of this place. I'd be obliged if'n you'd come and do your calling ever day, leastwise 'til they head back up north where they come from."

Well sir, after he drove off, we got to laughing so hard that the tears were literally running down our cheeks. That's when we decided to put the goose calls away and turn our attention to the peanut butter and jelly sandwiches we had stashed in the blind.

As we sat there eating our sandwiches and wondering whether or not the peanut butter was laced with salmonella, we got to yakking about our hunting programs and kicking around some ideas that

we thought might help improve the way we do things.

Well sir, the more we talked about it, the more I realized that without the effort and sacrifice put forth by the APG volunteers, our recreational hunting program would more than likely fall flat on its face. In fact, I got so engrossed with the thought that when I got back in the office the next morning, I started tallying up the hours sacrificed by our volunteers this past year. I was amazed.

The way I got it figured, it was well over 2,000 hours. Just think about that for a minute, that's 2,000 hours they could have spent with their Families.

Instead they spent it wading through ticks, chiggers, greenbriers and poison ivy, just to make sure that the areas were marked properly and in keeping with our range safety standards.

If you were to figure that time up at \$10 an hour (and that's less than the minimum living wage mandated in the state of Maryland), it would come to something like \$20,000!

Wow, if you were to ask me, I'd say that's a heck of a contribution made by our volunteers and certainly deserving of a "Thank You" for their sacrifice and dedication.

God love 'em...they really did good this year!

Save

From front page

the military community – military members, retirees, Family members, government civilians and contractors – is urged to visit www.MilitarySaves.org and take the Saver Pledge. The Web site offers free financial services and suggestions to help save money.

"Extending the paychecks of military members with savings of thirty percent or more is the reason the commissary benefit exists," said Philip E. Sakowitz Jr., DeCA director and chief executive officer. "So it was a perfect fit for the Defense Commissary Agency to partner with DoD to help military members and their Families focus on their financial well-being by joining the Military Saves campaign."

As part of DeCA's partnership with Military Saves, commissaries will work with installation financial counselors to arrange "savings" tours of the stores during Military Saves Week. The tours are designed to help shoppers learn how they can stretch their grocery budgets with tips that include taking advantage of price promotions and coupons. Customers will see Saver Pledge posters in commissaries and links

on the DeCA Web site, <http://www.commissaries.com>, to help promote the savings tours and the Military Saves campaign.

Savings through consistent shopping in commissaries year round can save nearly \$3,400 for a Family of four; a Family of three more than \$2,600; a couple more than \$2,100; and a single service member can save nearly \$1,200.

During 2009, DoD wants to

emphasize that its message of financial fitness is not restricted to Military Saves Week. Each quarter of the year will have a financial theme: the first quarter, "Save and Invest," aligns with Military Saves Week; the second quarter will focus on teaching financial responsibility to the youth; the third quarter will deal with reducing debt; and the fourth quarter will address preparing for retirement.

E09

From page 2

environments, facilitating validation of technology readiness levels and serving as a technology transition venue.

The integrated exercise incorporates various live communications, sensor and battle command systems augmented with virtual and constructive simulation. This brigade-sized element of live and simulated systems is hosted in a battlefield-like environment, providing realistic conditions that are relevant to Soldiers.

The goal is to evaluate the system against spe-

cific performance criteria and then facilitate maturation by continuously providing honest feedback and evaluations to the developing organization throughout the demonstration and at its conclusion.

"The PM's methodology enables participants to close development feedback loops within weeks, sometimes even days. Also, related programs and the test community can obtain early looks at systems in a flexible, low-risk environment well before integration and formal tests are required," said Michael Amabile, a senior systems engineer for the PM.

While these efforts create cost-savings opportuni-

ties for the Army, Amabile said they produce a greater benefit to the Warfighter: major quality improvement.

E09 will address deeper technical challenges by featuring a much stronger tie-in with current, transformational and future force architectures.

The PM will use the following campaign goals to accomplish this:

- Mitigate risk for and enable C4ISR technology development
- Explore engineering challenges associated with C4ISR systems integration
- Define and mature metrics that quantify the technical performance of C4ISR systems and systems-of-systems

- Study cognitive impacts of the employment of integrated C4ISR systems

- Utilize and assess varying solutions in support of Future Force C4ISR instrumentation, data collection and reduction

The planning conference was extremely beneficial, Amabile said, because it allowed participants to interact, solve difficult integration challenges and

design new approaches.

"I was impressed by the overall quality of the proposed ideas, which suggests a very successful design and execution effort going forward," he said. "The presence of a large number of actual program-of-record systems, in concert with additional close surrogate systems, will enable E09 to directly inform many relevant study issues

within the next several months."

PM C4ISR OTM will review and evaluate proposals over the next two months to determine the participants for E09. The final planning conference is scheduled to be held at Fort Dix, N.J., March 31 to April 2. E09 is scheduled to begin June 1 and culminate with its Presentation Days, Sept. 15 through 17.

Gray

From front page

"I'm not gonna wait for something to happen and then respond to it. I'm gonna try to stop it before it happens; be physically out there to maybe deter things from happening," Gray said.

"I try to keep myself busy," he added. "When you stay busy a twelve-hour shift seems more like six hours."

He said his pet peeve is child safety, specifically finding children or infants unsecured in vehicles.

"An adult can make a decision whether or not

to fasten a seat belt but a child has no choice," he said. "It's the responsibility of that adult or parent to ensure that child's safety."

He rates the APG police force as "highly efficient."

"We take our job seriously," he said. "There's not as much activity as there is outside these gates but we're a lot more than just gate guards."

He said that community interaction is "very important."

"It builds a trust, and people are more inclined to communicate their concerns when they trust you."

Gray was nominated by his shift commander Lt. Johnny Boyles who

he has worked under for two years. Boyles called Gray an "excellent police officer."

"He takes on so much responsibility including FTO coordinator and patrol supervisor when my sergeant is off. And he's active in the union and in his community," he said.

Boyles said he is encouraging Gray to study for an exam later this year that would promote him to sergeant.

"He stays real busy and does a great job," he said. Primarily it's his initiative and willingness to take on responsibility that makes him such a go-getter and a good officer."

Commentary: Checking product recall information

By **MAJ KIRSTEN M. ANKE**
U.S. Army Center for Health Promotion and Preventive Medicine

Remember hearing about lead found in children's toys and jewelry?

Sometimes consumer product recalls make national news, but every month there are new lists of product recalls and recall alerts. The U.S. Consumer Product Safety Commission monitors more than 15,000 kinds of household items and sports equipment. The CPSC reports products that pose a fire, electrical, chemical or mechanical hazard, or a prod-

uct that can injure children.

Military Families are great at purging and merging "stuff." When the time comes to PCS, whatever clothing, toys or furniture we do not need or want, we gladly sell or donate. When at the next location, we often inherit or obtain appliances, electronics, outdoor equipment and much more to help make the most of the assignment. Whether we buy retail or shop and sell through yard sales, thrift shops, advertisements in the local paper, postings on a community bulletin board or online, we need to know if the

product has been recalled for any reason.

What about the safety of your food, medicine, cosmetics, pesticides, or motor vehicles and boats? Look to www.recalls.gov for all federal product recalls. At this site you have access to six different federal agencies that report unsafe, hazardous or defective products.

Before you buy, sell, donate or accept children's car safety seats, pet supplies, household or yard chemicals, or any other product, make sure there is not a recall on the item. An easy way to stay informed is to sign-up

for free e-mail alerts and safety notices from the different federal agencies:

Consumer Product Safety Commission, www.cpsc.gov, for appliances, clothing, children's products, electronic and electrical equipment, furniture, lighting, household and outdoor items and sports and exercise equipment.

Food and Drug Administration, www.fda.gov, for food, drugs, vaccines, cosmetics, medical devices, veterinary products and pet and farm animal feed.

USDA Food Safety and Inspection Service, www.fsis.usda.gov, for meat, poultry prod-

ucts and eggs.

U.S. Environmental Protection Agency, www.epa.gov, for pesticides, rodenticides, fungicides and vehicle emission testing.

National Highway Traffic Safety Administration, www.safercar.gov, for child safety seats, tires, motor vehicles and equipment.

U.S. Coast Guard, www.uscgboating.org, for boating safety, recreational boats and personal watercraft and boat manufacturer-installed equipment.

(Editor's note: Author is a public health nurse at USACHPPM.)

APG offers basic and experienced rider's courses

The Basic Rider and Experienced Rider Course is free and mandatory for any Soldier, civilian, retiree, Family member or contractor who wants to operate a motorcycle on post.

BRC is designed for the novice rider who holds a learner's permit and has his/her own motorcycle.

The first day of BRC training will be held 9 a.m. to 4 p.m., building 4303, Hazardous Waste Training Room.

The remaining two days of BRC training, 8 a.m. to 1 p.m., for March through May will be held at the Motorcycle Range on Susquehanna Avenue and

Havre de Grace Street.

From June through October, the remaining two days of BRC training will be held 8 a.m. to 1 p.m. on Darlington Street.

- March 17* to 19
- April 14 to 16
- May 12* to 14
- June 9 to 11
- July 21 to 23
- Aug. 18 to 20
- Sept. 15 to 17
- Oct. 27 to 29

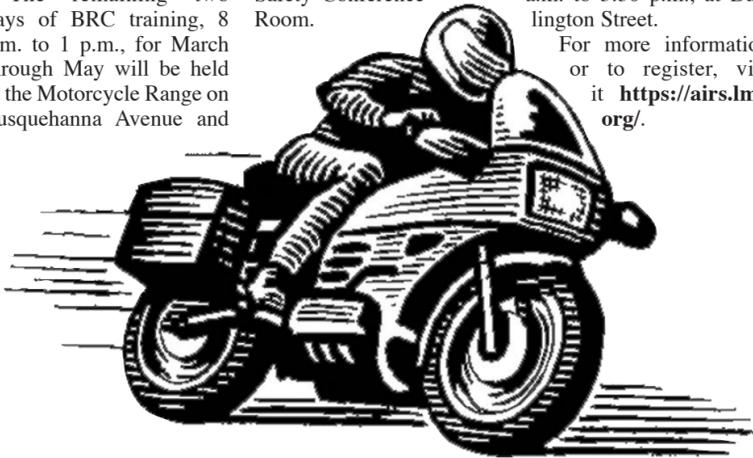
*BRC training will be held in building 4304, Safety Conference Room.

ERC is designed for the licensed motorcyclist who wants to sharpen his/her riding skills and has their own motorcycle. The motorcyclist should have at least been riding one season.

ERC training will be held 8 a.m. to 3:30 p.m., March through May, at the Motorcycle Range at Susquehanna Avenue and Havre de Grace Street.

ERC training from June to November will be held 8 a.m. to 3:30 p.m., at Darlington Street.

For more information or to register, visit <https://airs.lmi.org/>.



Panic on the highway!

Installation Safety Office

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

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

Situation #20

You are driving on a two-lane highway going the speed limit and have begun passing another car. You are along side of the car when you come to a curve in the road and ahead you see a no passing zone. There is no visible oncoming traffic. What should you do?

A. Accelerate and steer hard right to pass.

B. Medium brake, allow the car on the right to pull ahead and you return to the right lane.

Answer A. Yeah, this is what you wanted to do, but you really know better! To "accelerate and steer hard right to pass" is not the way to go. Although it looks like you could make it, you cannot be sure what is around that curve. That is what the no passing line tells us: Watch out! Whenever you get into a no passing zone, do not push it. Go to Answer B.

Answer B. You're good at this, aren't you? "Medium brake, allow the car on the right to pull ahead and you return to the right lane" is the way to go. No matter what speed you are going or how much of a hurry you are in, it is not smart to pass on a curve, and the no passing lines are there to remind and warn us.



Health Notes

Commentary: February is Children's Dental Health Month

By
JUDITH SCAVUZZO
U.S. Army Medical Command

Did you know that tooth decay (cavities) is the most common chronic disease found in children? It is five times as common as asthma and seven times as common as hay fever.

Each year, more than 51 million school hours are lost due to dental related problems. According to the national Centers for Disease Control and Prevention, 18 percent of 2- to 4-year-old children have experienced tooth decay, and 16 percent have untreated tooth decay. By age 17, more than seven percent of children have lost at least one permanent tooth due to decay. In Maryland, 31 percent of kindergarten and third grade children have tooth decay. If tooth decay remains untreated, it causes pain and infections that may lead to problems with eating, speaking, playing and learning.

Fortunately, with good oral health care habits, tooth decay can be prevented. Tak-

ing care of your children's teeth – including baby teeth – from the very start is the key.

"A child should visit the dentist when his or her first tooth appears, or by his or her first birthday," said Col. Colleen Shull, commander, APG Dental Clinic Command. "And, it is important for parents to teach their children good oral [dental] health care habits, including proper brushing and flossing techniques, eating nutritious foods and regular visits to the dentist."

Steps such as these will help ensure that children will have a healthy mouth, as well as body.

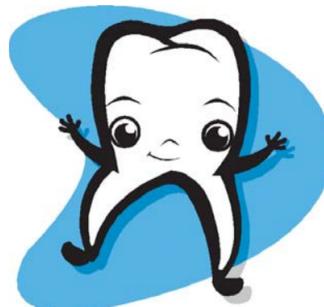
Please note that parents should supervise brushing until children are seven to eight years old.

Since children learn oral health care from their parents, it is important that parents serve as role model and practice good oral health care habits.

Encourage children to "brush twice daily for two minutes for a healthy mouth and visit the dentist regularly," Shull said.

Tips for preventing tooth decay in children

- Use a wet cloth to wipe a baby's gums after each feeding.
- Use a soft brush or cotton swab to clean the baby's teeth daily.
- Do not put a baby to bed with a bottle, but if you do, put only water in the baby's bottle.
- Schedule children's first dental visit when their first tooth appears, or by their first birthday.
- Provide children with healthy snacks such as fruits and vegetables.
- Children need brushing supervision until seven to eight years of age using toothpaste with fluoride. Encourage children to spit out the toothpaste instead of swallowing.
- Ask your children's dentist about the need for fluoride treatment.
- Check with the local health department or water board to determine the amount of fluoride in your water. If it is too low to prevent tooth decay, ask your dentist or physician about fluoride supplements.
- Ask about dental sealants when children's permanent teeth come in.



Commentary: Never too soon to start caring for your heart

Story by
BETHANN CAMERON
U.S. Army Center for Health Promotion and Preventive Medicine

February, American Heart Month, is a good time to remember that heart disease is preventable, and—no matter how young you are—it's not too soon to think about taking care of your heart.

Heart disease is the leading cause of death in the United States, causing more than 652,000 deaths in 2005. Nearly 2,400 Americans die of heart disease each day. In 2006, more than 80 million people had heart disease, a disease of the heart and blood vessels.

The arteries thicken and harden over time with a build-up of plaque. Plaque is made from cholesterol and fatty substances that cause the arteries to become clogged and block the blood flow to the heart. That part of the heart dies when blood flow is blocked.

Positive lifestyle changes can reduce a person's risk of heart disease.

Preventing heart disease

- Make a yearly date with the doctor. Get blood pressure, cholesterol and blood sugar checked. Put the date on the calendar as a special date just like birthdays or anniversaries.

- Be physically active daily. Take the stairs instead of the elevator. Park far away from your destination. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily.

- Maintain ideal weight. Being overweight increases the risk of heart disease and stroke. To achieve long-term weight loss, don't skip meals but eat 200 to 300 calories less each day. This amounts to one slice of bread, one pat-

of butter or one-half cup of regular soda. Eat smaller portions. Eat breakfast every day.

- Control high blood pressure. Cut down on salt to help lower high blood pressure. Eat less than 2,400 mg of sodium per day, about one teaspoon of salt. Read food labels. Eat less of food that has sodium in its name, such as monosodium glutamate, or MSG. Use the DASH diet, Dietary Approaches to Stop Hypertension, which helps to reduce blood pressure and is low in fat. The DASH eating plan has heart healthy menus and recipes. For more on the DASH eating plan, visit www.nhlbi.nih.gov/health/public/heart/hbp/dash.

- Quit tobacco use. Smoking reduces the amount of oxygen in the blood and raises blood pressure. To quit smoking, make a personal quit plan. Pick a quit day. Avoid setting a date close to an activity or a holiday that causes extra stress. Get rid

of tobacco in the house, car and workplace. Avoid smoking areas or being around people who smoke. Quitting smoking requires several methods to change personal habits. Here is an example of a quit method that involves cutting down on the number of cigarettes smoked:

Day 1: Cut the number of cigarettes smoked by half.

Day 3: Cut the number of cigarettes smoked in half again.

Day 5: Cut smoking in half again. Quit.

The American Lung Association has an online smoking cessation program available at <http://www.ffsonline.org/>. For

Soldiers, WWW.UCAN-QUIT2.ORG offers a quit plan.

- Cut down on alcohol. Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. Drink a moderate amount of alcohol, if you drink. "Moderate" means an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.

- Manage your stress. People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Use relaxation methods such as deep-breathing exercises, count-

ing to 10 and meditation to manage stress. Rest and relax daily.

Care for your heart by making dietary changes, exercising, quitting smoking and managing stress to reduce the risk of heart disease.

For more information, visit:

- American Heart Association, <http://www.amhrt.org/>

- DOD /VA Patient Guide, https://www.gmo.amedd.army.mil/chronic_heart_failure/CVD_Brochure.pdf

- American Cancer Society, www.cancer.org (Editor's note: Author is a health educator at USACHPPM.)

Understanding depression

APG ASAP

What is depression?

Depression is a common mental illness that affects nearly 10 percent of the people in the United States. It is a treatable, medical condition — not a personal weakness. Everybody at one point or another experiences sadness or the "blues" as a reaction to loss, grief, or an emotionally upsetting incident. Some might say they are "depressed," but major depression is a serious medical condition requiring professional diagnosis and treatment. Depression left untreated can lead to other healthcare and life problems, and if severe enough, even suicide.

What causes depression?

Depression can be caused by one specific incident or a combination of factors. Grief over the loss of a loved one, a major life change, physical or emotional harm by another person, a physical injury, illness, or even side effects of medication could cause depression. Depression can also be caused by changes in the brain, and in many instances is hereditary. Depression often runs in families.

What are the symptoms of depression?

Symptoms of depression may include sadness, hopelessness, irritability,

feelings of guilt, crying spells, sleep and eating disturbances, a negative self-image, the inability to feel joy, changes in body weight, decrease in energy or sexual interest, headaches, and thoughts of suicide. Depression may include other symptoms not listed here. Do not blame yourself for symptoms of depression, and do not permit them to grow worse. Instead, seek help.

See *DEPRESSION*, page 9

POST SHORTS

Deputy Commanding General, Initial Military Training, Fort Monroe, Va.

Tickets cost \$5 for enlisted grades up to E-5 and \$8 for enlisted grades E-6 and above and civilians.

Tickets may be purchased from Command Sergeants Major/Sergeants Major or from the Aberdeen Proving Ground Main Post Chapel, building 2485, room 33.

Tickets can be purchased at the Main Post Chapel or by calling the Chaplain's Office, 410-278-4333.

APG hosts Defense Task Force on Sexual Assault in the Military Services

Aberdeen Proving Ground will host the Defense Task Force on Sexual Assault in the Military Services Feb. 25 and 26, as it conducts its worldwide assessment of Army, Marine Corps, Navy and Air Force installations.

Members of the Task Force would like to pro-

vide an opportunity for the public, or victims or witnesses of past sexual assaults who are not part of an ongoing or active case under investigation, to meet individually with a member of the Task Force. Additionally, victims or witnesses should not be involved in any incident subject to an ongoing or upcoming judicial proceeding. The Task Force wants to make sure the public, victims and witnesses are heard, to have an opportunity to tell their

story to someone outside of the military's chain of command. Interested parties should come to the Main Post Chapel, building 2485, 11 a.m. and 2 p.m. either day.

When the worldwide assessment is complete, information gathered may be included in a report to Congress in 2009 about trends in the military on sexual assault programs and response.

For more information, call Jenny Holbert, 703-325-6656 or e-mail Jenny.Holbert.ctr@wso.whs.mil or visit www.dtic.mil/df-sams. At APG, call Aida Rivera, Army Community Service family advocacy program manager, 410-278-7478.

Army hosts Black History Month Traveling Photo Exhibit

The U.S. Army will present "A Legacy of Service: African Americans in the U.S. Army," a free photo exhibition, 9 a.m. to 5 p.m., Feb. 19, at the Baltimore Convention Center, located on One West Pratt Street. The exhibition will be on display during the Black Engineer of the Year Awards STEM Global Competitiveness Conference.

"African-Americans in the U.S. Army," traces African-American military service from the Colonial Period to current conflicts in Iraq and Afghanistan, and highlights the roles of African-American pioneers, women and Medal of Honor recipients.

For more information, call Sonya Lewis, 708-439-0326, or e-mail sonya.lewis@carolhwilliams.com.

RecruitMilitary Career Fair Feb. 26

RecruitMilitary, in conjunction with the Presi-

dent's National Hire Veterans Committee, DOL, the American Legion and the Military Spouse Corporate Career Network, will hold a free hiring event for veterans, personnel who are transitioning from active duty, Reserves, Guard and military spouses, 11 a.m. to 3 p.m., Feb. 26, at the Renaissance Washington, D.C. Hotel, located on 999 Ninth Street NW.

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

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

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

NCO Academy holds 9th Annual Dining Out

The Noncommissioned Officer Academy will hold its 9th Annual Anniversary Dining Out on March 20 at Top of the Bay. The evening will honor past NCOA commandants from 1987 to present.

Tickets cost \$40. Call to make a reservation by March 3.

For more information or to RSVP, call Sgt. 1st Class Dennis Day, 410-278-9129 or e-mail dennis.day4@conus.army.mil.

MCSC hosts evening out

The Military and Civilian Spouses' Club is a group of spouses who offer fellowship and friendship for all military and civilian spouses working on the Aberdeen Proving Ground.

Known as a philanthropic organization, it has historically given more than \$1,000 each year to orga-

nizations in the Harford County area.

Why join? MCSC has a wealth of information about local businesses, schools, daycare and events in the area. It's members know what it is like to arrive in a new location and not know a hairdresser, a caterer, a nice restaurant, or a fun Family thing to do on a weekend.

Join the MCSC for an evening out, 6:30 p.m., March 12, at the DuClaw Brewery in Bel Air. Order off the DuClaw menu and sample their beers.

For more information or to RSVP, visit www.apgmcsc.org to contact an MCSC member.

DAPS open house March 6

The Document Automation and Production Service, or DAPS, APG, building 346 located on Tower Road, will hold an open house 9 a.m. to 1 p.m., March 6.

DAPS, a field activity of the Defense Logistics Agency, has been serving the Department of Defense for more than 55 years. Free donuts and coffee will be available.

For more information, call Jim Moscardini, DAPS customer service representative, 703-325-9924

FWP holds annual training conference

The APG Federal Women's Program will sponsor its 19th annual Training Conference in observance of Women's History Month, 8 to 4 p.m., March 4, at the Edgewood Area Conference Center, building E-4810.

This year's theme is "Women Taking the Lead to Save Our Planet."

The conference is open to all active duty military and civilian employees of Aberdeen Proving Ground. Contractors may attend at the discretion of their supervisors.

Attendees with special needs must make this known when registering.

Registration packets can be picked up 7 to 8 a.m., in the Conference Center, building E-4810, prior to attending the opening ceremony and the morning session.

For more information, call Susan Church, U.S. Army Research Laboratory, 410-278-3672 or Diane Siler, U.S. Army Research Development and Engineering Command, 410-436-2681.

Society of Toxicology meets March 15 to 19

The Society of Toxicology 2009 Annual Meeting will take place March 15 through 19, at the Baltimore Convention Center located on One West Pratt Street. The SOT and ToxExpo™ is a forum to showcase toxicology's discoveries and the year's achievements. The event will feature 27 symposia, 19 workshops and 14 roundtable discussions that were selected from a pool of almost 200 submissions. Among the topics to be presented include The Use of Engineered Nanomaterials in Food and Food-Related Products; Lead: Children's Exposures and Current Regulatory Standards; Pesticides and Parkinson Disease; and Developing Brain: Safety Assessment for Pediatric Use of Pharmaceuticals.

For more information or to register, visit <http://www.toxicology.org/ai/meet/am2009/>.

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

LEAVE DONATIONS

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

Employees eligible for donations in the Voluntary Leave Transfer Program

Donald Adamson	Meg Downey	Deborah Moore
Neoma Amberman	Wayne Erb	Marie D. Nowak
Stacey Belcher	Rita Fowler	Dorothy Nowak
Debra Bonsall (daughter has brain tumor)	Gregory Fox	Cindy Orwig
Jeanie Bowman	Miriam Garcia	Alice Parks-Culp
Sandra Boyd (neck injury)	Allen Gregory	Rosina Poole
Georgia Braun	Sharon Hardesty	Judith Ratledge
Alberta Brown	Jerome Hesch	Monique Ray
Janine Byrnes	Linda Hindman	Reta Reynolds
Michelle Brooks	Sinclair Joe	Gloria Scott
Donna Butler	Beverly King (caring for husband)	Donna Sexton
Troy Casselman	Janet Kipp	Melvin Showell
Donna Cianelli	Glenn Kresge	Willie Stevenson
Angela Claybourn	Randolph	Lavonne Telsee
Frank Costa	Larracuente	Gale Thompson
Kenneth Cox	Kimberly Long	Elizabeth Usmari
Joyce Clark	Joy Meadows	Mark Walker
John Daigle	Richard McKay	Lalena Wallace
Carol DeVoid	Nicole McKew	Joyce Woods
Liesollette Dorsey	Frantz Midy	Barbara Zenker
	Karen Milton	

Black History Month lunch time movies

The APG Black Employment Program presents free lunch time movies 11:30 a.m., Tuesdays and Thursdays, at the Aberdeen Area Recreation Center, building 3326 and at the Edgewood Area Stark Recreation Center, building E-4140.

Aberdeen Area

- Feb. 19, The Great Debaters
- Feb. 24, Pride
- Feb. 26, Black History: An Historical Overview

Edgewood Area

- Feb. 19, Pride
- Feb. 24, Black History: WWII, The Beginning of Change
- Feb. 26, Black History Sports and Science

For more information, call or e-mail Bridget Smith, 410-278-0892, Bridget.N.Rogers@us.army.mil or Shariese Demby, 410-436-6923, Shariese.Demby@us.army.mil.

Community Notes

THURSDAY

FEBRUARY 19 SAME CHESAPEAKE POST MONTHLY MEETING

The Society of American Military Engineers Chesapeake Post meeting is scheduled for 11:30 a.m. at Top of the Bay. The featured speaker is Kenneth Stachiew, chief, Environmental Office, APG. Space is limited and reservations are required. RSVP online at www.same-chesapeake.org.

BIODEFENSE SYMPOSIUM

The Johns Hopkins Biotech Network is sponsoring a biodefense symposium, 'America's Response to the 21st Century Menace,' 5:30 p.m., at Sheldon Hall, Johns Hopkins Bloomberg School of Public Health, 615 N. Wolfe St. E in Baltimore.

Three speakers, Peter Emanuel, Ph.D., office of S&T policy for the president, Brad Smith, Ph.D. of the Center for Biossecurity of University of Pittsburgh Medical Center, and David Hodge, Ph. D, DHS, will discuss how the United States

is preparing for potential biological agent attacks, the development of novel BioDefense Medical Countermeasures, and technologies being developed by the DHS Chem-Bio Division.

As the U.S. government, private industry and academia continue to invest in the biodefense sector, new career opportunities are opening.

For more information, call Jennifer Minter, 410-436-1898.

SATURDAY

FEBRUARY 21 WHITETAILED DEER SURVEY

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

For more information, to register, or for direc-

tions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

WINTER LOWTIDE EXPLORATION

See what is going on along the shoreline during winter. This program will be held 12:30 to 1:30 p.m. for ages 8 to adult, 8 to 12 with adult. The program is free but registration is required.

For more information, to register, or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

TEXAS HOLD'EM

American Legion Susquehanna Post 135 located on 300 Cherry Street, Perryville, invites the public to a night of Texas Hold'em. The first game starts at 2 p.m., the second game starts at 7 p.m. Register by 1 p.m. with a \$50 buy in. First-come, first-served. A cash bar, sandwiches and light fare will be available.

For more information, call 410-642-2771.

For more information, to register, or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

PRIZE BINGO AND DINNER

VFW Post 8185, located on Route 222, Port Deposit, will hold a Prize Bingo and dinner to benefit Krafty Survivors-Relay for Life. Doors open 5 p.m. and dinner will be served 6 p.m. Bingo starts 7 p.m. Tickets cost \$15 per person and includes paper packet for 20 games and \$5 each.

Cost is \$10 for children

ages 6 and under for a single card pack, no extra packs.

Tickets are available at the door. Door prizes, refreshments, raffles and more will be available. All children must be accompanied by an adult. No smoking is permitted.

For more information or to purchase tickets, call 410-642-9297, 410-658-528 or 410-378-3338.

SUNDAY

FEBRUARY 22 WELCOME HOME CELEBRATION FUND

The Maryland Military Organizations Committee will host a bull and oyster roast, 1 p.m., at Tall Cedars Hall located on 2501 Putty Hill Ave., Baltimore.

Cost includes music, dancing, silent auction, wheels and instant bingo and raffles. Make checks payable to: MDNG Foundation, Incorporated. All proceeds will benefit a Welcome Home Celebration Fund for deployed Maryland National Guard units.

Menu includes pit beef and ham, country smoked ham, oysters on the half shell, homemade Maryland crab soup, chicken wings, barbecue boneless pork ribs, sauerkraut and kielbasa, macaroni and cheese, mashed potatoes with gravy, potato salad, cole slaw, fresh fruit, assorted cheeses and crackers, pickled beets, seasonal vegetables with dips, coffee, iced tea, draft beer and soda.

For more information or

to purchase tickets, call Lisa Mitchell, 410-576-6037 (office), 410-877-3896 (home) or retired Col. Bill Pulket, 410-436-6571 (office), 410-256-5329 (home).

FOUR CHAPLAINS CEREMONY

American Legion Susquehanna Post 135, located on 300 Cherry Street, Perryville, will hold a Four Chaplains Ceremony, 2 p.m.

The ceremony honors the sacrifices made by Revs. George Fox and Clark Poling, Father John Washington and Rabbi Alexander Goode, after they gave their lives to save others on the USS Dorchester during World War II.

Refreshments will be served. Sign up at the bar or by phone.

For more information, call 410-642-2771.

GOURD-GEOUS BIRDHOUSES

Transform those gourds of fall displays into spring birdhouses. Gourds will be provided. This program will be held 2 to 4 p.m. for ages 8 to adult, 8 to 12 with adult. The cost is \$5 and registration is required.

For more information, to register, or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

TUESDAY

FEBRUARY 24 PANCAKE SUPPER

The women of St. James A.M.E. Church, 617 Green Street, Havre de Grace, will host a Pancake Supper, 4 to 7 p.m. The menu

will include pancakes, sausage, sausage gravy, bacon, eggs, fried potatoes, fried apples, orange juice, coffee and tea. The cost is \$8 per person and \$4 for children ages 6 and under.

The proceeds will benefit the Annual Women's Day program in March.

For more information, call 410-939-2267; to purchase tickets, call 443-799-2429.

SATURDAY

FEBRUARY 28 COLD COMPASS CAPERS

Learn how to use a compass while negotiating a scavenger hunt in and out of the center. Warm treats will be the reward. This program will be held 1 to 2:30 p.m. for all ages, under 12 with adult. The cost is \$3 per person or \$6 per family and registration is required.

For more information, to register, or for directions to the center, call 410-612-1688 or 410-879-2000, ext. 1688.

CRITTER DINNER TIMES

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

For more information or for directions to the 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.)



Pentagon Channel for February 2009

The Pentagon Channel will feature the following programs on Channel 21 during the month of February.

These programs are subject to change each week and will be updated accordingly.

MONDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
The Grill Sergeants, 12 p.m.
Battleground, 3p.m., 11 p.m.
Around the Services, 7:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

TUESDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
Around the Services, 12:30 p.m.
America's Army – The Strength of the Nation, 2 p.m.
Army Newswatch, 4 p.m.
The Grill Sergeants, 6:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

WEDNESDAY

Fit for Duty, 6:30 a.m.
Tour of Duty, 10 a.m.
Freedom Journal Iraq, 10:30 a.m.
Freedom Watch Afghanistan, 1 p.m.
The Grill Sergeants, 2 p.m.
Recon, 4:30 p.m.
Around the Services, 7:30 p.m.
The Grill Sergeants, 10 p.m.
Battleground, 11 p.m.

THURSDAY

Fit for Duty, 6:30 a.m.
Army Newswatch, 10 a.m.
Freedom Watch Afghanistan, 1 p.m.
Faces of Strength, 2 p.m.
Freedom Journal Iraq, 5 p.m.
Around the Services, 7:30 p.m.
Recon, 8 p.m.
Battleground, 11 p.m.

FRIDAY

Fit for Duty, 6:30 a.m.
Freedom Journal Iraq, 10:30 a.m.
The Grill Sergeants, 12 p.m.
Around the Services, 12:30 p.m.
EXchange on Air, 2 p.m.
Battleground, 3 p.m.
Freedom Journal Iraq, 6:30 p.m.
The Grill Sergeants, 8:30 p.m.
Battleground, 11 p.m.

SATURDAY

Fit for Duty, 6:30 a.m.
Army Newswatch, 9 a.m.
Recon, 11 a.m.
Around the Services, 1 p.m.

America's Army – The Strength of the Nation, 2 p.m.
Freedom Journal Iraq, 5 p.m.
The Grill Sergeants, 6:30 p.m.
Tour of Duty, 8:30 p.m.
Recon, 10 p.m.

SUNDAY

Fit for Duty, 6:30 a.m.
Battleground, 7 a.m.
Around the Services, 10 a.m.
The Grill Sergeants, 12:30 p.m.
Faces of Strength, 2 p.m.
Recon, 4 p.m.
The Grill Sergeants, 5:30 p.m.
Army Newswatch, 6:30 p.m.
Battleground, 9:30 p.m.
This Week in the Pentagon, 10 p.m.

- Army Newswatch: Bi-weekly report on the men and women of the Army.

- Battleground: Features historic films from World War II, the Korean War and the Vietnam War.

- Fit for Duty: Takes viewers through a high-energy 30-minute workout led by service members.

- Freedom Journal Iraq: Focuses on military missions, operations and U.S. military forces in Iraq.

- RECON: Provides an in-depth look on a variety of topics from real world operations, missions, military events/history and other subjects highlighting the accomplishments of U.S. military men and women.

- Freedom Watch Afghanistan: Presents the latest from Operation Enduring Freedom in a daily newscast showing the activities of American troops in country.

- The Grill Sergeants: Serving up meals military style! A Pentagon Channel original program.

- Around the Services: Features military news from top Defense officials and the Military Services from around the world.

- This Week in the Pentagon: An update on news coming out of the Pentagon.



Commissary News



Commentary: Six easy ways to stretch your food budget

By
KAY BLAKLEY
DeCA

The Military Saves campaign encourages service members and their Families to develop financial fitness habits that lead to personal financial stability, and ultimately, to mission readiness.

To help attain those goals, there's hardly a better habit to embrace than choosing the commissary for all your grocery and household needs. After all, "Extending the paychecks of military members with savings of 30-percent or more is the reason the commissary benefit exists," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. "So, it should come as no surprise that number one on our list of six easy ways for military Families to stretch their food budget is shop the commissary!"

1. Shop the commissary: We may look like a retail grocery store, but we're actually a government agency charged with delivering a non-pay benefit for military members and their families. Commissaries make no profit – you pay the same price DeCA pays for products, plus the 5-percent surcharge, which goes directly to funding the new construction or renovation of commissaries.

Government agencies aren't allowed to advertise, so you won't have a splashy grocery circular screaming daily specials at you each time you walk through the door. Instead, take note of the red, white and blue "Savings You've Earned" shelf signs, or visit the Savings Aisle at <http://www.commissaries.com> to view prices and percent savings of specific sale items in the store



where you shop.

Consistently shopping the commissary provides an average savings of more than 30-percent over retail grocery store prices. We know this from database comparisons of commissary prices versus retail grocery prices, plus recurring typical market basket surveys. But do your own comparisons and see the proof for yourself.

2. Plan ahead: Sound meal planning and eating more meals at home will go a long way toward reducing your overall food expenditures. Don't forget to include leftovers in your plan. A large, inexpensive roast served on Sunday can provide the makings for sandwiches on Monday and a protein source in a chef salad served on Tuesday.

3. Make a list: Having a definite list when you shop helps avoid impulse buys. If you find an item on sale that you know you'll use later, feel free to add it to your cart. But beware of pretty displays that don't fit into your plan, and never shop when you're tired or hungry. You'll fill your cart with all kind of items – everything looks good when you're starving and trying to hurry.

4. Read labels and compare prices: When comparing prices of competing brands, compare the num-

ber of servings per container. A cheaper price on a larger size is only a savings if you actually use those extra ounces. It's no bargain if you end up throwing them away. Don't automatically assume that a larger-size container is always a better buy. Sometimes it is, but often it's not. Always check the unit price shelf tag, or do the math yourself. Sometimes huge savings can also be found by comparing the same product in different forms.

For example, at my local commissary's prices today, a half-cup serving of oatmeal from an 18-ounce box of quick-cooking oats costs 7 cents, but from a box of 12 single-serving packets it costs 26 cents. Serving size and microwave cooking instructions are exactly the same. The price of a 12-ounce package of smoked ham in the cold cuts section worked out to be \$4.61 per pound. The same product, from a competing brand, was available in the deli section for less than half that price – \$2.17 per pound. Plus, I could have it custom sliced to my satisfaction and purchase exactly the number of ounces I needed.

5. Do it yourself: The higher price for "convenience" items reflects the labor required to pre-cook, pre-cut, or pre-measure. Most of the time, substan-

tial savings can be had by making these preparations yourself. Coleslaw is on my menu for dinner tonight, so I compared the difference between buying a head of cabbage (22 cents per pound) and shredding it myself versus buying a 1-pound bag of coleslaw mix (\$1.99). What a huge difference. I can easily spend a few minutes with my food processor for that kind of savings. Keep your math skills sharp and your calculator close at hand as you shop, because occasionally, you'll be surprised. Shredded cheddar cheese, another item on my shopping list today, was exactly the same price per pound whether shredded or in a 1-pound block. In that case, I'll take the shredded version and save myself the extra effort at home.

6. Redeem coupons: Coupons and rebate savings can add up fast. All commissaries honor Internet coupons these days, and most commissaries make paper coupons available near the store entrance, in the checkout area or sometimes attached to the products themselves. Keep an eye out for those you use most often. And remember, coupons redeemed in overseas commissaries are good six months past their stateside expiration date.

Savings through consistent shopping in commissaries year round can also add up fast. Yearly savings for a Family of four averages \$3,400, a Family of three saves more than \$2,600, a couple more than \$2,100 and a single service member saves nearly \$1,200. With savings like those you'll be financially fit and mission ready in no time.

DeCA celebrates every day as 'Mom's Day'

Story by
KEVIN L. ROBINSON
DeCA

Every day in commissaries around the world, mothers are shopping for their families. They often pay attention to everyone but themselves. The Defense Commissary Agency would like to lavish some well-deserved attention on the military mom for a change.

"Moms are the heartbeat of our military families, whether they are holding down the home front or in uniform themselves deployed down range," said Philip E. Sakowitz Jr., DeCA director and chief executive officer. "From January through Mother's Day in May, we want to focus special attention on our military moms and show them how much they mean to us."

With its "Every Day is Mom's Day at Your Commissary" initiative, DeCA wants to pamper mom with a variety of specially priced health and beauty care products set aside just for them. It's the commissary's way of saying "thank-you" to a customer demographic that represents about 80 percent of daily commissary shoppers.

Beginning in early January, commissaries stateside and overseas will roll out their "red carpets" for mothers who populate all segments of the military community. Each store will highlight a special shopping area for military moms, a place where mothers can purchase discounted products to treat themselves or where their husbands and children also can do the honors.

"The military mom is the person who typically runs the household and routinely puts herself at the end of a long list of family obligations," Sakowitz said. "Every Day is Mom's Day' seeks to put our military moms first, honoring all the sacrifices they make each and every day."

Commissary customers can expect to see banners, posters and shelf signs that point the way toward product displays designed especially for mom. They also will see product giveaways and demonstrations as well as an emphasis on women's health articles posted on the DeCA Web site, <http://www.commissaries.com>, in the Ask the Dietitian forum.

everyday is **Mom's Day** at your commissary.

Mom's day is not just in May anymore. At the commissary there are special savings for you, featuring different products over the coming months with just you in mind. Taking care of yourself lets you take care of others.
www.commissaries.com

Adair

From page 2

him to deploy several times since then. Whether it was supporting the fielding of a quick reaction capability or ensuring a critical software capability met the needs of Soldiers Adair noted, "I was going out providing field support and collecting lessons learned so that we can improve our products."

According to his Legion of Merit citation, Adair's deployments "helped Multi National Corps-Iraq achieve a greater than 95 percent operational readiness with its counterfire radar fleet."

Following his retirement from active duty in November, Adair has decided to remain in the program management world. He is currently responsible for total package fielding of Army ground users for GPS units.

"As a fielding manager I will be able to stay in tune with the Soldier in the field and that is what appealed to me the most," added Adair regarding his decision to accept a government position within the Program Executive Office for Intelligence, Electronic Warfare & Sensors.

(Editor's note: Since retiring from his position as the assistant product manager Radars at Fort Monmouth, N.J., Adair has accepted a government position with product manager GPS now located at APG.)



Army News

Magazine wants Soldiers' photos

Story by
ELIZABETH M. COLLINS
Army News Service

If a Soldier has a good photograph, "Soldiers Magazine," the Army's official magazine, wants to see it.

The magazine has launched its first "Of Soldiers, By Soldiers" cover photo contest, running through April 21.

"We really want to highlight Soldiers and their abilities in the magazine," said Editor Carrie McLeroy.

She added that Soldiers should be both behind the camera and in the shots. They can be from both the active and reserve components, as well as veterans, but they don't have to be professional Army photographers. Each Soldier is limited to one submission.

The photos can be of anything: Soldiers in the field, downrange, training, garrison life, even off-duty or studio shots. Any photos taken in theater or of sensitive training must be cleared by Soldiers' commands prior to submission. All photos must be in focus and at least five by seven inches at 300 dots per inch.

If Soldiers would like their photos to be considered for the cover, McLeroy said they should submit vertical, right-facing photos. That means the action in the photo should aim to the right or the person should be looking to the right, leading a reader to open the magazine. She said that photos that don't make the cover but are still good, dynamic images will run in one or two photo features this summer.

According to McLeroy, "Soldiers" has already

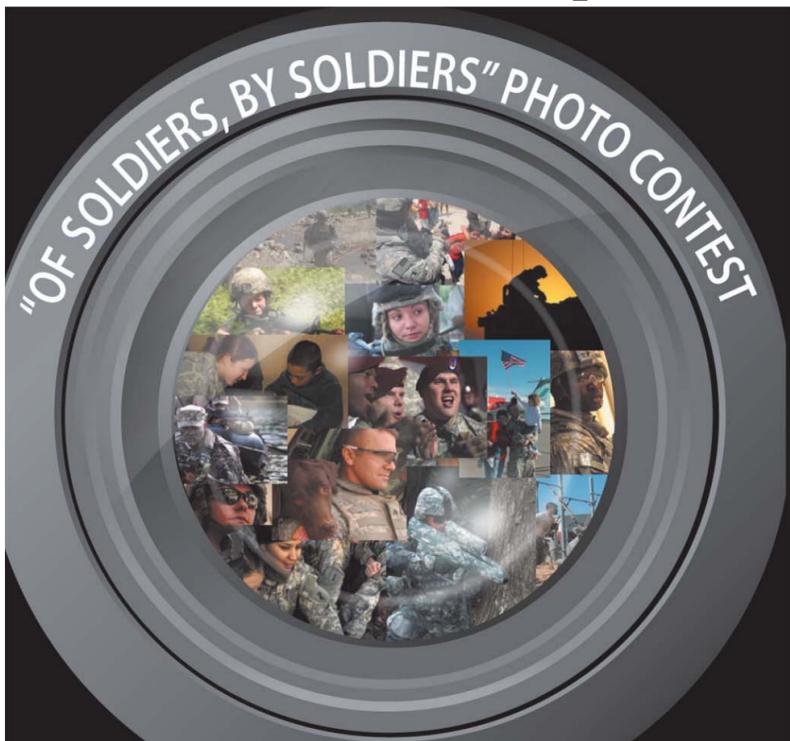
Purple Heart criteria exclude PTSD, DoD officials say

Story by
ARMY STAFF SGT. MICHAEL J. CARDEN
American Forces Press Service

After months of evaluating the criteria, Defense Department officials have decided against the notion of awarding the Purple Heart to military members who suffer from post-traumatic stress disorder.

"The Defense Department has determined that based on current Purple Heart criteria, PTSD is not a qualifying Purple Heart wound," department spokeswoman Eileen Lainez said Jan. 6.

The decision was reached in November when David S.C. Chu, undersecretary of defense for Personnel and Readiness, conferred with the Pentagon Awards Advisory Group, which researched the matter. The group is composed of awards experts from the



Send us your best photo and it could be on
THE COVER OF SOLDIERS MAGAZINE

- Must be taken Of a Soldier, By a Soldier
- Submission deadline: April 21, 2009
- Only one photo submission per Soldier
- Photograph must be high resolution (Three mega pixels or greater in size)
- Need photographers' full contact information, including unit address, supervisor's telephone number and personal telephone

- Images should be composed vertically, and action should be directed to the right
- A detailed caption must accompany the photo; full names; ranks and units of Soldiers in the photo (if children are depicted, no names required); and nomenclature of any vehicles or equipment pictured

Email your photos (and any questions) to: carrie.mcleroy@us.army.mil

received an image that will probably be used on the May cover. It's a studio shot that fits with memorial stories often run in that month's issue, focusing on Memorial Day.

But that doesn't mean the search for a great cover photo is over. This is a contest with more than one winner. McLeroy said

she'd really like multiple outstanding photos she can use for several issues during the summer.

Participants should include both their contact information and their supervisors' names and contact information with their submissions. Winners will receive a copy of the magazine and McLeroy

said she would send letters of appreciation to their supervisors.

The television show "Army Wives," also plans to use issues of the magazine as set dressing through August, so McLeroy said cover winners could find their images on television. To submit, send images to carrie.mcleroy@afn.army.mil.

Office of the Secretary of Defense, the Joint Staff, the military departments, the Institute of Heraldry, and the Center for Military History, Lainez said.

Lainez explained that "PTSD is an anxiety disorder caused by witnessing or experiencing a traumatic event." It is not, she said, "a wound intentionally caused by the enemy from an outside force or agent."

By that definition, PTSD sufferers do not qualify for the Purple Heart, she said.

"The Purple Heart recognizes those individuals wounded to a degree that requires treatment by a medical officer in action with the enemy or as the result of enemy action where the intended effect of a specific enemy action is to kill or injure the service member," she continued.

Other factors that resulted in the advisory group's findings are:

- Based on the definition of a wound - "an injury to any part of the body from an outside force or agent" - other Purple Heart award criteria, and 76 years of precedent, the Purple Heart has been limited to physical, not psychological, wounds.

- PTSD is specifically listed as not justifying award of the Purple Heart in Title 32 of the Code of Federal Regulations.

- The requirement that a qualifying Purple Heart wound be caused by "an outside force or agent" provides a fairly objective assessment standard that minimizes disparate treatment between service members. Several members could witness the same traumatic event, for instance, but only those who suffer from PTSD would receive the Purple Heart.

- Current medical

knowledge and technologies do not establish PTSD as objectively and routinely as would be required for this award at this time.

- Historically, the Purple Heart has never been awarded for mental disorders or psychological conditions resulting from witnessing or experiencing traumatic combat events — for example, combat stress reaction, 'shell-shock,' combat stress fatigue, acute stress disorder, or PTSD.

Service members diagnosed with PTSD "still warrant appropriate medical care and disability compensation" even though they're not eligible for the Purple Heart, Lainez said.

She added that the department "is working hard to encourage service members and their families to seek care for PTSD by reducing the stigma and urging them to seek professional care."

Scheier

From front page

which symbolizes bravery and heroism to Americans.

"General Washington is often pictured as a cold, stern Soldier, a proud aristocrat," she said. "Yet we know he showed sympathy and concern for his troops, and was not too proud to pray humbly on his knees for his beloved country and for those who served so bravely and loyally. His keen appreciation of the importance of the common Soldier in any campaign impelled him to recognize outstanding valor and merit by granting a commission or an advance in rank to deserving individuals."

Daughtery said that the Purple Heart is specifically a combat decoration, and is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who

are killed in action or die of wounds received in action.

Maj. General Carla G. Hawley-Bowland, the commander of the North Atlantic Regional Medical Command, and Walter Reed Army Medical Center, presented the medal to Scheier, with his wife and his 2 and a half year old son by his side.

Scheier's father, brother, and two sisters from Kansas were also in attendance to give support.

"The Purple Heart is one of two awards that civilians in the United States recognize—the Purple Heart and the Medal of Honor," Hawley-Bowland said. "I want to personally thank you, Sergeant Scheier for your service in Iraq, and I am very proud today to be able to give you your award."

Scheier, who humbly received the award, thanked everyone for coming and the work involved in putting together the program.

"This is not an award that people want, no one wants to be wounded in battle, but at the same time it feels good to receive the recognition," Scheier said.

He later commented that although it had been over two years since the IED incident, he was just happy that he finally obtained the honor.

His Family remarked that they were very proud to see him receive the Purple Heart.

"We were really worried about him when we heard of the IED incident, but after a while we were able to keep in touch through e-mails, which made being apart a little bit easier," Mike, his father, said. "I am very proud of all that he has achieved, and the bravery he has shown."

"There was a period of time when we were not sure if he was still alive, so we were all scared," said Olivia Scheier, his sister. "It is good to know that he is finally able to receive the medal."

His wife, Leslie, also remarked that she was also upset when she heard about the IED incident, and is glad that he is home now.

"It is different, to think of my brother finally receiving this award," said Steve, his brother. "I am proud of him, and to see how far he has gotten."

Army rededicates Buffalo Soldier display

Story by
CAROL DAVIS
Army News Service

The Army rededicated a Buffalo Soldier display in the Pentagon Feb. 5 and kicked off its observance of African American History Month.

The ceremony was more than just a rededication of the 10th Cavalry statuette, said Army Chief of Staff Gen. George W. Casey Jr., who hosted the event. He said it was a ceremony to honor the invaluable legacy of commitment, pride and sacrifice African Americans have made in the U.S. Army.

"This is a time for all of us to celebrate the past, the present and the future contributions of all African Americans to this nation," Casey said.

The ceremony began with a Soldier whose grandfather rode with the 9th Cavalry as a Buffalo Soldier in the early 1900s.

Sgt. 1st Class Craig Browne spoke of his Family's strong lineage, pride of military service and dedication to country.

"The story of the Buffalo Soldier is often not told and they are often not given the credit they deserve," said Browne, who currently serves with the U.S. Army Reserve Command at Fort Gillem, Ga.

Browne's pride for his Family legacy was equaled by his pride for country and service in the Army.

"Sometimes it's rough, sometimes it's easy, but it's all been beautiful, and if I had a chance to do it all again, I would join the same Army, I would worship the same God, and I would serve the same country," Browne said.

As a way of honoring the Soldiers of yesterday as well as the Soldiers of today, Sgt. Maj. Jeffery J. Wells of G3/5/7 brought some special guests to the ceremony from the National Association of Buffalo Soldier and Troopers Motorcycle Club. It is their mission to teach the history and uphold the patrimony of the Buffalo Soldier.

"We believe that in order to brighten the future, you must first illuminate the past," said Thomas Costley, national president of the association and a retired Air Force chief master sergeant.

The original Buffalo Soldier monument stands at Fort Leavenworth, Kan., and was dedicated on July 25, 1992, with involvement of Gen. Colin Powell, former chairman of the Joint Chiefs of Staff.

The 10th Cavalry was formed and activated at Fort Leavenworth in 1867, and some contingent of the Buffalo Soldiers remained there until World War II.

Buffalo Soldiers were the first African Americans to serve in the military during peacetime. In 1866, Congress approved the formation of six Black regiments: the 9th and 10th Cavalry and the 38th, 39th 40th and 41st Infantry.

In 1869 the military down-sized and the four infantry units were combine into two, the 24th and 25th. In about 1867 the Indians gave them the name Buffalo Soldiers, reportedly as a result of the buffalo skin coats they were issued and their prowess on the battlefield.

Remembering that heritage and history, Casey took the opportunity to remind the audience how far the country and Army have come in the 17 years since the dedication of the original Buffalo Soldier monument.

"Our diversity is the strength of our Army, and our Army is the strength of our nation," Casey said.



Depression

From page 5

Myths about depression

There are many myths about depression. These include the beliefs that depression is a sign of weakness and that you are hopeless, crazy, or should be able to "just snap out of it." It is also a myth that depression causes alcoholism or other drug addictions. Addictive diseases are primary illnesses, which means they are not secondary or caused by other medical conditions. It is possible to have both diagnoses at the same time. This is called a "dual-diagnosis."

How is depression treated?

Depression may be treated with or without medication, with individual or group counseling, diet, exercise, or other types of interventions including alternative therapies. Regardless of the approach taken, it is important to have depression evaluated by a medical doctor, preferably a psychiatrist. Thoughts of suicide warrant the immediate need for medical help.

What the EAP can do

The EAP can screen individuals for depression or refer them to another resource that can provide a depression screening. The EAP can also help locate medical help for further evaluation and treatment in accordance with an individual's health insurance plan. If individual does not have insurance, the EAP can help locate other resources. Later, the EAP can provide followup and support.

This information is not intended to replace the medical advice of a doctor or healthcare provider. Consult a health care provider or EAP for advice about a personal concern or medical condition.



Visit APG News online at
www.apgnews.apg.army.mil



FAMILY, MORALE, WELFARE & RECREATION

Activities/Events

2009 All Army Chess Championships

All Army Chess Championships will be held April 4 through 10, at Fort Myer, Arlington, Va. All players must be U.S. Army active duty personnel for 90 days or more and a United States Chess Federation rated member. Twelve players will be selected and funded by FMWR.

All players must apply online or download the application and fax to 703-681-7249, DSN 761-7249 or 703-681-1616, DSN 761-1616. No on-site registration.

The deadline for an individual registration is March 2.

For more information or to download online, visit www.armymwr.com/portal/recreation/chess/.

Ringling Bros. and Barnum & Bailey Circus tickets on sale

Ladies and gentlemen, come see the greatest show on earth. Tickets are available for shows March 25 through April 5 at the 1st Mariner Arena in Baltimore for \$19.50 for ages 2 and older. The last day to purchase tickets is March 13.

Ski with FMWR

FMWR offers a trip to Ski Roundtop: Feb. 28.

Trip costs \$65 per person and includes all day lift tickets, transportation to and from APG, tuned and fitted skis or snowboard with boots, poles, and bibs (if requested); also includes beginner group instructions from FMWR staff for those who want it. No meals or food included. The bus will depart 6 a.m. and return 6 p.m.

Register and be fitted for equipment by Feb. 20.

For more information, call 410-278-4124.

Texas Hold-em Tournament

Family and Morale, Welfare and Recreation

will host a Texas Hold'em Tournament, 1 p.m., Feb. 28, at Top of the Bay. The event is open to all DoD cardholders, military, civilian, contractors, retirees, Family members and guests over 18 years of age.

Entry fee costs \$35 and includes buffet, soda, snacks and cash bar. Registration deadline is Feb. 20.

Volunteer dealers are needed. Volunteers will be trained by tournament personnel. Those interested should e-mail Louise Glose, louise.glose@us.army.mil or Teri Hall, teri.s.hall@us.army.mil.

For more information or to register, call 410-278-2552/3062 or visit <http://www.apgmwr.com/Store/texasholdem.html>.

Amateur Boxing Night

The 16th and 143rd Ordnance battalions face off again in the 2009 Amateur Boxing Night March 7 at the Edgewood Area Hoyle Gymnasium, building E-4210. Doors open 5 p.m., the event begins at 6 p.m. Tickets cost \$5 for active duty military; \$10 for nonmilitary; and \$20 for ringside seats. Children under 6 are admitted free.

This event is open to the public.

Purchase tickets at FMWR Registration, building 3326, 410-278-4011/4907 or Hoyle Fitness Center, building E-4210, 410-436-3375/7134.

Talent Show

The APG Talent Show will take place Feb. 21, at the Post Theater, 7 p.m. Doors open 6 p.m.

Tickets cost \$5 for active duty military and \$7 for non-military.

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



ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



Army spouses Antionette Jones, left, and Dishon Campbell right, and other visitors listen in as Phyllis Ethridge, ACS Relocation Readiness program manager, center, briefs them on Army services and programs during the Hearts Apart meeting for Family members of deployed Soldiers at building 2754 Feb. 4.

Valentines Day theme highlights Hearts Apart meeting

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

To remember Valentines Day, the Army Community Service Hearts Apart program featured a Valentines Day theme for spouses of deployed Soldiers during its Feb. 4 meeting.

Hosted by Phyllis Ethridge, ACS Relocation Readiness program specialist, Hearts Apart is a monthly meeting for spouses and Family members of deployed Soldiers.

Ethridge and ACS volunteers decorated the room with red, white and pink balloons with festive hearts and bears on the walls and treats on the table. Attendees received pink and red gift bags filled with Valentine candy, photo frames and other mementos.

Ethridge said the program seeks to empower military and civilian Family members with information needed before, during and after a separation.

"Participants formulate programs and activities and ACS provides the support to help accomplish them," Ethridge said.

To get the word out, ACS is marketing the Hearts Apart Support Group meeting through various venues: FMWR Web site, the APG News, Channel 21 and the new Hearts Apart newsletter, Eth-

ridge said.

"We also plan to have an ACS staff member at each meeting so the spouses can learn about what services they offer," she said.

"You can attend group meetings to learn from each other as well," she added. "You can trade recipes, talk about schools and generally network with other spouses. We want people to come out and share their talents. Most will tell you time passes more quickly when you stay busy."

Ethridge said that ultimately, spouses and Family members will help plan meetings and gather information for other members.

"We don't want it to be our group, we want it to be their group," she said.

The featured speaker that evening was Denise Stout, ACS Deployment and Mobilization program manager.

Hearts Apart is an alternative from the standard Family Readiness Group which helps Family members when units are deployed.

"They get the same information here without having to fall under a command," she said.

She encouraged all to tell spouses new to the Army or the community about the Hearts Apart program.

"We know there are Family members out there we don't know how to reach, so it's important that everyone shares this information," she said.

"Although Hearts Apart is primarily for those whose Soldier is deployed to war, Korea or Germany, we welcome everyone even if the sponsor is not deployed," she added. Dishon Campbell, a military spouse who attended the meeting with her children, Dontavius, 8 and Jayden, 5, said she volunteers, "just to keep busy."

"I [attended similar meetings] when we were in Fort Hood, Texas," she said. "I like it because I learn from it. It helps me become more confident to know that I know what to do when he's not here."

Another military spouse volunteer, Antionette Jones, brought her two children, Arlasia, 6, Akiele, 1, and nephew Julius, 3, to the meeting. Jones said her husband has been through three deployments and she helps because she appreciates what groups like Hearts Apart have done for her.

"Everywhere we've been we've had support groups," she said. "You need someone stronger and more knowledgeable to count on [during deployments]."

The ACS Hearts Apart support group meets the first Wednesday of each month, 6 to 7 p.m. in building 2754, Rodman Road. For more information contact Ethridge, ACS Relocation Readiness Program, 410-278-2464/7572.

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.

Private guitar lessons

Private guitar lessons for ages 7 through 18 will be held 3:30 to 7 p.m., Fridays, Feb. 20 through March 13, at the Aberdeen Area Youth Center, building 2522.

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

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

chase books required for the course as recommended by the instructor.

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

Tae Kwon Do

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

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

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

Class size is limited so register early.

Brazilian Jujitsu

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

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

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

Cost is \$85 per student. Open to all DoD ID card holder Family members. Each session requires a minimum of six students registered. Registration ends one week prior to the start of class.

Private Voice Lessons

Ages 7 through 18 can register for private voice lessons, 3:30 to 7 p.m., Fridays, Feb. 20 through March 13, at the Aberdeen Area Youth Center, building 2522.

An award-winning singer/songwriter will instruct students. No experience necessary. Singing lessons cost \$132 per student and includes one 30-minute session per week for

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

Open to all DoD ID card holder Family members.

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.

Deadlines for sports applications announced

All military and DoD civilians are invited to sign up for APG intramural sports events.

Application deadlines are:

Civilian

- Volleyball March 27
- 3 on 3 Basketball April 3
- Dead Lift Competition April 17.

Special notes for civilians: Cost per team is \$200 for basketball, volleyball, softball and flag football. There is a four

team minimum for a league or tournament to take place. The 3 on 3 Basketball Tournament has a \$20 team fee.

Military

- AIT Bowling March 22
- Volleyball Mar 27
- 3 on 3 Basketball April 3
- Dead Lift Competition April 17

For more information, call 410-278-3929 or visit <http://www.apgmwr.com/recreation/sportscalendar2009.ppt#256,1,Slide.1>.

Youth learn value of retail sales



Photo by RACHEL PONDER

Customers Joseph Santana, left front, and Dienia Gooden purchase Valentine's Day cards and candy from several of the children on Team B, from left to right, Monae Simmons, Jurnee Long, D'Asia Hughes and Jade Long. Monica Boyd, Team B leader, supervises during Parent Night Feb. 6 at the Aberdeen Area Youth Center. The children were raising money to have funds for a party.

February bowling specials

Throughout February, every game of bowling will cost \$1.75 with \$1.50 shoe rental, 1 to 5 p.m. Rent a lane for \$12 per hour; shoe rental is included.

APG Bowling Center Snack Bar specials

Building 2342

Week of Feb. 17

Special #1: Double bacon cheeseburger with potato chips, cookie and soda for \$7.25.
Special #2: Crab cake platter with french fries, coleslaw, cookie and soda for \$9.95.

Week of Feb. 23

Special #1: Grilled ham and cheese with soup of the day for \$5.45.
Special #2: Pork BBQ with potato salad, cookie and soda for \$5.95.

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





APG celebrates The Year of the NCO

APG NCO leaves behind lasting impressions



Team members gather around coach Eric L. Hollis for a pep talk during a recent basketball game at the Aberdeen Area Youth Center. Hollis is a staff sergeant with the 16th Ordnance Battalion, a well-known youth mentor and community service advocate before leaving the command for Warrant Officer School last month.

Story and photo by
YVONNE JOHNSON
APG News

An Aberdeen Proving Ground noncommissioned officer who recently left the installation to attend the U.S. Army Warrant Officer School leaves behind many admirers of his character and professionalism.

Staff Sgt. Eric L. Hollis, a former Headquarters and Headquarters Company 16th Ordnance Battalion operations sergeant, was stationed at APG for three of the 13 years he's been in the Army. He is a former NCO of the Month, NCO of the Quarter and NCO of the Year for the U.S. Army Ordnance Center and Schools, and he led the Freestate Challenge Academy cadets in a drill team demonstration during the APG 90th Anniversary

Gala in November 2007.

Hollis said he got involved with the drill team when a friend who works at the academy asked him to work with the cadets.

"It meant a lot to me because I wasn't only representing the Army and the positive impact it can have on young people," he said, "but I was living our church spirit of outreach which our pastor encourages us to do."

He said he has had a "community outreach mindset" since he gave his life to Christ eight years ago.

"God showed me what my calling was; to reach out to people, especially youths, in a positive way," he said. "I want to be a positive role model to young men to show them that you don't have to be an NBA star to have a full life."

He said he brings the same philosophy to his young Soldiers.

"My leadership style is positive and encouraging," he said. "The young troops here volunteered with the country at war, and it speaks volumes of their desire to serve this great nation. By doing so they are showing their courage which is one of our Army values. I try to help them professionally as Warfighters and to encourage them spiritually to trust in the Lord with all their hearts."

As much as he loves the NCO Corps, Hollis said he believes that becoming a warrant officer is the path God has chosen for him.

"I believe God has called me to a bigger task," he said. "This will only enhance my efforts to reach out."

Hollis served two tours

in Iraq as a platoon sergeant and then a motor sergeant with the 3rd Infantry Division.

During his second tour he said his ministering excelled and he served as an assistant to the units' chaplains and even organized gospel concerts for the troops.

"We patrolled every day during my second tour, and I didn't lose one Soldier," he said proudly. "I truly believe that God was with us."

Hollis also is remembered for his community service as a basketball coach at the Aberdeen Area Youth Center and as an assistant minister with Bread of Life Ministries in Aberdeen.

Bill Kegley, Youth Sports Director, said Hollis began as an assistant coach

in 2007 and became one of his best head coaches.

"As far as basketball knowledge goes, he's probably the best coach I've had," Kegley said. "He's also a very positive role model because he stresses the importance of good grades and doing your best at all times."

Stephen Lyons, a retired sergeant first class and current instructor with the U.S. Army Ordnance Mechanical Maintenance School, is the pastor of Bread of Life Ministries. Lyons recommended Hollis as a basketball coach while he was coaching at the youth center.

Lyons said he could see how passionate Hollis was about soldiering and that he brought that same passion to the church in the youth and men's ministries and in Bible study.

"He stands head and shoulders above anyone I've ever seen when it comes to working with kids," Lyons said. "Not only is he a good leader, but he's a great motivator. This is what we teach. You have to have integrity that is impeccable to persuade people to follow you. You have to act Christ-like even when no one is watching. Eric is the epitome of that

philosophy."

"The NCO Corps is losing a great leader to the Warrant Officer Corps," he added.

Although he plans to retire from the Army one day, Hollis said he looks forward to life beyond the military.

"I see myself one day with my own ministry," he said adding that Lyons is "one of the great mentors in my life."

Other mentors include senior NCO leaders on APG he said, naming APG Garrison Command Sgt. Maj. Pedro Rodriguez and recently retired Sgt. Maj. Chancey Alderman III as "two of several APG leaders who are out there doing quality work with Soldiers."

"Their professionalism speaks volumes about duty," Hollis said. "They don't do it for the recognition; they do it because they truly care."

Hollis holds a bachelor's degree in mass communications from Warner Southern College.

He and his wife Tiffany, a nursing major at Harford Community College, have three children: 7 year-old, Tana and twins Keyshawn and Kandace, age 4.

The Year of the NCO Initiatives

www4.army.mil/yearofthenco/initiatives.php

The purpose of the Year of the NCO initiative is to enhance NCO education, fitness, leadership development and pride in service through the implementation of programs and policies that support the sustainment and growth of the NCO Corps. The Year of the NCO recognizes the leadership, professionalism, commitment, courage and dedication of the Noncommissioned Officer Corps and will better inform and educate Congress, government institutions, and the American people of the roles, responsibilities, and the quality of service of our NCO Corps. The NCO Corps is a national treasure.

During the Year of the NCO the APG News will periodically profile Army noncommissioned officers who exemplify the spirit of Army Values and the Year of the NCO initiatives of education, fitness, leadership and pride in service.

APG Youth Centers participate in fine arts competition

Story and photos by
RACHEL PONDER
APG News

Aberdeen and Edgewood Area Youth Centers encouraged children to get creative by participating in the Boys & Girls Clubs of America's National Fine Arts Exhibit program.

The youths worked on their projects throughout the year, and completed their displays in December. Projects were judged in January.

According to BGCA's Web site, the competition, which encourages creativity through a variety of media, is made up of local, regional and national exhibits. Young people are encouraged to create artwork in any of the following categories: monochromatic drawing, multicolored drawing, pastels, water color, oil or acrylic, print making, mixed media, collage and sculpture. Artwork selected through a national competition is displayed at BGCA's annual National Conference. Winners from AA/EA centers will compete against other Boys and Girls Clubs in the Northeast Regional competition.

EA Youth Center

This was the first year that the EA Youth Center participated in the competition. Renee Main, the EA Youth Center director, handed out awards to children Jan. 9.

Main said that Kate Fisher, a Maryland certified art teacher, and Jen Walters, a student art teacher, have contributed to the center's art program, including involvement in more art competitions.



Isabelle Del Cruz, 13, who attends the Edgewood Area Youth Center, created a sculpture of a dragon using clay and acrylic paints to enter into the Boys and Girls Club Fine Arts Competition where she placed first in the 13-15 category. Winners at the EA and Aberdeen Youth Center level will compete against other Boys and Girls Clubs in the Northeast Regional competition.

"To our delight this is the first year we have participated in the fine arts competition," Main said. "In the summer of 2008, we not only participated in the 4-H Farm Fair (by entering art projects) but of our twenty-eight entrants several returned with ribbons on the local as well as state levels."

Main thanked the children for their participation, adding that 22 children, the majority of the children attending the EA Youth Center, participated.

"The children really put a lot of effort into the competition," she said.

Fisher added that she was pleased with the participation of the children.

"The children were eager to work on the projects after school," she said. "Involvement in the competition was optional, so I am glad that the children chose to be involved and were enthusiastic about participating."

Fisher also thanked the judges, Laura Overturf an art teacher from Edge-

wood Elementary School, and Anne Meadows an art teacher from Edgewood Middle School, for their participation.

Fisher said that in addition to having a variety of categories to choose from, the children were also free to choose their subject. Many of the children used subjects found in nature and some used objects from mythology like a "fairy goblet" and a dragon.

Children were also able to participate in the competition by making a group art project. A group of EA youths created "Old Master, New Twist" a piece of art inspired by Grant Wood's "American Gothic."

Fisher said that she was impressed by the children's artistic abilities, especially the younger children. She said that one of her favorite pieces was the "Medical Corps Symbol" created by Sidney Alston-Hicks, 8, who used clay and acrylic paints.

"She was very diligent while doing her project; it was carefully crafted and

quite accurate," she said.

Fisher said that Alston-Hicks' drew inspiration for her artwork from her parents, who both work in the medical field.

"It felt good to win. I want to give the sculpture to my father for his birthday," Alston-Hicks said.

Fisher said that she believes that having a strong art program is important in a child's development.

"Art helps improve self-esteem. Art is a very personal expression, because it comes from your soul," she said. "Self expression is a human need."

AA Youth Center

Sixty-three children participated in the BGCA's National Fine Arts Exhibit program this year. Glenda Weaver, lead for Team A, gave instructions and supervised children in the competition.

"I think it is amazing what the children can put together," she said. "Often times they will think of things that adults will not think of, [their minds are]



Sidney Alston-Hicks, 8, who attends the Edgewood Area Youth Center, used clay and acrylic paints to create a sculpture of the Medical Corps Symbol, and placed first in the 9 and younger category. She also placed first place in the print making category for an etching/monochrome print of a dog (not pictured).

always working to make connections."

Weaver commented that art often reflects a culture or a race, and that art relates to everyday life.

Weaver added that this year many children chose a futuristic theme, or incorporated technology into their artwork.

"Many of the projects featured some type of technology, like cell phones or computers. You can see that technology is really important in their lives," Weaver said.

"I think art is important because it reflects a person's personality," she said. "Sometimes people can't express how they are feelings with words, so it is important for them to express themselves through art."

The children received their awards Feb. 6 during the AA Youth Center's Parent Night.

Norma Warwick, AA

Youth Center director, who handed out the awards said that many of the children look forward to the competition, and thanked them for participating.

Kathleen Santana, parent of Joseph, said that her son is in a co-op home school program and attends an art class at the center.

Joseph, who won an award for a water color painting, said that he looks forward to taking the class.

"It feels good to win," he said.

"My son has been coming here for years and he really enjoys the art program here," Santana said. "I am glad that he can be in home school and still participate."

To learn more about the national program, and to look at previous year's winners, visit <http://www.bgca.org/programs/arts.asp>.