

# APG News

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See page 2 for Year of the NCO article.

## Post Shorts

### Recycling schedule

The residential and recycling pickup schedule for April 1 is plastic, glass and metal. Put items in blue bags and place them on the curb.



### Wanted: Stories about NCOs

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

### OSJA tax office closed March 30

The Installation Tax Assistance Program, directed by the Office of the Staff Judge Advocate, Client Services Division, provides free tax preparation and electronic filing for qualifying active duty service members, retirees and family members.

The Tax Center, located downstairs in Top of the Bay, will be closed on Monday, March 30.

Normal duty hours will remain Monday through Friday, 8:30 a.m. to 4 p.m. until the center officially closes April 15.

### Well-Being meeting scheduled

The next Well-Being Action Council Meeting is 9:30 a.m., April 16, in the Edgewood Area Post Chapel.

### A taste of home away from home

All AIT students, single and unaccompanied members from all armed services are invited to enjoy "A Taste of Home, Down Home USA" 4:30 to 7 p.m., March 28, at the Aberdeen Area Chapel, Fellowship Hall.

The APG Catholic Women of the Chapel will host a dinner for military personnel stationed at APG who ordinarily do not get a home-cooked meal. A variety of entrees, salads, side dishes, desserts and

See SHORTS, page 9

## Obama, Preston discuss Soldier, Family issues

AUSA

President Barack Obama met with Sgt. Maj. of the Army Kenneth O. Preston and the senior enlisted advisers of other services to hear concerns from a boots-on-the-ground perspective in the Oval Office Jan. 30.

The initial White House meeting was an opportunity for Obama to establish relationships with the most senior enlisted noncommissioned officers of the military, Preston said.

This was reportedly the first time a commander in chief held an official meeting with senior enlisted leaders.

Previous presidents normally met with the military's Joint Chiefs of Staff.

After already holding his meeting with the Joint Chiefs, Obama reached further to enlist leaders.

"I don't know of any other president sitting down with the senior enlisted advisors," Preston said. "It sends a big message of his support of the military and really shows that he wants to connect with all our service members out there."

Preston told Obama his biggest concern in the Army was



Photo courtesy of AUSA  
Sgt. Maj. of the Army Kenneth O. Preston stands behind President Barack H. Obama at the Commander-in-Chief's Inaugural Ball as Obama addresses the audience of active duty and reserve military and invited guests at the National Building Museum.

stress on the force.

"For the fourth consecutive year, we have seen suicides increase," Preston said. "PTSD [post traumatic stress disorder], domestic violence, sexual

assault and acts of misconduct, [which] increased this past year, are all indicators of increased pressures in the daily lives of our Soldiers and Families."

Preston also said Soldiers ask

him all the time: "When will we see something more than twelve months of dwell time between deployments?"

According to the sergeant  
See OBAMA, page 16

## APG gives voice to DoD ICE program



Story by  
**YVONNE JOHNSON**  
APG News

The Interactive Customer Evaluation System, ICE, is a Web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense.

ICE allows customers to submit online comments to rate the service providers they encounter at military installations and related facilities

around the world. It is designed to improve customer service by allowing managers to monitor customer satisfaction levels through reports and customer comments.

Thomas Johnson, Garrison Lean Six Sigma Black Belt, of the Aberdeen Proving Ground Garrison's Plans, Analysis and Integration Office, is standing up the ICE program on the installation.

Johnson said that ICE not only provides users of

installation services a channel through which they can voice comments or complaints, but it ensures that all concerns will be evaluated and addressed by designated responders.

"ICE is a customer-focused program that asks people to comment on how well we're doing," Johnson said. "We're hoping over the next several months to have enough data to focus on specific problems."

See ICE, page 6

## OC&S begins final countdown

Story by  
**TRICIA DEVINE**  
U.S. Army Ordnance Center and Schools

And so it begins – not only does the Ordnance Corps mark its 197th anniversary this year, but it will also close the chapter on the U.S. Army Ordnance Center and Schools' 90-year history at Aberdeen Proving Ground as Phase I of the BRAC initiative begins its task of moving the schools to Fort Lee, Va., this May.

Beginning the week of May 4, the schools will host the final Ordnance Week at APG, ending with the casing of the school colors and a farewell ball at Top of the Bay.

Activities begin May 6 when the Ordnance Corps Association hosts its annual golf tournament, sponsored in part by many local merchants.

On May 7, the schools will begin to welcome a ground swell of current and prior service members, as well as their spouses who will attend various seminars including a briefing on the future of the schools.

May 7 also continues with another time-

honored tradition as the Ordnance Corps Hall of Fame inducts 14 new members into its ranks, with such notables as Bernard Baruch founder of Baruch College. Baruch was also senior statesman and advisor to presidents from Woodrow Wilson to John F. Kennedy on economics and industry. Louis Dellamonica, born in 1912, is the oldest living recipient of this award. Dellamonica started with the Ordnance Corps in 1941 and retired in January 2007.

The honored list continues with Lt. Gen., Richard Hack, Maj. Gens. Ray McCoy, John Raean Jr. and Joseph Raffiani, and Col. Patrick Button, Chief Warrant Officer 4 Michael Campbell, Chief Warrant Officer 3 Baskum LeMaster, Command Sgts. Maj. Timothy Ayers, David Stewart and Tyler Walker II, and Karen Farren, each of whom have left their indelible marks within the Corps.

On May 8 Brig. Gen. Lynn Collyar, chief of Ordnance and OC&S commander, will preside over the casing of the schools  
See OC&S, page 11



## JPEO facility contract awarded

Story by  
**SYREETA GROSS**  
APG BRAC Office

A \$22M construction contract was awarded Feb. 26 to Bradley/Nason Joint Venture to build a facility in the Edgewood Area for the Joint Program Executive Office for Chemical and Biological Defense, or JPEO-CBD, that is relocating to Aberdeen Proving Ground.

This Base Realignment and Closure construction project will collocate its offices from Falls Church, Va., the Human Systems Group from Brooks City, Texas, and the Defense Threat Reduction Agency from Fort Belvoir, Va., to the corner of Wise and Magnolia roads. The new building will provide administrative offices and operational space for the 320 personnel from the various locations.

The mission of JPEO-CBD is to eliminate the biological warfare threat by protecting the Warfighter by rapidly developing, acquiring, and fielding highly effective biological detection, vaccines and

medical diagnostic equipment. JPEO-CBD also works with the Homeland Security Department to insure citizens, domestic and abroad, are protected from chemical, biological, radiological and nuclear threats. JPEO-CBD's military and civilian acquisition professionals, along with a dedicated industrial base, are simultaneously developing the next generation of mobile, agile and modular chemical and biological defense systems.

The U.S. Army Corp of Engineers is overseeing the construction of the building, a 75,000 square foot facility.

The USACE project manager, Michael Anderson explained the bid process.

"The JPEO building is a design-build project, meaning the customer provides requirements, and then the design/construction contract is advertised for bidding on [www.fedbizopps.gov](http://www.fedbizopps.gov)," Anderson said. "Companies submit proposals, and the contractor who submits the best value with all the contract specifications is chosen to build  
See CONTRACT, page 11



### Gate 13 traffic detours begin March 27

There will be ongoing road work on RDO weekends only beginning tomorrow through May 15, weather permitting.

Detours will be set up on Michaelsville and Aviation Arms roads. Drivers should be cautious and courteous to other drivers and on the alert for signs.

For more information, call Michael A. Hardwick, 410-306-2305, cell 410-652-0859.

For more information, DPW/DIO contact Jerry Norris, Directorate of Installation Operations Public Works, 410-306-1159.

## C4ISR celebrates 1-year anniversary of groundbreaking at APG

Story by  
**SUSAN R. ANDERSON**  
APG News (DA Intern)  
and **HENRY KEARNEY**  
CECOM

On Tuesday, March 17, St. Patrick's legacy wasn't the only thing worth celebrating as almost 90 people gathered for the one-year commemoration of the construction groundbreaking for the Army Team Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance campus, also known as Army Team C4ISR, at Aberdeen Proving Ground.

United States Army Corps of Engineers Philadelphia District Commander Lt. Col. Thomas Tickner gave a brief introduction to attendees, which in addition to key members of the USACE project staff included CECOM Commander Maj. Gen. Dennis L. Via, Deputy Garrison Commander for Transformation Col. Andrew Nelson and more than 50 C4ISR

See C4ISR, page 16

## ISSUE HIGHLIGHTS

Page 2  
Spotlight on NCO - Sgt. Maj. Michael Bennett

Page 3  
Veterans' Voices

Page 5  
Mentor programs key to future of APG

Page 6  
Final posting of APG Outdoor Journal

Page 10  
FMWR - Auto Crafts offers detailing services

Page 11  
Army Family Covenant news

Page 12  
Health Notes



# APG celebrates The Year of the NCO

## OMMS NCO values honor of molding troops

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

Leading by example and sharing knowledge with those who would follow are two principles that have defined the career of a senior noncommissioned officer in the U.S. Army Ordnance Mechanical Maintenance School.

Sgt. Maj. Michael Bennett is known by those who have served with him as one who is quick to volunteer his services for his Soldiers and his community.

Bennett is the sergeant major of the Wheel and Track Automotive Department at the 143rd Ordnance Battalion's seven-acre Downer Hall. His duties include overseeing the training and instruction of thousands of 63-Bravo, 63-Delta and 63-Hotel Ordnance Soldiers - active, National Guard and Reserve - who pass through the school annually as well as the supervision of the NCOs and civilian instructors under his command.

A post-Vietnam Era enlistee who joined the Army in 1979, just two weeks before his 18th birthday, Bennett is nearing the end of his 30-year career.

The Georgia native said he joined the Army to broaden his horizons.

"I've always been the kind to stay on the move," he said. "I just wanted to get out into the world and explore things."

Bennett said he adapted to military life well and that he formed a great appreciation of the discipline and camaraderie that came with it.

### On leadership

"I actually learned leadership from my grandparents who raised me," Bennett said. "The Army taught me values. I always tell my NCOs that Soldiers provide you with different challenges and issues. How you handle those is what molds you as a leader."

"Being a good leader," he added, "means doing the right thing and never turning your back on your Soldiers. Anybody can be put into a leadership position but not everybody can lead. Sometimes it means having to put orders or the mission in a positive light even when you don't agree with them. And there's an old saying that it's not the position that makes the leader, it's the leader that makes the position. Good leaders make Soldiers proud to follow them."

### On volunteering

Bennett is the recipient of the Military Outstanding Volunteer Service Medal which was established by Executive Order 12830 in 1993 and "is awarded to members of the armed forces who perform outstanding volunteer community service of a sustained, direct and consequential nature."

Although much of his career was spent on the proving ground - first as an instructor then as a drill sergeant, then as a first sergeant before his current position - no matter where he was stationed, Bennett said that volunteering was something that "just comes natural" to him.

Whether working as a sports coach for Youth Services, leading Soldiers through a community service project, or serving the congregation in his church, he has stayed "on the move."



During one of his daily walk thrus, Sgt. Maj. Michael Bennett, left, discusses training with Staff Sgt. Marlon Campbell, an instructor in the M113 Track Section as Advanced Individual Training students work on vehicles in the U.S. Army Ordnance Mechanical Maintenance School's Downer Hall.

He began volunteering while stationed here as a drill sergeant with Youth Sports coaching football, basketball and baseball to 8- to 10-year-olds.

He also led his unit flag football, softball and soccer teams to division and post championships as a player coach while serving as the first sergeant for Company C, 143rd Ordnance Battalion.

"Volunteering is a service to those in need for whatever reason," he said. "You're giving a part of yourself, and there's nothing more valuable that you can give."

"I try to never miss a chance to share my knowledge and experience," he added. "I explain to my teams, whether children or Soldiers, that it's not just about winning, it's about learning, and sometimes, it's about learning how to lose."

### On molding troops

Bennett spent his first three years in the Infantry but changed to the Ordnance Corps, 63H Track Vehicle Repair, on his first reenlistment.

"I loved it but I knew I didn't want to do that my whole career," he said.

"I was an NCO within two years of entering the Army," he said, adding, "I was a part of the 'Be All That You Can Be' generation, in reference to the recruitment slogan used during the early years of the All Volunteer Army."

He said his personal motto is, "don't do anything illegal, unethical, immoral or stupid."

"Stick to those principles and you won't have much to worry about," he said. "All of my NCOs know this."

"I will miss mentoring future NCOs and leaders," he said, adding that he still gets calls and e-mails from former Soldiers and NCOs asking for his opinions or guidance.

"I had a first sergeant I used to work with from Fort Riley [Kansas] call recently to discuss a problem he was having. He called me because he knew I would tell him the right thing to do," he said. "Sharing knowledge and gaining trust is the best feeling and can have the greatest impact on a future leader."

Bennett said that of all his assignments he most enjoyed his time as a drill sergeant and that his message to young Soldiers is still 'Be All That You Can Be.'

"Take advantage of every opportunity the Army offers," he said. "You have access to state-of-the-art equipment and training and educational opportunities that didn't even exist a few years ago. It's all a part of being an all-around Soldier, tactically and technically proficient and Army Strong."

### On physical fitness

A weight training enthusiast since 2000, Bennett holds weightlifting records around the country.

Most recently he won the Men's Open 220 pound category in the 2009 Navy Power Lifting Competition at the U.S. Naval Academy in Annapolis, Md., in February with a squat of 460 pounds, a bench press of 405 pounds and a deadlift of 676 pounds.

He holds a total of 18 state, national or world records and his office and home are filled with trophies and medals he's gathered in the past nine years.

Bennett said physical fitness has always been his passion.

"Physical fitness is a mental state you have to have to achieve the physical state," he said. "You have to be focused with a goal."

When coaching Soldiers who also hope to one day compete, or who just want to do better on their PT Test, Bennett said he never allows them to say 'I can't.'

"Once you say that, you have a negative force against you," he said.

Becoming a strength and conditioning coach after leaving the Army is one of Bennett's goals.

"It's something I can do naturally, that I enjoy and that will help others," he said.

Jose Portalatin is the civilian supervisor, master instructor and training specialist for Downer Hall. When Bennett was a student there in the 1980s, Portalatin was his instructor.

"You can imagine how many students go through every year, but I could see his potential," he said of Bennett. He said he was not surprised to see Bennett return and begin rising "up the chain," and eventually achieve his current rank and position.

"It's just a testimony to the kind of person he is," Portalatin said. He said that with 70 instructors, the facility trains



Powerlifting medals he earned and magazines he collected are part of the décor in Bennett's Downer Hall office.



Bennett proudly displays some of the championship powerlifting trophies he's won over nine years of competition.

nearly 2,800 students annually with more than 600 in-house daily in daytime and evening shifts. "Every day he walks the floors and makes himself available to instructors and to students," he said of Bennett. "There's no way I could do this by myself. He let's everyone know that leadership is present and they are expected to always do the right thing. I appreciate that because it makes my job a lot easier."

A senior training instructor in the building's Wheel Vehicle Department, James Liggins is a retired command sergeant major who has known Bennett since they were young sergeants at Fort Riley.

"He's always tried to be the best," Liggins said. "He leads from the front. We'll definitely miss him, but he left his mark here as a drill sergeant, first sergeant and sergeant major. It's important to leave a part of you behind," he added. "These Soldiers are going to the four corners of the earth and it's important that we present a quality product. Thanks to him, we have."

Minister Kenneth W. Telsee Sr. is a retired first sergeant and senior pastor of True Joy Ministries, Bennett's church in Aber-

deen. Telsee said that Bennett has been a positive force within the congregation and the church community since he joined the church three years ago.

"Over the three years I have known Sergeant Major Bennett, he has impressed me as an honest and trustworthy individual whose character and integrity are above reproach," Telsee said. "His very presence has had a direct impact on improving the quality of service to the members of our church as well as to our men's fellowship."

"He is the epitome of what a Soldier, a husband, and a father should be, and as he continues his new life as a retiree, I am confident that his Family will only become stronger, more resolute and enlarged. In my book, he is a winner," he said.

Bennett holds a bachelor's in business management from St. Leo University.

He is married to Master Sgt. Essie Bennett of the 22nd Chemical Battalion.

The couple has three sons, Joshua of Columbia, S.C., Michael Jr., a recent graduate of Savannah State University and Cortez, who attends the University of Montevallo in Alabama.

## APG News

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

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# Veterans' Voices

## Caring for veterans is matter of American honor, Obama says

Story by  
**JIM GARAMONE**  
*American Forces Press Service*

Caring for veterans is a responsibility and duty for all Americans, and the employees at the Department of Veterans Affairs are those who are charged with repaying "that debt of honor," President Barack Obama said during a ceremony in Washington, D.C., marking the department's 20th anniversary March 17.

The president promised the VA employees that he will make good on his promise to create a 21st-century department.

VA, formerly called the Veterans Administration, became a cabinet-level department in 1989. The employees are charged with providing education, training benefits, health care, home loans and cemeteries for American veterans.

"It's a commitment that lasts from the day our veterans retire that uniform to the day that they are put to rest, and it continues on for their Families," the

president said.

U.S. service members are the country's best and brightest, Obama said.

"They are our bravest, enlisting in a time of war, enduring tour after tour of duty, serving with honor under the most difficult circumstances and making sacrifices that many of us cannot begin to imagine," he said.

The department must take care of these people and of their Families, he added.

The VA mission always is vital, Obama said, but it is even more so during long and difficult conflicts like today's.

"Last month, I announced my strategy for ending the war in Iraq, and I made it very clear that this strategy would not end with the military plans and diplomatic agendas, but would endure through my commitment to upholding our sacred trust with every man and woman who has served this country," the president said. "And the same holds true for our

troops serving in Afghanistan."

The president has requested an extra \$25 billion for the department over the next five years. The agency - under the leadership of retired Army Gen. Eric K. Shinseki, former Army chief of staff - is reviewing its operations.

"With this budget, we don't just fully fund our VA health care program," the president said. "We expand it to serve an additional five hundred thousand veterans by 2013, to provide better health care in more places and to dramatically improve services related to mental health and injuries like post-traumatic stress disorder and traumatic brain injury."

Obama said technology also will help to cut red tape and ease the transition from active duty. He promised new help for homeless veterans, "because those heroes have a home."

"It's the country they served - the United States of America," he said. "And until we reach a day when not a single

veteran sleeps on our nation's streets, our work remains unfinished."

He called on VA employees to help to implement the GI Bill for the 21st century. Just as the veterans of World War II formed the backbone of the progress after that war, the veterans of Iraq and Afghanistan too can be the catalyst for progress. The deadline for putting the rules for the new GI Bill in place is Aug. 1.

"That's how we'll show our servicemen and women that when you come home to America, America will be here for you," Obama said. "That's how we will ensure that those who have borne the battle, and their Families, will have every chance to live out their dreams."

Transforming the agency is a tall order, Obama said, but he added that he has the fullest confidence that the men and women of the department can do it.

The United States will "fulfill our sacred trust and serve our returning heroes as well as they've served us," he said.

## Commentary: Perpetuating the legacy of our nation's greatest heroes

By  
**DAVID J. MCINTYRE JR.**  
*TriWest Healthcare Alliance*

Two years ago, Congress established National Medal of Honor Day as March 25 to recognize a small group of ordinary Americans who found themselves in extraordinary circumstances and responded with resounding courage.

They are veterans who, while in the thick of the fight, acted with selflessness and beyond the call of duty with complete disregard for their own lives to save their comrades. They overcame formidable danger and, as a result, we are in their debt.

On the third anniversary of National Medal of Honor Day, I reflect upon not only these quintessential American heroes, but the values for which they stand—patriotism, service above self and honor. These values inspire all of us engaged with the armed forces now—where sacrifices are made every day by service members, their Families, spouses and children—so that we may live free in America.

The Medal of Honor is our nation's

highest award for valor, and of the millions who have served in America's military, just 3,448 have earned this honor - including one woman. The medal has been awarded to individuals who have served in every major conflict, including the current ones. Many have been awarded posthumously, as the recipient gave his life during the action for which he was awarded the medal. Only 98 recipients of the Medal of Honor are living among us today.

Through my work within the military's TRICARE program as president and chief executive of TriWest Healthcare Alliance, as well as being a member of the Board of Directors of the Medal of Honor Foundation, I've had the honor and privilege of getting to know most of the living Medal of Honor recipients. I continue to find inspiration for my own daily challenges from the values they live by and their constant sense of duty and incredible humility. Some days I wonder where we would be as a country were all to live by such values?

There are infinite lessons of perseverance, faith and courage to be learned

from these men and woman who we can emulate, not just in battle, but in life. I invite you to learn more and read their stories at [www.cmhos.org](http://www.cmhos.org).

As President Ronald Reagan once said, "No weapon in the arsenals of the world is so formidable as the will and moral courage of free men and women."

National Medal of Honor Day is not a holiday, but instead a time to recognize that—be it for country or cause—each of us is called to act selflessly at one time or another for the greater good.

This is personified by none better than our nation's greatest heroes, those who have been bestowed the Medal of Honor.

On National Medal of Honor Day, we honor them and perpetuate their legacy and the values they stand for.



# Garrison employees recognized for support of ATEF

APG News

Seven Aberdeen Proving Ground Garrison employees were awarded the Department of the Army Commander's Award for Civilian Service by the commander of the U.S. Army Aberdeen Test Center March 10 for their role in supporting the Automotive Technology Evaluation Facility, or ATEF, project.

Employees honored included David W. Carter, Dr. James Bailey, Richard Reilly and Roger Stoflet, from the Directorate of Public Works; Manuela Olsen and Teresa Nemeth from Family and Morale, Welfare and Recreation, and Eddie Soto from the Directorate of Safety, Health and Environment.

"These employees exemplified the true meaning of team work helping make ATEF a reality," said ATC Commander Col John P. Rooney. "Even though they each had individual responsibilities in the areas

of budget, safety, environment, engineering, project planning and management, and transportation, their results came together and put us into the implementation phase."

The early concepts of a high-speed test track started in 1985, when the need was first identified. Those concepts evolved into ATEF, which is an engineered high speed test track. It is approximately 4.5 miles long and 207 feet wide in a tri-oval shape with wide safety runoff areas and stringent grading criteria to enable tracked, wheeled and robotic vehicle automotive testing. Engineers will be able to test all types of vehicles for endurance, reliability, fuel consumption, acceleration to maximum speed, braking, steering and cooling.

ATEF will be the first fully capable tracked and wheeled vehicles, full-spectrum contiguous, sustained high-speed



Illustration by CHRIS WHITE, ATC TECHNICAL IMAGING DIVISION

Artist's rendition of the U.S. Army Aberdeen Test Center Automotive Technology Evaluation Facility.

test track for the Department of Defense, and the Army will be able to fully test its current and future vehicles. The ATEF track

complements and enhances the testing capabilities already in place at ATC.

"The construction of ATEF

is one more step to ensure that ATC is and will continue to be at the forefront of testing,"

Rooney said.

## Two ARL employees receive Army LSS Green Belt Certification

ARL

Two U.S. Army Research Laboratory employees received Department of the Army Lean Six Sigma Green Belt Certifications from ARL Director John Miller during a ceremony March 16.

Achieving LSS certification enables ARL employees to perfect and share new tools and techniques with their peers. The process produces knowledgeable employees who ensure product and service quality.

Tom Smith, Human Research and Engineering Directorate, and Bob Grosso, Laboratory Operations, were aided by the mentoring and advising efforts of ARL project sponsors. Grosso benefited from the help of Laboratory Operations' Pam Fry.

Smith's project, "Distribution Process of IMPRINT" focused on the entry and tracking process for non-distribution agreements necessary to obtain IMPRINT software from ARL. IMPRINT, or Improved Performance Research Integration Tool, supports Manpower and Personnel Integration, or MANPRINT, and Human Systems Integration, or HSI. The software helps assess the interaction of Warfighters and system performance throughout the system lifecycle.

Before Smith's project, the filling out of the non-distribution agreements was troubled by an undefined process, poorly-defined criteria in the form itself and the lack of a usable database to store information from the forms. Because IMPRINT is proprietary software, this led to the risk of distribution violations.

Smith established a user information form with well-defined fields. He also established a database corresponding to the form which could store usable, trackable information. These innovations reduced the processing time from an average of five days to no more than two, and in many cases, just a few hours.

Smith's process has also greatly reduced the error rate in the forms. Previously, 18 of 20 forms received had errors. Now only one out of 20 have such errors.

Smith worked closely with HRED's Dave Bassan, who unexpectedly passed away in January, just one week before Smith was notified that his project had been approved for certification.

"In a sense, this was one of Dave's last contributions to ARL and the Army," said John Lockett, chief of HRED's MANPRINT Methods & Analysis Branch. "He used his training in industrial/organizational psychology and his background in operations research analysis to help Tom manage the scope of his project, understand the LSS process and tailor it to the project."

Grosso's project, "Effective Execution of Employee Medical Surveillance," addressed inefficiencies in the medical surveillance process, whereby employees working in certain areas are periodically given medical examinations to insure that their job functions are not affecting their health in a variety of areas (hearing, eyesight, etc.).

Given the importance of the exams, it is vital for affected ARL employees to make and fulfill these regular appointments. However, the old recordkeeping and tracking system employed inefficient paper recordkeeping that led to many employees missing their scheduled appointments.

Grosso helped ARL's involvement with the scheduling process at Aberdeen Proving Ground's Kirk U.S. Army Health Clinic. Before his process was implemented, there were 17 "no-shows" for regular appointments. After implementation, only one out of 103 appointments was missed.

# Mentor programs key to future APG workforce

Story by  
**TRACY NEWMAN**  
AND **KENDRA WATT ABAIDOO**  
ECBC

A senior at Aberdeen High School's Science and Mathematics Academy is putting the final touches on the senior capstone project he must complete in order to graduate, but it wouldn't have been possible without the help of a scientist at the U.S. Army Edgewood Chemical Biological Center.

As 17-year-old Stephen Sanner nears the end of his senior year he credits his success in the lab — the development of a waterproof and fade-resistant ink for use in a ballpoint or roller ball pen — to his mentorship with Way Fountain, Ph.D., a senior research scientist at ECBC.

"The best thing about the SMA program is working with a professional scientist," Sanner said. "Doctor Fountain's years of experience have been an invaluable resource for me. Mentoring has further expanded my interest in a career in science."

Launched in 2004, the SMA grew out of a concept proposed by the Army Alliance and other science professionals associated with Aberdeen Proving Ground. Through the use of federal, state and local funds, organizers have created a high-level learning environment that offers students the opportunity to study robotics, cryptology, biotechnology and genetics, all with an emphasis on research and real-world applications.

Now in its fifth year, 43 of SMA's 188 students have been paired with mentors from the professional science and engineering community.

For Fountain, the motivation of serving as an SMA mentor stems from his desire to see ECBC's successes carried over to future generations.

"After teaching at West Point for a number of years, I realized the impact that mentorship has on students," Fountain said. "Mentorship allows scientists and engineers to teach students real science. We all have a stake in ensuring that we have a strong bench of scientists to work at Aberdeen Proving Ground."

With an aging federal work force, the importance of fostering an interest in science, engineering and mathematics among students has increased substantially.

"We want students to know that studying science and engineering is interesting and could lead to a career with the federal government," Fountain added.

Admitted into the SMA in the ninth grade, Sanner's early interest in chemistry is



Photo by JOHN DENSMORE, DATA IMAGING  
*Dr. Way Fountain, a senior research scientist at the U.S. Army Edgewood Chemical Biological Center, watches Stephen Sanner, 17, an Aberdeen High School Science and Mathematics Academy senior, conduct water solubility and fading tests on ink samples. Fountain served as mentor to the college-bound Sanner as he worked on the senior capstone project required for graduation.*

reflected in this senior capstone project that resulted in the creation of an archival ink.

"I was first interested in ink because I was interested in chemistry at the time," Sanner said. "I have always preferred applied science as opposed to pure science. It was natural that I would then choose something that was a combination of the two."

With his mentor's guidance, Sanner analyzed ink samples using a water solubility test that required placing a sample in water while conducting a fading test using an ultraviolet light.

"The traditional ink formulae I'm working on are based on traditional inks which, in their traditional form are unusable in modern pens," Sanner said. "I am searching for a way to adapt these inks, which are based on colloidal pigments suspended in water, to modern pens."

The experiments serve as an introduction to the scientific method for students who are asked to formulate a hypothesis based on the information, test the hypothesis with experimentation and then accept, reject or come up with an alternate hypothesis based on the results.

"The most important aspect of this program and mentorship is exposing students to the scientific process," Fountain said. "I want to foster a desire to become a professional scientist."

While prospective mentors may have concern about their ability to commit enough time to their students, Fountain insists that successful relationships can be fostered through both electronic and in-person communication. In the end, he

said, the benefits of mentoring are not reserved for the student alone.

"Stephen and I communicate a great deal virtually," Fountain said. "However, I mentor in spite of the challenges because it has kept me engaged in basic research. A mentor can do as much learning as the student."

To build upon the success of the mentor relationship between the SMA student and one of its top scientists, ECBC will host an employee luncheon April 2, that will highlight the SMA, Joppatowne High School's Homeland Security and Emergency Preparedness Program and other future mentoring opportunities. During the event, Sanner will be among a small group of students who will discuss their senior capstone projects.

Sanner and other SMA students also will showcase their experiments and results for parents, mentors and the general public during the "Gallery Walk of Senior Capstone Projects," open house which will be held, 4:30 to 6:30 p.m., May 19, at the SMA, 251 Paradise Road, Aberdeen.

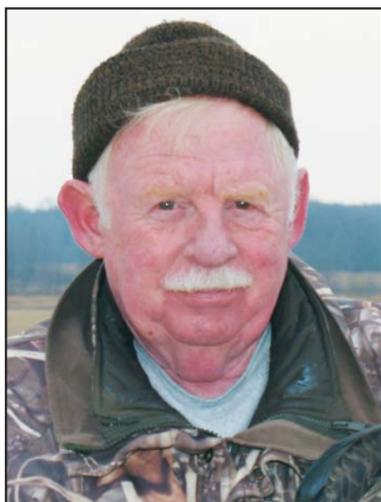
In the fall, Sanner will take the knowledge he gained during his time at the SMA to Clemson University in Clemson, S.C., where he has yet to decide on a major.

"Since beginning the program, my interests have shifted towards electronics, because of exposure in elective classes offered at the SMA," Sanner said. "I still have some interest in chemistry."

For more information about mentoring opportunities at the SMA, contact Donna Clem, 410-273-5500.

# APG Outdoor Journal

## Commentary: It's time for me to call the dogs



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

Years ago when I was a kid growing up in the coalfields of West Virginia times were pretty hard. If it hadn't a'been for the commodity cheese, powdered milk and eggs and cornbread, most folks probably wouldn't a'made it.

In the community where I lived, the railroad was a part of life, and everyday the steam engines huffed and puffed, hauling the coal out from the loading tipples. Like I said, times were hard sometimes, and it wasn't unusual to see people riding atop the coal cars, throwing off lumps of coal to be picked up later and used to keep their home fires burning. That's how I came to know Mr. Sifers...he was pretty good at riding the coal cars.

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

The reason I bring up old man Sifers is he used to have a saying that's stayed with me all these years, and I figure that since its obvious that my days are getting shorter, I'd better take advantage of every one of them I can.

It was on a summer evening that I first met him. We were walking the railroad tracks; he was going one way and I was going the other. He had a feed sack slung over his shoulder, on his way home I suppose, and me, I had my fishing rod and a can of night crawlers, headed over to a neighbor's farm pond.

"Where ya headed boy?" he asked, pausing for a moment, spitting out a long stream of tobacco juice.

"Across the way," I answered, pointing with my fishing rod in the general direction of the neighbor's farm. "Thought I'd see if couldn't catch me a mess of bluegills."

"Is that right?" he responded, sitting down on one of the railroad ties, wiping the sweat off of his brow on his sleeve. "What'cha usin' fer bait?"

"Night-crawlers," I said, "picked them up last night after the rain."

We sat and talked for a little while, mostly it was him a'talkin' and me a'listenin, about when he was growing up and running a catfish trotline down on the Ohio River. After a while he must'a sensed I was getting fidgety, a wantin' to go a'fishin', 'cause he stood up and grabbed a'hold of his tote sack. "Boy," he said, lifting the sack up to his shoulder, "the good Lord gives you back

ever day you spend a'fishin'. As yer a'growin' up, you might want to keep that in mind."

As we parted, he called out over his shoulder, "And if'n ya happen to catch more bluegills than ya need, I could sure use a mess."

Well sir, I caught him a mess of bluegills, and I remember what he said about the good Lord giving you back ever day you spend fishing, which brings me to the message of this my last "APG Outdoor Journal" posting.

Last year when the folks at the APG News and I got to talkin about me doing this Outdoor Journal, we pretty much agreed on me doing it for a year...that is unless they fired me first. Anyway, the year is up and I didn't get fired, so it's time for me to call the dogs, as they might say down in West Virginia. The reason being, this writing for the paper is cutting into my fishing time, what with all the researching, editing, statistics and that sort'a thing. It just ain't leaving me with enough relaxin' time to spend down on the creek.

So, to all the fine folks down at the APG News, I had a powerful lot of fun with you guys doing the column, and I appreciate your kindness and patience. You were terrific!!

And to you the readers, what can I say... but "Bless your hearts!!" Your comments were special and truly appreciated by this old country boy.

Thank you for the opportunity to say a few words, I'm obliged.

## ICE

From front page

Currently, customers can access ICE through the APG Web site by clicking on the ICE logo and then following the step-by-step instructions.

Within the next few weeks, ICE kiosks located in 11 facilities around the installation will be up and running. Johnson said that anyone - service members, Family members, civilians, contractors, retirees or guests on the installation - may use the system.

He said that APG has about 125 service providers, with the Directorate of Family, Morale, Welfare and Recreation containing the most. Other services include the directorates of Emergency Services, including the installation police, fire and medical emergency responders, and Information Management which maintains the installation's computer and telephone systems.

ICE kiosk locations include the post recreation centers and gyms, Top of the Bay, Swan Creek lodging, the Bowling Center, shoppettes and in the lobby of the Janet Barr building 4305 near the ID card section.

"Although customers can make comments from any computer, the kiosks are added for convenience," Johnson said, adding that kiosks are not specific to a location and that comments can be made about any services through any kiosk.

He said that information submitted

through ICE will be reviewed by at least five personnel.

"Information goes to the database by DISA and from there to the service provider manager or whoever is responsible for responding to a specific area," he said.

In addition, copies are furnished to the garrison commander, deputy commander, command sergeant major and director of the service provider being commented on, as well as to the service provider manager.

"There is no need to respond to comments in all cases, but the service provider is responsible for responding if requested and if contact information is provided by the customer," Johnson said.

According to the DoD Quality Management Office, ICE provides the following benefits:

- Allows DoD customers to quickly and easily provide feedback to service provider managers
- Gives leadership timely data on service quality
- Allows managers to benchmark the performance of their service providers against other DoD organizations
- Encourages communication across organizations by comparing best practices to increase performance results
- Saves money

"The whole thing is about satisfying the customer," Johnson said. "Just having a kiosk in a facility will have an impact on customer support."

Look for the ICE 'box' containing customer comments and responses by the customer service provider manager in future editions of the APG News.

# Chapel News

## Commentary: Resisting the irresistible temptation of control

By  
**CH (COL) RUBEN D. COLON**  
APG Garrison Chaplain

A strong case could be made to prove that the most irresistible temptation to misuse power is the temptation to take control of other people's lives.

Wives do it. Husbands do it. Parents do it. Siblings do it. Politicians do it. Teachers do it. Clerics do it. Scientists do it. Friends do it. Employers do it, and on and on.

The temptation is real and ongoing for all of us, especially in our relationships with those who are closest to us. Husbands and wives, for example, have so many ways of trying to control and manipulate one another that it becomes difficult for the manipulated one to experience personal growth through the exercise of his or her own unique gifts.

Of course the implication is a hidden presumption that the other will never be big enough, strong enough or experienced enough to make his or her own decisions and choices.

If a husband sees his wife as indecisive and immature, the temptation to take over and live her life for her is evil and in effect really suggesting, "See that she stays that way. Manipulate her so that she will never lose that exaggerated sense of dependency you've been cultivating in her for years."

A loving relationship is based on a willingness of each of the parties to call forth the unique, God-given gifts of the other.

The desire to manipulate and control is a contradiction of this essential ingredient.

God made man in his own image, and the God-given gifts in each person are unique. A person achieves wholeness of life to the degree that he or she is reflecting God's image through these unique gifts.

When we give in to manipulation and control, when we try to recreate the other in our own image, we stifle this process. Let it be! Let the other person be as

### Holy Season worship schedule

#### **Easter Sunrise Worship Service**

The Aberdeen Area Chapel will hold a combined Easter Sunrise Worship Service, 7 a.m., April 12, on the front lawn of the chapel.

In case of inclement weather, the service will be held inside the sanctuary of the chapel. Refreshments will be served in the social hall immediately after the service.

For more information, call 410-278-4333.

#### **Lenten holy week schedule Catholic Services**

##### **Aberdeen Area**

- April 3, 6 p.m., Stations of the Cross; movie "The Passion of the Christ," Mel Gibson's movie about the arrest, trial, torture, crucifixion and resurrection of Jesus

- April 5, 8:30 a.m., Palm Sunday Mass

- April 10, 3 p.m., Good Friday Stations of the Cross

- April 11, 8 p.m., Holy Saturday Easter Vigil

- April 12, 8:30 a.m., Easter Sunday Mass

##### **Lenten program**

Lenten Programs, 6:30 to 8:15 p.m., every Wednesday during Lent

- April 1, "Hildegard of Bingen;" environmentalist, musician, herbalist, abbess, poet and mystic of the 11th century – relevant to our times.

- April 8, "Living Stations of the Cross"

##### **Edgewood Area**

- March 27, 6 p.m., Stations of the Cross; movie "The Song of Bernadette," tells the story of Saint Bernadette Soubiorus who, from February to July 1858 in Lourdes, France, reported 18 visions of the Blessed Virgin Mary

- April 5, 10:45 a.m., Palm Sunday Mass

- April 9, 7 p.m., Holy Thursday mass, Adoration

- April 10, 7 p.m., Good Friday Solemn Service

- April 12, 10:45 a.m., Easter Sunday Mass

For more information or to volunteer to make soup, call Connie Richardson, 410-676-0179, e-mail car0992@comcast.net.

##### **Jewish events**

##### **Family Passover Seder**

Join the celebration of Passover, "The Jewish Liberation from Slavery," 6 to 9 p.m., April 9, at Temple Adas Shalom Harford Jewish Center located on 8 North Earleton Road Ext., Havre de Grace. The Family Passover Seder includes seder plates and matzah for every table, gefilte fish, chicken soup with matzah balls, chicken and gravy, vegetables and assorted pesach desserts.

For more information, call Lt. Col. Jonas Vogelhut, 410-436-4102, or e-mail jonas-vogelhut@us.army

God intended him or her to be!

The most loving thing you can do for those close to you is to affirm their unique gifts and personal integrity and to accept them for who they are, unconditionally.

But this is possible only if you are simultaneously affirming your own individuality, your own unique gifts, your own personal integrity. In some Families this becomes a way of life: harping, nagging, putting each other down, manipulating and controlling.

An astute young high school student took a part-time job in a supermarket as a stock clerk.

After his first day on the job, his mother asked him how he liked it. He replied, "It was one of the most revealing experiences of my life. When I was stocking shelves in the canned goods section, a woman came down the aisle pushing her shopping cart. Trudging alongside was her little girl, about three-years-old. "Hold on to the cart!" I heard the mother say. Then, "Pull up your socks! Don't

touch! Don't move! Don't touch! Fix your hair! Move over! Stop your day-dreaming!" And on and on, until I had counted 17 commands. And that was in just one aisle.

Then an elderly couple came through. Each time one of them selected an item, the other had some comment: "Get the larger size! Get the smaller size! Take the other brand! I thought you didn't like pineapple!" And on and on. It was as though they hadn't come to shop, but to debate. I couldn't help wondering what their life together at home was like."

The essence of love is giving oneself to the other person so that the other person is fulfilled and affirmed.

A woman who was feeling terribly insecure went to a psychiatrist for therapy. After several sessions, the psychiatrist said to her, "Margaret, as we're talking I sense that there is a beautiful person within you. I would like to work with you to try to bring out that beautiful person."

The woman said that when she heard this, it almost wiped her out. She said she realized that all through her upbringing, all through her marriage, she had never heard anyone say anything like that to her. It had always been demand, obligation, expectation, being cut down, being criticized. Hearing these words, the life within her was suddenly kindled. She could begin, now, to affirm her own unique gifts and relieve her insecurity.

Trying to play God with your own life or the lives of others diminishes life. You are not the master of your own fate, or anyone else's. Let it be! Let the Almighty take control.

# Community Notes

## THURSDAY

### MARCH 26 KARAOKE/LADIES NIGHT

Thirsty Thursdays are back at Charlton-Miller Veterans of Foreign War Post 6054, located at 206 Spesutia Road. Come on out and show off those singing skills at Karaoke Night, 7 p.m. No cover charge. Happy hour is 5 to 9 p.m. For more information or for directions, call 410-272-3444.

## FRIDAY

### MARCH 27 BASKET BINGO

A basket bingo will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen, to benefit the Aberdeen High School Girls Softball.

Doors open 6 p.m. and games begin 7 p.m. Tickets cost \$12 for a 20 game packet. Extra packets cost \$5 each. Food and drinks will be available for purchase.

Bring a non-perishable food item for a free ticket for a special drawing. For more information or tickets, call Brenda Conjour, 410-273-7332.

## SATURDAY

### MARCH 28 TRAIL TREK

Enjoy a day hike with volunteer Eugene Burg along the banks of the Susquehanna or Gunpowder rivers. Bring a snack and water. Registrants will be notified of the meeting location. This free program will be held 9 a.m. to noon for ages 10 to adult. Registration is required.

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

### OSPREY ODYSSEY

Follow the migration journeys of several ospreys, thanks to radio telemetry research, and come on a hike to welcome back the osprey of Otter Point Road. This free program will be held 1 to 2:30 p.m. for ages 5 to adult; ages 5 to 12 must be accompanied by an adult. Registration is required.

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

### VOLUNTEER RECRUITMENT OPEN HOUSE

Opportunities to volunteer abound at

the Estuary Center, from desk aide to teen marsh mucker to wildlife population monitor to education volunteer. Looking for a meaningful volunteer opportunity? Then come for an overview of programs and talk to volunteers and staff about specific volunteer projects and try some of the jobs. This program will be held 10:30 a.m. to 12:30 p.m. for ages 11 to adult; ages 11 to 13 must be accompanied by an adult.

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

### RUSTIC WREATHS

March winds naturally prune many trees. Learn how to turn all those twigs into a beautiful wreath that can be decorated for each season. This program will be held 2:30 to 4 p.m. for ages 10 to adult, 10 to 14 with adult. The cost is \$5 per wreath and registration is required.

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

### IOTA NU CHAPTER TALENT HUNT PROGRAM

The Iota Nu Chapter of the Omega Psi Phi Fraternity, Inc. (Harford County, Md.), will sponsor its Annual Talent Hunt Program 4 to 6 p.m., at the St. James AME Church, 615 Green Street, Harve De Grace. The event is free and will showcase the talents of area high school students.

For more information, visit [www.Ques-lotanu.org](http://www.Ques-lotanu.org).

### BASKET BINGO

Basket Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at VFW Post 8185, Route 222, Port Deposit. Doors open 6 p.m., bingo starts 7 p.m. Tickets cost \$12 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available. No smoking is allowed.

For more information or to purchase tickets, call Anne Gibson, 410-378-3338 or Stephanie Gibson, 410-378-2672.

## SUNDAY

### MARCH 29 NATURAL EGG DYEING

Use natural materials to decorate and dye eggs. This program will be held

1 to 2 p.m. for all ages; ages 12 and under must be accompanied by an adult. The cost is \$3.50 and registration is required.

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

### NATURALIST JOURNALING CLUB

Create a unique journal which will be added to monthly during subsequent

field studies. This program will be held 3 to 4:30 p.m. for all ages; ages 12 and under must be accompanied by an adult. The cost is \$5 per person. Registration is required.

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

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

## APG SCHOOL LIAISON

### Jacqueline C. Haas Scholarship Fund announced

Harford Community College and Harford County Public Schools announced the creation of the Jacqueline C. Haas Memorial Scholarship Fund in honor of the esteemed former public school system leader, who passed away suddenly on Dec. 30, 2008.

The Jacqueline C. Haas Scholarship Fund will enable a Harford County Public School student with a 3.2+ GPA or adults enrolling in the Education Program to receive up to \$5,000 (\$2,500 awarded per semester) to put toward higher education at HCC. It has been established to honor and affirm her legacy by providing a quality education to those in need. The first scholarship will be awarded in fall 2009.

The Jacqueline C. Haas Scholarship Fund will be administered by the Harford Community College Foundation, Inc.

For more information, call Nancy Donnelly, 443-412-2356, or e-mail [ndonnelly@harford.edu](mailto:ndonnelly@harford.edu).

### Career Fair at HCC March 31

The Office of School Counseling for Harford County Public Schools in partnership with the Office of Advising, Career and Transfer Services at Harford Community College, will host the Tenth Annual Career Opportunity and Information Fair on Tuesday, 4:30 to 6:30 p.m., March 31 in the Student Center at HCC. This career awareness program offers high school and community college students and parents the opportunity to speak with representatives from local educational, business and military communities.

For more information, call 410-588-5245.

### Parent conference May 20

The Harford County Public Schools Title I Annual Parent Conference will take place on Wednesday, May 20, 2009 from 8:30 a.m. to 2:30 p.m. The event will feature guest speaker Allyn A. Watson, Supervisor of Compensatory Education, as well as performances by the Hall's Cross Roads Elementary Chorus and the Edgewood Elementary Chorus. Additionally, State Superintendent of Schools Dr. Nancy Grasmick is scheduled to present at the conference. There will also be a sharing of Title I quilts and a unity poem presentation. For more information, contact the Office of Compensatory Education, 410-588-5278.

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

## Post Shorts

beverages will be available. Entertainment will also be provided.

For planning purposes, an RSVP is not essential but would be greatly appreciated.

For more information or to RSVP, call Kathleen, 443-655-5193, or e-mail [kpso-sl@aim.com](mailto:kpso-sl@aim.com) or Wanda, 410-306-6306, or e-mail [swanch2003@yahoo.com](mailto:swanch2003@yahoo.com).

### Register for NSPS training

Upcoming NSPS writing workshops are:

- April 1 (B41), Aug. 5 (B42), NB7EMPL – Writing Effective Self Assessments

- Sept. 9 (B43) and 16 (B44), NB7SUPV – Writing Effective Supervisor Assessments

There is no cost for this training.

For more information or to register, students must submit a training request through CHRTAS <https://www.atrrs.army.mil/channels/chrtas/student/> and be approved by their supervisor.

### Aberdeen Mail Center hours

The Aberdeen Mail Center, building 2201, will be open 7 a.m. to 4:30 p.m., Monday through Thursday and 7 a.m. to 3:30 p.m., Friday.

Mail pickup and delivery hours are 10 a.m. to 3 p.m., Monday through Thursday and 10 a.m. to 2:30 p.m., Friday.

All personnel picking up or delivering mail must have a DD 285.

### Thrift Store holds \$3 bag sale

The APG Thrift Store will hold a \$3 bag sale for items in the sale room through April. Many items will be moved from the front of the store to make room for newer stock. Items you may have had your eye on could be reduced for quick sale. For more information, call 410-272-8572 during store hours.

### Seeking members for the Disabled Committee

The Equal Opportunity program goal is to create and sustain effective units by eliminating discriminatory behaviors or practices that undermine teamwork, mutual respect, loyalty, and shared sacrifices of the men and women of America's Army.

Sgt. 1st Class Elwood Veney, Equal Opportunity advisor for the U.S. Army

Research, Development and engineering Command and the APG Garrison, is interested in reviving the Disabled Committee meetings.

A meeting is planned for early June to discuss ideas, suggestions and plans for the 2009 APG Garrison Disability Awareness Observance.

For more information, call 410-436-4810, e-mail [elwood.veney@us.army.mil](mailto:elwood.veney@us.army.mil)

### RAB meeting March 26

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

The topic of the meeting will be an update on the Carroll Island, Graces Quarters and J-Field Study Areas.

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

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

### Translators needed

The APG Public Affairs Office is updating a list of people who are interested in serving as volunteer translators for foreign-speaking visitors, as well as individuals who can interpret foreign written documents.

Those interested in serving as a translator should forward their name, activity, telephone number, email address and language (written and/or spoken) to [lynn.witkowski@us.army.mil](mailto:lynn.witkowski@us.army.mil). For more information, call 410-278-1151.

### CPR Classes

Aberdeen Proving Ground Fire and Emergency Services offer CPR classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Conference Center, building E-4810, April 15, Aug. 26, Oct. 21 and Dec. 16.

In the Aberdeen Area, classes will be held at the Post Theater May 20, July 15 and Nov. 18.

Class size will be limited to 30 participants and will be filled on a first-

come first-served basis. Pre-registration is required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail [raymond.b.campbell@us.army.mil](mailto:raymond.b.campbell@us.army.mil).

### Gunpowder Toastmaster's Club meets on APG

Learn to speak confidently and effectively. Toastmaster's mission is to help people improve their communication, leadership, evaluation, and public-speaking skills in a fun and friendly environment.

The Gunpowder Toastmasters meets the first and third Monday each month (unless it falls on a federal holiday) in the Chemical Demilitarization Training Facility in building E-4516 Seminar Room.

The next meetings are 11:30 a.m. to 12:30 p.m., April 6 and 20. For more information, contact Adam Free-land, 410-652-8026 or George Alsfield, 410-569-1189.

### National Health Care Decisions Day April 16

The Office of the Staff Judge Advocate and Kirk U.S. Army Health Clinic will participate in National Health Care Decisions Day, April 16, 9 a.m. to 2 p.m. at the KUSAHC lobby.

National Health Care Decisions Day is an initiative to encourage patients to express their wishes regarding health-care and for provides and facilities to respect those wishes, whatever they may be. Representatives will be available at the KUSAHC lobby to provide informational materials and draft advance directives for eligible clientele.

For more information, visit <http://www.nationalhealthcaredecisionsday.org/> or contact the OSJA Client Services Division, 410-278-1583.

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



## 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 #26**

Imagine you are driving 40 mph in the left lane of a four-lane highway. As you approach an intersection, a car on your right cuts in front of you to make a left turn at the intersection. There is no traffic on the right. What should you do?

A. Hard brake, ease off to medium brake and swerve right.

B. Honk and stomp on the brake to stop.

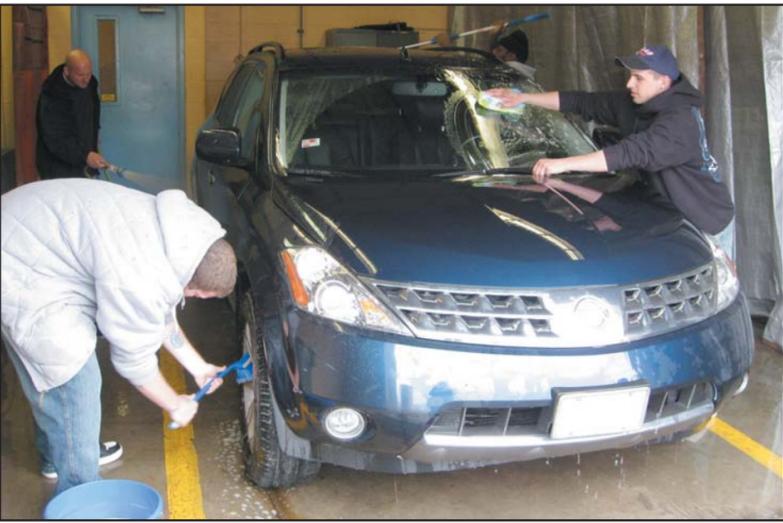
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“Answer A.” “Hard brake, ease off to medium brake, and swerve right” is the thing to do. You probably wouldn't be able to stop, but it's the best choice. In this case, you would minimize the damage and probably keep from knocking the other car into the intersection.

“Answer B.” “Honk and stomp on the brake to stop” is not the thing you want to do. You wouldn't be able to stop. The car that cut in front of you will be slowing down to make his left turn and at 40 mph it'll take you at least 125 feet to stop. You'd run right into the rear of the car.



# FAMILY, MORALE, WELFARE & RECREATION



DETAIL YOUR WAY employees give a customer a \$10 outside carwash located at the APG Auto Crafts Shop. From left, Marcus Worthy, Dave Cox, front, and Fred Burkentine and George Gregson, rear.

## Auto Crafts Shop now offers detailing services

Story and photo by **SUSAN R. ANDERSON**  
APG News (DA Intern)

Aberdeen Proving Ground employees have an added convenience on post: the APG Auto Crafts Shop now offers full car detailing services every Thursday through Sunday with complimentary pickup and drop off service.

The shop has contracted with DETAIL YOUR WAY, a private mobile detailing service company operating out of Aberdeen since early 2008, to provide three different detail packages as well as a long list of individual services.

In addition to the extensive detailing services, the Auto Crafts Shop will continue to offer APG employees the ability to take care of their vehicle repair needs on base.

The shop is a "self help" auto skills center, offering hourly rent of both lift bays (\$8 per hour) and flat bays (\$6 per hour) for all vehicle maintenance needs. While the facility is a do-it-yourself facility, shop manager Ed Dela Cruz and one other full time employee are available to assist vehicle owners as needed.

For those who aren't car repair savvy, Dela Cruz is available the third Thurs-

day of every month from 5 to 7 p.m. for a vehicle maintenance basics course, where he instructs students on how to change a tire, conduct a basic oil change and check all necessary fluids.

"Just as with vehicle repairs, students must provide their own supplies," Dela Cruz said. "However, at five dollars a class, you'll never find a better deal on this kind of hands-on instruction."

Dela Cruz said that this added service should serve as a reminder of the many amenities available on base.

"When you come on post, look off to the left and right, too – not just straight ahead! There's a lot more going on here than people realize that anyone with a government ID can take advantage of," he said.

"And, whether you're thrilled by your experience or have suggestions for improvement, Auto Crafts Shop employees encourage you to share your feedback with Interactive Customer Evaluation at <http://ice.disa.mil>. ICE evaluation cards are also available on our premises," Dela Cruz said.

The shop is located at building 2379. For more information or to set up an appointment, call 410-278-5178.

## Activities/Events

### Orioles game specials

Purchase tickets for Orioles baseball. All game seats are located in Section 40 behind home plate. Tickets cost \$48 each; limited quantities available.

- New York Yankees, 1:35 p.m., April 8
- Tampa Bay Rays, 1:35 p.m., April 12
- Chicago White Sox, 7:05 p.m., April 21
- New York Yankees, 7:05 p.m., May 8
- Tampa Bay Rays, 7:05 p.m., May 13
- Toronto Blue Jays, 7:05 p.m., July 10
- Boston Red Sox, 1:35 p.m., Aug. 2
- Los Angeles Angels, 7:05 p.m., Aug. 14
- Texas Rangers, 7:05 p.m., Sept. 4
- Tampa Bay Rays, 7:05 p.m., Sept. 14
- Boston Red Sox, 7:05 p.m., Sept. 19
- Toronto Blue Jays, 7:05 p.m., Oct. 2

For more information or to purchase tickets, visit AA Recreation Center, building 3326, 410-278-4011/4907 or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### APG Youth Talent Show May 9, auditions begin tonight

An APG Youth Talent Show will take place May 9, at the Post Theater, 7 p.m. Doors open 6 p.m.

Auditions for the APG Youth Talent Show will be held in the Aberdeen Area, 6 to 8:30 p.m., March 26 and 27 and 2 to 6 p.m., March 28 at the Post Theater. In the Edgewood Area, auditions will be held 6 to 8:30 p.m., April 2 and 3 and 2 to 6 p.m., April 4 at the Stark Recreation Center.

The Youth Talent Competition is open to the public. Age categories include 10 to 12, 13 to 15 and 16 to 18. The event is open to individuals or groups. Military, civilian, contractor and retired military Family members ages 10 to 18 years of age and still in high school are eligible to participate.

Talent categories include vocalist, vocal groups, instrumentalist, instrumental groups, spoken word, rap, dance and comedy.

Tickets cost \$5 for active duty military and \$7 for non-military. To purchase tickets at FMWR Registration, building 3326, call 410-278-4011/4907

or Hoyle Fitness Center, building E-4210, 410-436-7134.

For more information, call Earlene Allen, 410-278-3854.

### Bunco is here to stay

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

### Hearts Apart Support Group schedule

Family members from all branches of service, DoD civilians and contractors may participate in Hearts Apart Support Group meetings held in the APG Army Community Service building 2745, Rodman Road 6 to 7 p.m. the first Wednesday of every month (April 1, May 6, June 3, July 1, Aug. 5, Sept. 2, Oct. 7, Nov. 4 and Dec. 2). See article on page 11.

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

### ACS announces Egg Hunt Extravaganza

Army Community Service will hold an egg hunt, host the Easter Bunny and provide Family fun for everyone 11 a.m. to 2 p.m., April 4, at Capa Field in the Edgewood Area of APG.

This event is open to all DoD cardholders, military and civilian personnel, contractors, retirees, Family members and guests.

### Youth Sports registration open

Register now for these youth sports:

- Youth baseball & tee ball (Aberdeen Area only)
- Youth flag football cheerleading
- Start smart basketball
- All cheerleading
- Youth softball (Aberdeen Area only)
- Youth flag football
- Upcoming junior golf
- Tennis programs

For more sports information, call 410-306-2297.

## Auto Craft Shop detailing services

The Auto Craft Shop, building 2379, now offers auto detailing for SUVs, cars, trucks and more.

### Packages include:

**Washing vehicle, vacuuming, dressing vinyl, cleaning windows and dressing tires**

- Cars, \$20,
- Jeep Wrangler or small truck, \$25
- SUV or large truck, \$30

**Washing, waxing, cleaning outside windows, wheels and tires**

- Cars, \$55
- Jeep Wrangler or small truck, \$60
- SUV or large truck, \$65

### Complete detailing

Includes engine cleaning, vacuuming carpet, dressing all vinyl, hand washing and drying exterior, cleaning inside and outside windows, door

jams, trunk or cargo area, dressing tires and wheels, leather conditioning and washing.

- Cars, \$125
- Jeep Wrangler or small truck, \$150
- SUV or large truck, \$175

**Individual services include exterior washing**

- Car, \$10
- Jeep Wrangler or small truck, \$15

The Auto Craft Shop is open 1 to 5 p.m., Thursdays and Fridays, and 9 a.m. to 5 p.m., Saturdays and Sundays.

For more information, call 410-278-5178.

*NOTE: Times are subject to change. The Auto Craft Shop can pick up customers' cars and deliver them back when they are finished.*

## New arrivals required to attend Newcomers' Orientation

All newly arriving Soldiers and civilian employees are required to attend the APG Newcomers' Orientation, 1 to 3 p.m., June 17 at the Aberdeen Area Recreation Center, building 3326. Sponsors are encouraged to bring their Family members, and all members of the APG community are welcome to attend.

More than 50 APG community activities and organization representa-

tives will welcome arrivals with handouts and literature and will answer questions regarding their programs.

Each unit/activity is requested to report the number of attending personnel to Phyllis Ethridge, Army Community Service, building 2754, 410-278-9669/7572, fax

410-278-9685 or e-mail [Phyllis.ethridge@us.army.mil](mailto:Phyllis.ethridge@us.army.mil).

## Easter Brunch April 12

An Easter Brunch will be held 10 a.m. to 2 p.m., April 12, at Top of the Bay. Cost is \$21.95 for adults, \$9.95 for children ages 5 to 11 and children under 5 are free.

The breakfast buffet includes an omelet station, French toast, scrambled eggs, sausage gravy and home fries, bagels, muffins and Danish.

The luncheon buffet includes chicken Marsala, baked ham with fruit sauce, baked cod in white wine sauce, assorted vegetables, potatoes and rice, carving station with prime rib and turkey.

Cost also includes assorted desserts,

Mimosas, Bloody Mary's, juices, coffee and tea.

Reservations are required with a deadline of April 9. Call 410-278-3062/2552/5195.



## 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](mailto:stacie.umbarger@conus.army.mil).

### Beginner Tae Kwon Do

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

Beginner Tae Kwon Do classes will be held for ages 6 through 13 at the Child, Youth and School Center, building 2522, Tuesday and Thursday, 5:30 to 6:15 p.m. from April 28 through May 21 and from June 2 through 25. Cost is \$65 per student for a one-month session or \$150 per student for a three-month session.

### Free babysitting course

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

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

Class is open to all DoD ID card holders.

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

### Private piano lessons

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

Lessons cost \$102 per student and include six weeks of 30-minute lessons once a week. Parents choose which time frame session they want to sign-up for when they register their child.

Students are responsible for purchasing the required books for the course recommended by the instructor.

### Infant/Child First Aid, CPR Class

An Infant/Child First Aid and CPR class will be held 9 a.m. to 3:30 p.m., for ages 13 and older, April 13, building 2752, Child and Youth Services administration building. The class costs \$5 per person.

## Looking for a job?

Visit FMWR Jobs Available at [www.apgmwr.com](http://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.

## March bowling specials

The Bowling Center is now open 7 a.m. to 8 p.m. on Mondays. Throughout the month of March, 1 to 5 p.m., throw a strike when a red head pin appears and receive a free game.

Every Friday, 1 to 5 p.m., bowl \$1.75 per game plus \$1.50 for shoe rental. March 29 is Penny-a-Pin Day. Cost is \$.01 for every pin bowler knocks down, games over 200 are free. (No hourly rate applies.) Shoe rental costs \$1.75 per pair.

### April bowling specials

In April, bowl from 1 to 5 p.m. for \$1.50 per game; shoe rental costs \$2. It's Cosmic Saturday on April 4 and 18. One hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

A Soldier's Special from 5 to 9 p.m., April 6, 13, 20 and 27, allows Soldiers to bowl for \$1.75 per game per person; shoe rental costs \$2. Soldiers must show ID.

## APG Bowling Center Snack Bar specials Building 2342

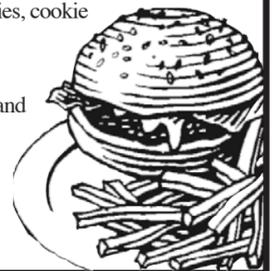
### Week of March 23

- Special #1: Egg salad sandwich, potato chips, cookie and regular soda for \$3.95.
- Special #2: Double bacon cheese burger with french fries, cookie and regular soda for \$7.45.

### Week of March 30

- Special #1: Grand daddy burger with potato chips and regular soda for \$8.25.
- Special #2: Turkey and cheese wrap with potato chips and regular soda for \$5.25.

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





# ACS Hearts Apart educates all Families

ACS

As part of an ongoing initiative to support the Army Family Covenant, the Army Community Service Hearts Apart Support Program seeks to empower Families (military and Department of Defense civilians) with information to help prepare the Families for the separation during deployments and temporary duty travel.

"Participants formulate programs and activities that might be of interest to them and ACS provides the logistical and professional support to help accomplish these events," said Lynda Fernandez ACS Relocation Readiness Program manager.

ACS offers a comprehensive array

of programs and services dedicated to maintaining the readiness of the Total Army Family and military community by fostering self-reliance, stability and resilience. ACS is the commander's principle Family readiness agency, providing comprehensive, coordinated and responsive services that support readiness of Soldiers, civilian employees and their Families during peace and war.

"To help get the word out, ACS has marketed the Hearts Apart Support Group meeting through various venues including the FMWR Web site, the APG News and Channel 21," said Celestine Beckett, ACS director. "ACS is scheduled to have a staff member at each monthly meeting so that participants can

learn about the free services and resources ACS offers to anyone working or residing on the installation."

The ACS Hearts Apart guest speaker for March was Diana Hayes, who spoke on the topic, "How to stay connected—get informed."

"Hayes has worked very diligently in preparing an Information Resource Guide Book filled with information and resources to be provided to anyone who wishes to have a copy," Beckett said.

The Hearts Apart guest speaker for April is Arcelio Alleyne, ACS Financial Readiness Program manager, who will guide attendees through "How to be debt free by using credit WISELY."

Upon completion of this lesson par-

ticipants will be able to understand what credit is used for; to distinguish between the different types of credit; understand how to establish credit; to recognize what to look for when shopping for credit; understand the advantages and disadvantages of using credit; recognize the signals of credit over extension; understand the use of credit reports and ways to correct them; and be familiar with ways to clean up bad credit.

ACS Hearts Apart support group meets the first Wednesday (next meeting April 1) of each month, 6 to 7 p.m. in building 2754, Rodman Road.

For more information contact Phyllis Ethridge, ACS Relocation Readiness specialist, 410-278-2464.

## Some home owners hurt by PCSing Military homeowners can turn to AER for PCS help

Story by  
**CAROLE DAVIS**  
Army News Service

Some military Families are finding themselves in a precarious situation when it comes to selling their house and relocating, said housing experts.

Some bought their homes at the height of the market and now, because of permanent-change-of-station orders, are trying to sell in today's lower market, said Edmond Hackett, housing management specialist, Fort Belvoir, Va. The good news is that the new economic stimulus package has provisions to help military homeowners, and Army Emergency Relief is also helping those hit by the crunch.

"It's a reality in this area and all over; there are a lot of foreclosures and this is affecting our Soldiers too," said Hackett. "Many sellers can now expect to sell below their purchase price."

The flip side of this housing market is that renters are not immune to the effects of foreclosure either.

"In the past couple of months, approximately five Army Families have had to deal with losing the homes they were renting when the owners faced foreclosures," said Shawn Walters, housing management specialist, Fort Belvoir. "One good thing for these Families is that now the government will move them, that's a big change from the past and is a real help to the Families."

An attachment to the Joint Federal Travel Regulations added about five months ago authorizes a local or short-distance move of household goods for service members forced to relocate because the home they were renting is in foreclosure.

Although there are no specific programs to help Soldiers when they are behind in their mortgage, AER is an avenue for assistance in this tough market, said Dennis Scott, assistant secretary of administration, AER.

"Since the housing market crashed, we are looking at housing differently," Scott said. "Multiple-home ownership used to be considered a business venture and AER doesn't assist in that, but now we realize it might be because of an inability to sell in one location."

When applying for assistance at AER, it must be a solution to the problem, not a partial fix said Scott.

"If you need to catch up on your mortgage and once caught up you can continue to pay because of a new job or a raise, that would be a solution. If you have a buyer and need to pay back-payments prior to selling that would be a solution. These would be good examples of how AER could help," Scott said.

In 2005, AER provided a total of \$44 million in assistance; but in 2008, they provided a total of \$82.9 million in no-interest loans. The increase is mostly due to the economy, said Scott.

The unique situation of the Soldier has not been overlooked by the president and Congress. The new economic stimulus package has included provisions to address service members facing losses in the housing market.

The American Recovery and Reinvestment Act of 2009 was passed by Congress Feb. 13 and signed into law Feb. 17 by President Obama.

Under the new provision, the government will cover 95 percent of the amount lost when forced to sell. The provision now applies to service members who PCS more than 50 miles outside their current installation and need to sell their homes.

The stimulus package extends the Defense Department's Homeowners Assistance Program by \$555 million. HAP was originally designed to assist Soldiers who face a financial loss when selling a home located in an area where real estate values have declined due to an installation closure or realignment.

The provision does have some limitations. The program only applies to service members who purchased their homes before July 1, 2006, which is roughly the time when the housing market started to decline.

While housing services, AER and Congress have provided some relief and assistance, experts offer caution before entering into any housing contract.

"Pay attention to leases, work with reputable realtors and have the Staff Judge Advocate Office look over all contracts before you sign," Walters said.

## Commentary: EFMP also seeking Families with children with a diagnosis of autism

By  
**PATRICIA HARPER**  
ACS

The Exceptional Family Member Program at Army Community Service has a lot of information and services and is eager to get this out to you, our most valued customer.

In accordance with AR 608-75, Soldiers with exceptional Family members must enroll in the program. The mandatory requirements are for active Army, U.S. Army Reserve Soldiers in the USAR-Active Guard and Reserve program and other USAR Soldiers on active duty exceeding 30 days and Army National Guard personnel serving under authority of title 10, U.S. Code.

If you are a newcomer or a seasoned EFMP member, I can provide you with specifics on EFMP enrollment and services that can help minimize stressors while in this great community. Some of the services available to you include support groups, recreational events, information on disability rights, respite care and much more.

Although I continue to work with all Families enrolled in EFMP, I am currently seeking Families who have a child with a diagnosis of autism. Our goal is to ensure that you are connected with the right resources and that you are not paying out of your pocket for services that could be provided to you at no additional charge.

Autism Services North, which covers our region, is eager to provide support groups, workshops and any other services that you may need. It currently has a certified Applied Behavioral Analysis provider in our area that is ready to provide services.

If you have a child with autism, you know how difficult this process can be. Let us work through the process for you. I am eager to start working with you and will look forward to receiving your calls, e-mails and/or visits. If you require additional information, call or stop by ACS, 2754 Rodman Road. I can be reached by telephone at 410-278-2420 or e-mail: Patricia.Harper1@us.army.mil.

## Financial planner offers tips for tough times

Story by  
**LANCE D. DAVIS**  
ARNEWS

If financial hardships have Army Families singing the blues, maybe some advice from certified financial planner June Walbert might change their tune.

Walbert's first recommendation is to eliminate consumer debt.

"Consumer debt is the number one stumbling block I see people have when it comes to reaching their financial goals," she said.

Some may say "tell me something I don't know" or "I want to eliminate my consumer debt, but times are hard."

A lot of people are facing hardships and Walbert recommends notifying financial institutions when difficulties arise. She also opposes the use of debt consolidation and management programs seen in ads or heard about over the air.

"They really can't do as much for you as you can do for yourself," Walbert said. "It won't cost you any money to pick up the phone and call to ask for a

lower interest rate."

Instead of consolidating debt, Walbert said to pay credit cards off one at a time. Start with the highest interest rate debt first, paying it down and eventually off, while making minimum payments on the rest until paying off the last card with the lowest interest rate.

During tax season, Walbert encourages deducting anything possible. According to Walbert, Soldiers can deduct expenses from uniforms, professional journals and associations.

The more listed in deductions; the more saved in taxes, she said.

She also suggests looking at the bottom line of the 1040 to determine whether it makes sense to deduct a traditional IRA contribution or contribute to a Roth IRA. The traditional IRA contribution has IRS mandated income-phase-out limits.

"You get tax relief now but pay taxes later on down the line in retirement," she said.

Walbert's preference is to make a

Roth IRA contribution instead. That is taxable money now and any of the growth it experiences over the decades is withdrawn tax free during retirement with income-phase-out limits as well, she said.

According to Walbert, Soldiers deployed overseas earning tax-free combat pay can also deposit tax-free pay in a Roth IRA.

"That means tax free in tax free out and that is sweet, sweet," she said.

Walbert said homeowners' deductible items include mortgage interest as well as property taxes.

For everyone's cash flow in the service, Walbert said there should be a priority list: paying off consumer debt, building a savings account with at least three months of living expenses and investments such as retirement plans.

As a financial planner, the number one question she gets asked these days because the nation is in a declining market is "should I continue to invest for my future?"

"The answer is a resounding yes, especially for those long-term goals," she said. "Soldiers should definitely be investing because stocks right now are very inexpensive."

Army Families should watch where they shop and take advantage of the benefits the military offers such as the commissary and the post exchange, she said.

"You really do save money," Walbert said.

She also recommends putting together a spending record so Soldiers and their Families know where their money is going and can develop an action plan to avoid or eliminate debt.

Army Families will be less likely to go ahead and charge those cards back up again because that pain of paying them off will still be in their minds, she said. (Editor's note: June Walbert is a certified financial planner with USAA with over 17 years of experience in the military and presently serves as a lieutenant colonel in the Army Reserve.)

## OC&S

From front page

colors ceremony which will take place in Ordnance Circle in front of the corps' headquarters building. Preparation has already begun to receive the many dignitaries, news media, local residence and APG employees who will be coming to witness this historic event. The uncasing ceremony will take place at Fort Lee, Va., which will be announced

at a later date. (Author's note: On a personal note, for those attending the Colors Casing Ceremony, especially any Soldier moving forward to Fort Lee, I would like to ask one favor - please take a moment to glance down at the sod you are standing on that day-- picture the imprint of all the boots that once stood there, then proudly gather its energy into your heart before you move out...because...after all - we shall leave no comrade behind. Go Ordnance!)

## Contract

From front page

the facility. Bradley/Nason Joint Venture is the contractor who was awarded the contract."

Design/Build constructed buildings are designed and constructed simultaneously by the same contractor or using a collaborative venture between a design and construction company, as in the example of Bradley/Nason Joint Venture of Wilmington, Del.

Some advantages to this method of building are a single point of responsibility and minimal

construction delays; therefore, the building can be completed before the September 2011 deadline for BRAC.

Anderson also highlighted that the building will be categorized 'Silver' by the Leadership in Energy and Environmental Design, or LEED, Green Building Rating System. LEED Silver buildings must meet stringent requirements in the areas of water efficiency, energy and atmosphere, materials and resources and indoor environmental quality.

Construction is scheduled to begin March 27 with an expected completion date of June 2011. The new tenants will move in shortly after completion.



# Health Notes

## Fad-free nutrition better for health, weight control

Story by  
**COL DEBORAH F. SIMPSON**

U.S. Army Center for Health Promotion and Preventive Medicine

March is National Nutrition Month®. Each year, the American Dietetic Association sponsors this event to focus on the role nutrition and physical activity play in achieving and maintaining good health. Being “100 percent fad-free” has been a National Nutrition Month® theme that supports the health of the Soldier and the Army Family.

Department of Defense’s 2005 survey of health-related behaviors (the most recent finalized survey) reported that approximately 51 percent of Soldiers 20 to 25 years old were overweight. Sixty-four percent of Soldiers age 26 to 34 met the criteria of being overweight.

Being overweight affects performance. Some Soldiers may attempt fad diets for quick weight loss, but those are diets that don’t meet their energy needs. What and when and how much you eat also affects per-



Photo by CHRISTINA GRABER, CHPPM VISUAL INFORMATION DIVISION

formance. Soldiers need to have a balance of nutrients for optimal health and performance.

Consider the following key messages for being 100 percent fad-free.

*Develop an eating plan for lifelong health.* Don’t waste time following the latest food fad. Instead, use the Dietary Guidelines for Americans and

MyPyramid as guides for focusing on healthy eating and overall health.

*Choose foods sensibly by looking at the big picture.* All foods can fit into a healthful diet if consumed in moderation and in appropriate amounts. Eating foods from all major food groups is essential to obtaining the nutrients needed for good

health. Enjoy a wide variety of foods with different textures, colors and flavors.

*Select whole-grain foods like oats, brown rice and whole wheat.* These foods form the foundation of a healthy diet. Enjoy a variety of brightly colored fruits and vegetables. These foods are rich in phytochemicals, which protect the body against disease, and they are virtually fat-free and contain no cholesterol. Choose nonfat and low-fat foods from the milk and meat groups most often.

*Control the frequency and amount of foods high in fat, sugar or sodium, such as fried foods, rich desserts and salty snacks.* This makes it easier to maintain an appropriate weight, which is essential for good health.

*Learn how to spot a food fad.* There are no specific foods, combinations of foods or dietary supplements that will promote quick weight loss or cure disease. If it sounds too good to be true, it probably is. In fact, food and nutrition misinformation can have harmful effects

on health and well-being, as well as on the wallet. For reputable nutrition advice, ask your doctor for a referral to talk to a registered dietitian at your local hospital or health clinic.

*Find personal balance between food and physical activity.* A nutritious diet and physical activity are important for overall health and fitness. Added benefits include reduced risk of chronic diseases such as heart disease, high blood pressure and diabetes; a feeling of well-being; and the ability to control body weight. Poor diet and physical inactivity are the most important factors contributing to the rise in obesity in the United States.

Small changes in diet and exercise habits can make a big difference in overall health. To get started, check out the DoD National Nutrition Month® resource packet available at <http://usachppm.apgea.army.mil/nmm>. It includes ideas and resources on diet, exercise and health. Additional information is also available from the American Dietetic Association, [www.eatright.org](http://www.eatright.org).

## Commentary: Simple strategies prevent poisoning at home, work

By  
**DR. KELLY L. FORYS**

U.S. Army Center for Health Promotion and Preventive Medicine

The facts on poisons are sobering:

- More than two million poisonings are reported each year to the 61 Poison Control Centers across the country.
- More than 90 percent of these poisonings occur in the home.
- The majority of non-fatal poisonings occur in children younger than 6 years old.
- Poisonings are one of the leading causes of death among adults.

Don’t become part of those statistics. Follow some simple strategies to prevent poisonings in your household and work.

- Conduct routine safety checks in your home to prevent accidents. It is important to continually evaluate your home for dangerous products and conditions so that you are aware of situations that could be harmful to children, pets and visitors.
- Have child safety locks installed on cabinets if you have young children in your home or if there are children who



visit your home frequently. This is a simple and inexpensive way to protect the contents of your cabinets from little hands and fingers.

- Make sure that potentially danger-

ous products have child-resistant closures. Even if your cabinets have safety locks, it is important to make each product as child-resistant as possible. Keep dangerous products locked up and stored in high places.

- Keep all household products in their original packages. Do not store cleaners in cups, soda bottles, cans or bowls, which children associate with eating and drinking. Original packaging will provide information on the contents, ingredients and first aid information in the event of accidental exposure or ingestion.
- Do not let your attention be diverted when using household chemical products, pesticides or cleaning products. If a spillage of any type occurs, clean it up immediately. It only takes a second for a child or a pet to drink a chemical product.
- Never take medication or give a child medication in the dark. Many bottles look the same, and it is too easy to grab the wrong bottle.
- Check with your physician or Poison Control Center to see if your

household and garden plants are poisonous.

- Do not use products without a label at work. If a product does not have a label, ask a supervisor or the janitorial staff to identify the product before using it.
  - Follow product directions. The packaging on products contains valuable information to keep you safe. Medications contain information on proper dosage and drug interactions. Cleaning products indicate instructions detailing how the products should be used, including directions for using proper ventilation.
  - Remember the great outdoors. Pesticides and fertilizers can be harmful. Use caution when applying them, and make sure that they are stored in a safe place. Also, monitor children and pets if they play in the areas where the pesticides and fertilizers were used.
- If a child, adult or pet ingests a potentially poisonous substance, act immediately: Call the Poison Help Hotline at 1-800-222-1222. Keep the number posted for easy access.

## Early detection key in colorectal cancers

Story by  
**WAYNE COMBS**

U.S. Army Center for Health Promotion and Preventive Medicine

In the United States, colorectal cancer is the fourth most common cancer in men (after skin, prostate and lung cancer). It is also the fourth most common cancer in women (after skin, breast and lung cancer). Colorectal cancer is the second leading cause of cancer death. The risk increases with age.

Since the average age of officers in the Army Reserve is 42, Soldiers certainly are not immune to colorectal cancer.

The colon is the part of the digestive system where waste material is stored. The rectum is at the end of the colon adjacent to the anus. Together, they form a long, muscular tube called the large intestine (also known as the large bowel). Tumors of the colon and rectum are growths arising from the inner wall of the large intestine.

Doctors are certain that colorectal cancer is not contagious (a person cannot catch the disease from another person). Some people are more likely to develop colorectal cancer than others. Factors that increase a person’s risk include a high-fat diet, a family history of colorectal cancer and polyps, the presence of polyps in the large intestine, and chronic ulcerative colitis.

Symptoms of colorectal cancer are numerous and nonspecific. They include fatigue; weakness; shortness of breath; change in bowel habits; narrow stools; diarrhea or constipation; red or dark blood in stools; weight loss; and abdominal pain, cramps or bloating. Fecal occult blood tests can identify if there is hidden blood in the stool.

When colon cancer is suspected, either a lower GI series (barium enema X-ray) or colonoscopy is performed to confirm the diagnosis and localize the tumor. A barium enema involves taking X-rays of the colon and the rectum after the patient is given an enema

with white, chalky liquid containing barium. The barium outlines the large intestine on the X-rays. Tumors and other abnormalities appear as dark shadows on the X-rays. A colonoscopy is a procedure whereby a doctor inserts a long, flexible tube into the rectum to inspect the inside of the entire colon. A colonoscopy is generally considered more accurate than barium enema X-rays, especially in detecting small polyps.

If colon polyps are found, they are usually removed through the colonoscope and sent to a pathologist. The pathologist examines the polyps under a microscope to check for cancer. While the majority of polyps removed through the colonoscope are benign, many are precancerous. Removal of precancerous polyps prevents the development of colon cancer from these polyps.

Unfortunately, colon cancers can be well advanced before they are detected. The most effective prevention of colon cancer is early detection and removal of precancerous polyps before they turn cancerous.

In October 2008, the U.S. Preventive Services Task Force recommended three screening regimens effective in reducing fatal cancer for men and women age 50 and older. Once a person reaches 50, doctors recommend an annual, high-sensitivity fecal occult blood testing every three years, or sigmoidoscopy every five years combined with high-sensitivity FOBT every three years, or a colonoscopy every 10 years.

People who are at higher risk of colorectal cancer should talk with their doctor about whether to have a screening test before age 50, what test to have, the benefits and risks of each test, and how often to schedule appointments.

Even in cases where cancer has already developed, early detection significantly improves the chances of a cure by surgically removing the cancer before it spreads to other organs.

## Commentary: Don’t take vision for granted

By  
**WAYNE COMBS**

U.S. Army Center for Health Promotion and Preventive Medicine

Don’t take your vision for granted—take care of your eyes, and your eyes will take care of you.

The average Soldier sustaining an eye injury is an E3 to E5, 20- to 24-year-old male who is struck by an object while performing combat soldiering; participating in sports; or performing maintenance, repair or servicing, according to CHPPM statistics. This average eye-injured Soldier is not wearing eye protection at the time of the injury. He will lose an average of 6.1 workdays at an average cost of \$9,724.

These statistics certainly show that it’s better for the Soldier, the unit and the Army to prevent eye injuries from happening.

### Preventing eye injuries at work

Prevention includes following eye safety signs and procedures. Know what to do if a hazardous material splashes in your eye.

Always wear approved eye protection for mechanical, chemical, biological or radiant energy (such as welding, lasers or sunlight) hazards.

Make sure your eye protection is clean, in good shape and has “Z87” marked on the side. (Z87 means the goggles meet standards set by the American National Standards Institute.)

For training and operational duties, a ballistic standard is required—Military Combat Eye Protection (MCEP) 2 significantly exceeds ANSI Z87 standards and meets this requirement.

Do not wear contact lenses where there is smoke, dust or fumes, or when training or deployed. Know where the nearest eyewash station is and how to use it.

Report eye hazards to your super-



visor. In the event of an eye injury, call emergency medical services immediately.

### Vision protection at home

When outside, wear sunglasses that absorb the sun’s harmful UV rays. Both clear and tinted MCEP lenses provide UV protection. A broad-brimmed hat also helps protect your eyes.

When working on your car or around the house, be aware of eye hazards. Mechanical hazards such as rust or flying objects, chemical hazards such as battery acid, and radiant hazards are common in the home shop.

Remember to wear approved eye protection—safety glasses and goggles with Z87 markings on the side. Wear appropriate, approved eye protection when playing sports. For eye-hazardous sports, wear American Society for Testing and Materials-approved eyewear that contains lenses.

To ensure eye health at work and at home, have an eye exam every two or three years, or sooner as directed. Early detection and correction of eye problems is important.



# Commissary News



## Commentary: Check your cholesterol at the door

Story by  
**MAJ KAREN E. HAWKINS**  
DeCA

You are what you eat is so true when it comes to controlling cholesterol.

Instead of a hamburger with french fries, how about grilled salmon and a baked sweet potato for dinner? Your heart will love you for it as growing evidence shows that eating foods high in omega 3s, soluble fiber, nuts, olive oil and plant stanols or sterols can help lower cholesterol. And with high cholesterol being one of the major risk factors for heart disease, controlling those levels is important for a healthy heart.

### Go fish

Salmon and other cold-water fish are high in omega 3s, which have cholesterol-lowering benefits. Omega 3 fatty acids also help the heart by reducing blood pressure and the risk of blood clots.

Research shows that for those who have had a heart attack, fish oil, which has omega 3s, reduces the risk of sudden death.

The American Heart Association recommends eating at least two servings of fish a week, and names salmon, trout, herring, mackerel, tuna and sardines as having the highest levels of omega 3s. If you don't like fish, add ground flaxseed and walnuts to your diet along with canola oil. You can also get omega 3s by taking 500-1000 milligrams of fish oil pills daily. If you get a fish burp from taking the pills, then look for the coated variety or the ones labeled "burp less" so you can get the benefits without a fishy aftertaste. The Food and Drug Administration recommends a maximum of 3 grams of omega 3s, with no more than 2 grams per day from a dietary supplement.

### Go oatmeal

Oatmeal has soluble fiber, which helps lower the low-density lipoprotein (LDL), the "bad" cholesterol. You can also get soluble fiber in foods such as beans, pears, apples, psyllium and barley. Eat 1 1/2 cups of cooked oatmeal along with a

banana to get about 10 grams of soluble fiber. You need at least 10 grams of soluble fiber a day to lower your total and LDL cholesterol.

### Go nuts

Growing evidence suggests eating walnuts and almonds can help reduce blood cholesterol while keeping blood vessels healthy and flexible. Nuts are high in calories, but eating only a small handful will help do the job. Try using a handful of walnuts or almonds on your salad instead of meat, cheese or croutons.

### Go olive oil

Olive oil has lots of antioxidants that can lower your "bad" cholesterol while leaving your "good" – or HDL – cholesterol alone. The FDA recommends using two tablespoons of olive oil a day to get its heart-healthy benefits. Try using olive oil in marinade or mixed with vinegar as a salad dressing. For an Italian flair, mix olive oil with crushed garlic and use it as a bread dip instead of margarine or butter. You can get the

most antioxidants by choosing extra virgin olive oil due to it being less processed than regular olive oil.

### Go plant sterols and sterols

Look for the margarines, orange juice and yogurt drinks fortified with plant sterols to help reduce cholesterol by more than 10 percent.

The body needs at least 2 grams – which equals two 8-ounce glasses of orange juice fortified with plant sterols a day -- to help lower cholesterol.

If you are watching your budget, and who isn't these days, it may be most economical to get the plant stanols or sterols from fortified juice or margarines.

The AHA recommends foods fortified with plant sterols for people with LDL cholesterol levels of more than 160 milligrams per deciliter.

Making changes to your diet like reducing the amount of saturated fat or avoiding foods with trans fats can help you lower your cholesterol.

Something simple to do is just switch from whole milk to 1 percent milk and lose 9 grams of saturated fat in one serving. Small changes like this are good for your waistline along with your heart, while helping to control cholesterol.

For more information about eating out, visit <http://www.commissaries.com>, go to Ask the Dietitian and post your questions on the DeCA Dietitian Forum [https://www.commissaries.com/healthy\\_living/dietitian/forum/index.cfm](https://www.commissaries.com/healthy_living/dietitian/forum/index.cfm) and be sure to look for other useful information in the Dietitian's Voice archive [https://www.commissaries.com/healthy\\_living/dietitian/column/index.cfm](https://www.commissaries.com/healthy_living/dietitian/column/index.cfm). Also, sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today!

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

## AAFES NEWS

### High-tech loss prevention safeguards exchange benefit

AAFES

With a dual enduring mission to provide quality merchandise and services at competitively low prices and generate earnings to support Family and Morale, Welfare and Recreation programs, the Army & Air Force Exchange Service is enlisting the support of the latest in loss prevention technology to protect military Families' exchange benefits.

Electronic Article Surveillance systems, for example, are on the front lines of AAFES' efforts to deter shoplifting and prevent unpaid merchandise from leaving the store. BX/PX management, based on local conditions and experience, in conjunction with supporting loss prevention personnel, identify specific items to be "tagged" with EAS

devices. These "tags" are deactivated at the cash register when the merchandise is paid for. Manufacturers have joined ranks by placing "tags" inside the packaging of many items to further reduce shoplifting. New "tags" have also been deployed that sound an alarm if someone attempts to remove it without the proper device.

Prior to reaching the checkout, products are monitored by an advanced Closed Circuit Television system that can coordinate the movement of 10, 20 or even 100 unblinking "eyes in the sky." In fact, this network of strategically positioned, microprocessor-driven, closed-circuit cameras are controlled by a central console <http://www.flickr.com/photos/aafes/3212033575/> that

allows loss prevention associates to pan side-to-side, tilt up and down or even zoom in closely to examine activity.

"Every loss prevention method we use has the common goal of discouraging theft before it even happens," said AAFES' vice president of Loss Prevention Gerald Danish. "Of course, visible reminders like security 'tags' and camera systems not only deter criminal behavior, but also identify and document it. So, even if the equipment's presence doesn't prevent a crime, the resulting video and/or alarm are almost always invaluable in the resulting prosecution."

In the event shoplifting is suspected, AAFES loss prevention associates turn the issue over to local law enforcement. In addition to possible disciplinary

action and/or criminal prosecution, the Federal Claims Collection Act, which began March 1, 2002, allows AAFES to enact a flat, administrative cost [Civil Recovery] of \$200. There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

"AAFES associates are stewards of the dividend this command is charged with generating," Danish said. "Activities that diminish exchange shoppers' return on investment can, and do, negatively impact military Families' quality of life. Fortunately, our team is leveraging the latest crime fighting tools available to further strengthen the exchange benefit that troops and their Families have come to depend on."

## C4ISR

From front page

senior leaders and interns.

"When we began this project last year, we knew we would need the support of all of the Army commands involved, and working with Mike Vetter [CECOM Life Cycle Management Command director], the Aberdeen Proving Ground Garrison leadership and our contractor team, we've received the best possible support and have exceeded expectations every step of the way," Tickner said.

"In June, when I took command, the site was cleared and prepared for construction, and by July, we participated in hanging the first steel. I am very proud to stand here and show you how far we have come," he said.

John Fink and Jimmell Vaughan, USACE project engineers, divided the group in half and led them on two identical one-hour tours of the project's Phase I site, giving participants an in-depth look at the Ground Mounted Sensors Lab and Headquarters West buildings. The two buildings comprise 30 percent of the Phase I site which, upon completion, will provide more than 1.5 million square feet of office, administrative and laboratory space. There are nine buildings total on the Phase I site.



*Celebrating the one-year anniversary of the ground breaking for the Army Team Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance campus, Jim Fink leads his tour group into one of the nine buildings that comprise Phase I of the campus currently under construction at Aberdeen Proving Ground scheduled to be completed in September 2010.*

Phase I's \$477 million design-build contract was awarded in September of 2007 to Tompkins-Turner Grunley/Kinsley Joint Venture.

As of March 17, Phase I construction is 42 percent complete, design is 97 percent complete, and the project is on track for its scheduled September 2010 completion.

Early demolition for Phase II is already in full swing, and the Corps expects to award Phase II

contract bids beginning in April, with Phase II construction commencement in August of this year.

With past tours typically drawing no more than 40 visitors, Tuesday's tour was the largest to date, according to USACE project engineer Fred Orr, one of several PEs assisting with the increasing tour load. However, it will not be the largest tour through project completion – a six-bus tour for Army Team C4ISR interns is sched-

uled for April 9.

"As progress continues to be made and there is more to see, more and more people continue to take an interest in all of the good work being done here," Orr said.

Army Team C4ISR includes the CECOM Life Cycle Management Command, the Communications-Electronics Research Development and Engineering Center, also known as CERDEC, and three of the Army's

Program Executive Offices, also known as PEOs.

According to Vetter, the two phases will create the "C4ISR Center of Excellence" and a work environment designed for more efficient and collaborative mission operations compared to the Army Team C4ISR organizations surroundings at Fort Monmouth. Instead of being spread across 40 to 50 buildings as they currently are at Fort Monmouth, the same organizations will occupy a much smaller 16-building complex at APG.

"This emerging campus already dominates the landscape of this portion of the APG post and represents a bold and enterprising approach by the Army--- investing in a center of excellence that will become a model for other commands and organizations throughout the Department of Defense," Vetter said.

The transition of employees is expected to last through 2011, and once complete approximately 7,000 Army Team C4ISR military, civilian and contractor positions will be located at APG.

The C4ISR campus project is one of 12 base realignment and closure military construction projects at APG, and accounts for nearly 89 percent of the BRAC budget for the base.

Once the BRAC transition is complete, APG will be gaining more than 6,000 new employees and losing approximately 450 military personnel.

## Obama

From front page

major of the Army, the year of dwell time does not provide a whole lot of time at home, and he emphasized this to Obama.

"He was very positive and attentive and understood what the twelve months of dwell time really means to Soldiers and their Families," Preston said.

There was a candid, open discussion with Obama about the impact of the current economy on Army Families.

Preston added that due to the state of the economy, frequent mobility of Army Families who have mortgages has resulted in them being stuck with high mortgages that exceed the value of their homes, increasing their debt. Preston said the president understands how the economy has affected the military and its Families.

"He's able to reach out and really understand the economic impact on Soldiers and their Families," Preston said.

The conversation with the president highlighted the success of retention in the Army.

The 4th Infantry Division is at 96

percent of its annual retention mission, four months into the 2009 fiscal year for example, he said.

Preston also acknowledged the selfless service and sacrifice Soldiers and their Families make through re-enlistment.

"Soldiers are re-enlisting and staying with the team," he said. "We can all be very proud of Soldiers and their supporting Families as they continue to volunteer and serve our country."

The president will continue to periodically meet with him and other military senior enlisted leaders, and this is an opportunity to tell the Soldier story, Preston said.

Preston said it was coincidental but good his initial meeting with Obama happened during the Year of the NCO in the Army.

"It speaks to what we're trying to do in the Army to recognize the value and the contributions of our noncommissioned officers," he said. "It's not just me or the person that's in this position as the sergeant major of the Army; it's the value and contributions of our noncommissioned officers and what they provide to our officer leadership across the Army."

(Editor's Note: Reprinted from AUSA News, April 2009.)

# First female 4-star credits diversity for strength of Army

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

Diversity is one of the strengths of the Army, and as an organization, it is one of the best at leveraging that diversity, said the service's first female four-star general.

"Your Army considers diversity a strength -- and we proudly lead the nation in offering equal opportunity to all," said Gen. Ann E. Dunwoody commander, U.S. Army Materiel Command. "Our Army is nourished and energized by the diversity of the men and women in our formations. And women today are contributing at every level and on every battlefield."

Dunwoody spoke March 6 at a lunch for female Reserve Officer Training Corps and U.S. Military Academy cadets at the U.S. Capitol Visitor's Center in Washington, D.C. The lunch followed discussion panels involving sexual assault and opportunities for women in the Army. The three events were held in recognition of Women's History Month.

Dunwoody told the gathered cadets that "diversity" is more than having different kinds of people -- it also means having different perspectives.

"It is not only having some of each, but is [about] having the voices of each heard at the table," she said. "This is the true value of diversity. The best solutions and the best decisions will be made because we will have leveraged the strength and power that diversity brings to the entire team. More than ever before, we need to understand the complexities of the problems we face. The consequences of not doing that are far too great."

Dunwoody made history when on Nov. 14 she became the first woman in the U.S. military to attain the rank of four-star general.

The general told the cadets at the lunch to remember the female officers who came before them who pushed through the ranks to achieve notable "firsts" for women in the military.

Such notable women across the Department of Defense include: Brig. Gen. Anna Mae Hays, the first in DoD

to enter the general officer ranks; Air Force Maj. Gen. Jeanne M. Holm, the first to earn a second star; Vice Adm. Patricia A. Tracey, the first to earn a third star; and Marine Corps Lt. Gen. Carol A. Mutter, the first to be nominated for a third star.

"As we celebrate Women's History Month, we must not forget those who have gone before us," Dunwoody told the cadets. "But let's also recognize that we know the current and future leaders sitting here in this room will continue to build on our proud legacy -- a legacy earned by our pioneers -- women who knew no fear, and by women who risked everything they had to serve their country."

The general told the room of cadets that she had faith in their ability to succeed individually and to bring talent to the Army. She also told them their time in service, as Army officers, would be a challenge worth meeting.

"You are the next generation of our military leaders and I have no doubt you'll bring incredible energy, incredible talent and incredible capabilities

to this Army," she said. "You'll find our Army a place where you'll be challenged, a place of unlimited opportunities and a place where you can truly make a difference for our nation. For you cadets who are getting ready to embark on this journey: fasten your seatbelts, work hard, challenge the institution, and brace yourselves for a wild ride."

Earlier in the morning, the cadets attended two panels with speakers from across the Army.

Several questions from female cadets involved the restriction on female Soldiers from serving in certain combat roles.

Lt. Gen. Michael D. Rochelle, deputy chief of staff for G-1, told the cadets he believed one day those restrictions could be lifted, but that it would need to be further investigated by the DoD.

"Will that ever happen? Perhaps," Rochelle said. "That's not the policy today, however."

Today, women can serve in 93 percent of Army occupations, and they make up about 15 percent of the active Army.

## Commentary: Women's History Month - A time to celebrate women and reflect on our own personal experiences

By  
**COL COLEEN SHULL**  
APG Dental Command

My sister, Mary, and I created several collages from the photographs we took while on the Mall in Washington, D.C., for Martin Luther King's Day and the 56th U.S. Presidential Inauguration. For both of us, the chance to be present for a historical event of this magnitude could not be passed by.

As others have already written, the two days were spectacular. The sentiment was one of unity and celebration.

Mary and I wondered what compelled us to be present. Was it our fascination for American history or was it a seed our parents planted that made us both passionate about the days' events?

In studying historic events and how and why they occurred, we've come to realize how un-recognized individuals and seemingly minor actions are the very threads that create the unique fabric of our nation's history, and that each American Family, knowingly or unknowingly, contributes to our story.

For most of us history rarely feels personal, yet this past Thanksgiving my mother told our Family something at the dinner table that both surprised me and made me extremely proud of her.

Before we ate our dinner, we all answered the question, "How has your education changed you, and how have you changed the world?" For the first time ever, my 77-year-old mother told our Family that while she was a college student in Kansas in the early 1950s, she lived in an interracial co-op and for one year was the president of the co-op. When asked how she made this remarkable decision, she recounted that because the African-American students were prohibited from living in the dorms or eating in the university dining facilities, she felt a responsibility to these classmates. She along with other like-minded students solicited local lunch counters and restaurants to serve the African-American students and in return, the white students would agree to frequent these establishments.

As one of seven children sitting around the table with our spouses and children of our own, we pressed her with more questions.

"Mom, weren't you afraid given the racial tensions of the day?"

She replied, "No, I never thought about it. Besides, my co-op classmates became my best friends at college."

We asked, "Did others shun you?"

True to my mother's refreshing naivety, she answered, "No, not that I noticed. I never thought about it. I just knew that something needed to be done. These students had practically no place where they could eat."

During Women's History month I think about the inspirational women who shaped me: my mother, Mrs. Kessler (my high school math teacher) and Mrs. Baysore (my high school Spanish teacher). Then I think of the men in my life who have mentored and believed in me.

Yet this year, having heard my mother's story, I've come to appreciate how hidden within each American Family are untold stories that are both fascinating and significant.

Now during Women's History Month, I am resolved to discover the yet to be told stories of female Family members, friends and colleagues and celebrate their accomplishments. I now understand that the seed of passion for history and to personally witness this historic inauguration was planted by a woman who played a quiet yet significant role in our shared American history.



Col. Coleen Shull, commander of the Aberdeen Proving Ground Dental Command, created collages from the photographs that she and her sister, Mary Muirhead, took while on the Mall in Washington, D.C., for Martin Luther King Day and for the 56th U.S. Presidential Inauguration. Shull, left, and Muirhead are pictured in the upper left corner. "I am so glad I was able to witness this historic event," Shull said.