

APG News

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Published in the interest of the people of Aberdeen Proving Ground, Maryland

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See page 2 for Year of the NCO article.

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Nov. 9 is plastic, glass and metal. Put items in blue bags and place them on the curb.



Reduced gate hours

There will be reduced gate operations at Aberdeen Proving Ground for the Veterans Day holiday.

On Nov. 10, the Harford Gate (Route 22) in the Aberdeen Area and the Wise Road Gate in the Edgewood Area will close at 10 p.m.

Both gates will reopen at 4 a.m., Nov. 12.

The Maryland Gate in the Aberdeen Area and the Magnolia Gate in the Edgewood Area (Route 152) will be open throughout the holiday.

Holiday refuse, recycling pickup schedule

Refuse and recycling pickup for all residential areas is scheduled for the upcoming holidays.

- Nov. 11 – Recycling will be picked up on Nov. 9

- Nov. 23 through 27 – Recycling will be picked up on Nov. 23

- Nov. 26 – Refuse will be picked up on Nov. 25 from Bayside Village, School Street,

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AMC exhibit hit at AUSA



A more 'streamlined and slicker' exhibit was designed by graphics designers, illustrators and fabricators of the Aberdeen Proving Ground Garrison's Multimedia/Visual Information Services Center for the U.S. Army Materiel Command's display at the Association of the United States Army Annual Meeting and Exposition which was held at the Washington, D.C. Convention Center Oct. 5 through 7. See article and more photos on pages 10 and 11.

Photo courtesy of M/VISC

Army launches technology blog

Story by
JOSEPH FERRARE
RDECOM



The Army is launching a new blog to help Soldiers and the public discover a little-known side of the Army—the research, development, engineering, testing and evaluation that goes into the technologies that make Soldiers safer and more effective.

The U.S. Army Research, Development and Engineering Command launched Army Technology Live Nov. 2 joining the growing family of Army blogs hosted by the Department of Defense's DODLive blog hosting service. The Web address is <http://armytechnology.armylive.dod-live.mil/>.

RDECOM and its eight subordinate elements create a wide range of technologies used by Soldiers every day and is but one of a number of Army organizations that focus on technology, according to RDECOM Public Affairs Officer Robert DiMichele.

"RDECOM has almost seventeen thousand people – the majority of them civilian scientists and engineers – who do a lot of the research and engineering that goes into new technologies, but that's not well known," DiMichele said. "Part of the reason is that the equipment that results from

See BLOG, page 6



Photo by SEAN KIEF, APG GARRISON PHOTOGRAPHER

From left, Michael B. Berardi, president of Nason Construction, Inc.; John Battle, president, Bradley Enterprises Ltd.; Jennifer Riggs, representing Rep. C.A. "Dutch" Ruppersberger; Heather Campbell, representing Sen. Ben Cardin; Lt. Col. Ronald S. Jobo, commander, 649th Aeronautical Systems Squadron; Brig. Gen. Jess A. Scarbrough, Joint Program Executive Officer for Chemical and Biological Defense; Col. Michael O'Keefe, deputy director, Chemical and Biological Technologies Directorate, Defense Threat Reduction Agency; Lt. Col. John H. Osborn, deputy district engineer, Baltimore District, U.S. Army Corps of Engineers; Col. Orlando W. Ortiz, garrison commander, Aberdeen Proving Ground; and Rick Decker, Edgewood Chemical Biological Center technical director, prepare to "turn dirt" at a groundbreaking ceremony for the JPEO-CBD in the Edgewood Area of APG Oct. 28.

JPEO breaks ground at APG

Story by
DAVID RUDERMAN
U.S. Army Corps of Engineers, Baltimore District, Public Affairs Office

It was standing room only at a groundbreaking ceremony Oct. 28 for the Joint Program Executive Office for Chemical and Biological Defense at the Edgewood Area of Aberdeen Proving Ground.

About 220 guests filled every seat and stood two to three deep at the back of the tent erected for the ceremony just off Scully Road, the eastern edge of the future, 75,000-square foot facility's site.

When completed, the \$22,275,000 construction will provide chemical-biological defense activity space for about 360 personnel, including staff from the JPEO, moving from Alexandria, Va.; the Chemical and Biological Technologies Directorate of the Defense Threat Reduction Agency, presently at Fort Belvoir, Va.; and the 649th Aeronautical Systems Squadron,

77th Aeronautical Systems Group, moving to APG from Brooks-City AFB, Texas.

All three relocations are taking place under the 2005 Base Realignment and Closure directive, which has set APG on the track to monumental change.

"This is one more critical milestone in a transformation that is literally changing the landscape of APG for the better," said Col. Andrew B. Nelson, deputy Garrison commander for Transformation.

By the summer of 2011, more than 3 million square feet of research, development and administrative space will have been built at Edgewood and Aberdeen Areas, he said.

"The Corps of Engineers is proud to be a partner in the planning and construction of this critical, BRAC-driven element in the growth of our nation's defense capabilities and the transformation of APG," said

See JPEO, page 7



Traffic changes continuing in the Aberdeen Area for the next few weeks

DPW

Reconstruction of Darlington Street has been impacted by weather, but is still scheduled to start soon.

The first work is still the installation of storm drain lines across Boothby Hill Avenue on each side of the Darlington Street intersection. This work

See TRAFFIC, page 16

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

APG CFC to host fun run

Online auctions, book sale ongoing

Story by
YVONNE JOHNSON
APG News

The APG CFC Office will host the 1st Annual 5K CFC Fun Run/Walk Dec 10. Look for details in upcoming editions of the APG News.

The CFC Book Fair has begun and the CFC Silent Auction is still in progress.

The APG CFC Office announces that a purple Baltimore Ravens football cap has been added to the Online Silent Auction site. The one-size-fits-all cap is inscribed with autographs from #85 Derrick Mason and #89 Mark Clayton and is now available for bid at www.apg.mil/AKOSSO-prompt/CFCSilentAuction.cfm.

Numerous collectibles and one-of-a-kind items are up for bid thru midnight, Dec. 6. Proceeds go to the charity of choice by the item donor.

The APG CFC has exceeded the \$150,000 mark with 490 donors contributing toward the target goal of 3,000 donations. Congratulations to the APG Garrison's Directorate of Plans, Training, Mobilization and Security; the U.S. Air Force Detachment; the U.S. Army Ordnance Center and Schools Noncommissioned Officers Academy and the CECOM LCMC Software Engineering Center for exceeding their goals.

Those who have not yet received a CFC Contributor's Guide or online pledging information should contact CFC coordinators or unit keyworkers.

For more information or to make a contribution, visit the CFC Office in Top of the Bay's Down Under, building 30, or call 410-278-0013/9915.



APG celebrates The Year of the NCO

Noncommissioned officer defies odds to achieve, mentor subordinates



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

A senior noncommissioned officer with the U.S. Army Ordnance Mechanical Maintenance School's 61st Ordnance Brigade said he owes his success to the tough love and values bestowed on him by his single mother.

Master Sgt. David J. Holmes is an NCO assigned to the 61st Ordnance Brigade S-3. He grew up on the streets of Compton in Los Angeles, Calif., during a time when it was considered one of the most dangerous and crime-ridden cities in America.

While it was difficult for him to resist the lure of the streets, Holmes said his mother would have none of it.

"I don't see myself as being overly successful, but when I look at where I came from — with all the drugs, stealing and danger — I have to say I owe what I have achieved to my mother," Holmes said. "She gave me a lot of tough love that didn't seem so good at the time, but if it were not for the 'added attention' given by my mother, I doubt that I would be alive today."

Holmes was about 8 years old when his mother took on an additional job cleaning offices at night. He said she saved every spare dollar until she was able to move the family to "better neighborhoods."

"But it seemed like crime and drugs were everywhere, and it soon became apparent to her that it was best to move out of L.A.," he said.

His mother moved the family near relatives in Indiana. Holmes said the new environment changed him in more ways than one.

"The education system was far better," he said, "and because of it I started to realize not only that she had a dream for me but that I could actually achieve it."

Holmes' mother enrolled him in Howe Military Academy in Northwestern Indiana, a private, college-preparatory boarding school. He said the tuition was \$10,000 annually.

"She worked all the time," he said. "It was extremely hard but she managed it."

To reward her sacrifices, Holmes worked hard as well. He maintained a 3.5 grade point average, lettered in track, football and wrestling and was a gunner on the school's distinguished Ranger team. He graduated as a second lieutenant in the school's 100th centennial graduating class.

Holmes said that while students in the school were generally groomed to become military officers, an Army NCO who conducted Ranger training at the school changed his focus.

"He was a sergeant first class and the epitome of a professional NCO," Holmes said. "He trained us well and as a result of great mentorship, I refocused my interest in future military career options."

Holmes graduated and joined the Army in 1985. He said his admiration for the NCO corps grew during his first assignment in Korea.

"As young Soldiers, it's easy to be swayed the wrong way, but we had great NCOs who took us under their wings," he said.

The NCOs in his chain of command went out of their way to keep their Soldiers focused on the Continuing Education System and other self-improvement programs, he said.

It was during this time that Holmes first observed a Soldier in a maroon beret. When he inquired about the beret, his squad leader tasked him with writing a report about the 82nd Airborne Division, where the Soldier was from. As a result of his research, Holmes said he knew he would one day become a member of the elite division.

From Korea, he went to Airborne School at Fort Benning, Ga.

"Believe it or not, I was afraid of heights, I wouldn't jump off a curb, much less jump from an airplane," Holmes said.

His determination abandoned him on his first jump, however, and he was about to become a jump refusal when he saw the

"When you earn the right to wear the U.S. Army nameplate on your chest, there's nothing more distinguished than that."

Master Sgt. David J. Holmes
61st Ordnance Brigade

unit mascot, a dog that went everywhere with the paratroopers, leap eagerly out of the aircraft. The dog was parachuted and obviously enjoyed jumping, he said.

"I looked in amazement and I thought, 'If a dog can do it, then I'm going to do it,'" Holmes said.

"There's always someone or something in your life that can influence you to overcome," he said in retrospect, "and that a lot of your fears are measured by your ability to overcome them."

Holmes spent nine years with the 82nd Airborne Division at Fort Bragg, N.C., and deployed with it to Operations Desert Shield/Storm.

He said the day he became an NCO in the 82nd Airborne Division was the highlight of his career.

Holmes came to Aberdeen Proving Ground in 1999 after graduating from Drill Sergeant School. He was assigned to Company B, 16th Ordnance Battalion.

"Despite the rigorous hours, I loved it," he said. "It was a point in my career where I had the most effect on Soldiers. An Army drill sergeant/platoon sergeant has to fill the capacity of Family, coach and mentor and become everything to their Soldiers that they may not have had in their civilian life."

After two years, Holmes volunteered for duty in Afghanistan where he served as senior NCO on a Military Transition Team assigned to the 24th Infantry Division responsible for training Soldiers of the Afghan Army.

"Sometimes the mission was affected due to language barriers but it never stopped us," he said. "We bridged some very important gaps."

He said the Afghan soldiers who could communicate with them often remarked on the abilities of American NCOs, calling them the most accomplished group of military professionals they'd seen.

"I told them that when you earn the right to wear the U.S. Army nameplate on your chest, there's nothing more distinguished than that," Holmes said.

After he returned to APG, Holmes was assigned to the 61st Ordnance Brigade's Field Training Site, responsible for providing ordnance Warriors with realistic tactical training in preparation for combat tours in Iraq and Afghanistan.

Realizing that combat experience is the key to effectively training Soldiers, Holmes volunteered for a combat tour in Iraq, where again he served as a member on a Military Tran-

sition Team, assigned to the 1st Infantry Division. Holmes stayed 10 months in Iraq, and it was during this tour that he was wounded when his convoy came under attack while conducting mounted patrols on the outskirts of Baghdad.

"A lot of great individuals are the reason I'm back here today," he said, adamantly acknowledging the members of his team with whom he shared the experience. "In a matter of seconds, we were forced to apply our skills and experience. During a fifteen-minute firefight that seemed like it lasted for hours," Holmes said, "I saw bravery overcome fear, not only in the NCOs but in a young PFC [private first class] who was driving. His training gave him the knowledge he needed to survive, and it's the NCO who provides that training. You can't take it for granted. It has to come so rapidly — sometimes in a moment's notice — that it has to be second nature."

Holmes said that all of the members of his team survived the attack, some with minor injuries, although the vehicle that kept them alive was a catastrophic loss.

"Army engineers, civilians and contractors [built] that equipment," he said. "My thanks go out to those designers, personnel and manufacturers. They have saved many lives and deserve to be recognized."

After returning from Iraq, Holmes was assigned to FOB [Forward Operating Base] Wolverine at APG where he served as unit first sergeant, Company W, 61st Ordnance Brigade. FOB Wolverine is a replica of FOBs found in Iraq and Afghanistan used to train and prepare Soldiers for duty in the war zone. The site includes several training areas including High Mobility Multipurpose Wheeled Vehicle Egress Assistance Training, which trains Soldiers on how to extract themselves from a HMMWV in the event of a rollover, the MOUT (Military Operations on Urban Terrain) site, a maze of trailers linked together for live fire exercises and a convoy patrol training lane as well.

Along with Advanced Individual Training Soldiers, NCOs in the OMMS Basic NCO Academy and officers in the Officer Basic Course undergo training at FOB Wolverine.

Sergeant Maj. of the Army, Command Sgt. Maj. Kenneth O. Preston is one of many dignitaries who has visited the site and praised Holmes and then company Commander Capt. Gaetano Snow. Holmes said the NCOs and officers who spearheaded the project were the one's who deserved the praise.

"Training at FOB Wolverine is so valuable," he added. "If we do not train aggressively, we fail ourselves and our Warriors. It provides young Warriors the opportunity to know what to expect and what is expected of them."

"We're doing an outstanding job preparing our Warriors which is why our enemy is going from one extreme to the other. They know we are capable of defending ourselves and that in order to attack us they have to be willing to face certain death. Our Soldiers are willing and able to accomplish their missions, which is leading to our success in both theaters. When it does happen, our training will be the reason for our success," Holmes said.

With 24 years of service, Holmes is considering retirement. Although he had his sights on making sergeant major, he said he's ready to go.

"NCOs today are so much more advanced in leadership, training and professionalism than I was at that point in my career," he said. "If I consider myself at ninety percent, imagine how much more effective they can be as leaders."

Sergeant Maj. Gary Shine is Holmes supervisor. He said that along with assisting him administratively, Holmes is working with designers at the training site being built at Fort Lee, Va., the new home of the Ordnance Corps.

"We're lucky to have him," Shine said. "The folks down there are very receptive to him because they know he's lived it. He takes training Soldiers to the heart, and he's very serious about it. You can't buy that kind of experience."

Holmes said he remains thankful to his mentors who include OC&S Regimental Command Sgt. Maj. Anthony Eubanks, Shine and most of all he is grateful to the firm hand he received from his mother while growing up.

He said success for him is in the legacy he leaves in the Soldiers he has the pleasure of training.

"I'm constantly running into Soldiers I trained, whether as a squad leader or a drill sergeant," Holmes said. "Many of these Soldiers are now squad leaders and some even platoon sergeants. I know they're all good leaders, and they always tell me the same thing: that they remember me and that they learned from my training, 'even though it didn't seem so warming at the time.'"

Holmes' awards include the Bronze Star Medal, the Purple Heart, the Airborne Combat Infantry Badge and the Drill Sergeant Identification Badge.

APG News

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

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ARMY FAMILY COVENANT

SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS



Easing the financial burden on military Families

ACS

During the current global economic crisis, the military offers job security, but with the affects of rising prices, mortgage trouble, and debt, military Families may be feeling the strain.

Financial worries put a greater burden on the military on top of long war deployments. To ease the burden, Army Community Service offers consumer affairs programs to provide information to the military community to encourage and support educated financial decisions.

Before making any purchases, the financial counselors can assist with research on businesses, programs and products. They link clients to the Better Business Bureau to check the ethics of businesses and assist with consumer complaints.

Unit financial classes are offered, but not limited to:

- Banking and credit union services
- Money management
- Financial planning
- Understanding credit
- Consumer rights and obligations

- Insurance
- TSP

Army Community Service Financial Readiness Program also offers classes to all ID card holders. Individuals can sign up for classes or units can request classes be tailored to meet the needs of their organization. Classes offered range from consumer rights and responsibilities as well as individual consumer complaint resolution.

The FRP assists in the resolution of consumer complaints and acts as a consumer advocate in the areas of fraud, identity theft, scams, etc.

“We show clients how to obtain free credit reports, how to accurately read a credit report, dispute inaccurate information and negotiate settlements with creditors,” said Arcelio Alleyne, “and, we have a Memorandum of Understanding with the Council of Better Business Bureaus.”

Counselors at ACS attend regular

training to stay up to date on legislation that may help clients resolve their financial dilemma.

For example, recent legislation offers protection from landlords facing foreclosure to military Families who rent.

Army Community Service counselors work directly with lenders and lien holders in establishing a workable payment schedule to ensure the client’s ability to keep their homes or property. They also keep a current list of resources available to give to clients seeking additional avenues of assistance. The FRP offers debt liquidation services through Consumer Credit Counseling Service for short or long term debt solutions.

“We are here to serve the APG military community,” Alleyne said.

To schedule an individual financial counseling appointment or unit financial education class, call the financial readiness office, 410-278-2450.

ACS classes

Introduction to Computers (two different class dates offered)

The Army Community Service Employment Officer will offer Introduction to Computers 6 to 9 p.m., Mondays, Nov. 9 through 30, and 6 to 9 p.m., Thursdays, Nov. 12 through Dec. 10, at the Higher Education and Technology (HEAT) Center, 1201 Technology Drive, Aberdeen. This class will be taught by Harford Community College and is for adults ages 18 and older. This hands-on class is designed for those with little or no background in computers. Learn the basic skills needed to operate a computer. Individuals must attend all sessions to receive a certificate from HCC. Individuals must register in the ACS Employment Office.

Career Decision Making

The ACS Relocation Readiness Program will hold a Career Decision Making class, 11 a.m. to 1 p.m., Nov. 16, at the ACS classroom, building 2754 Rodman Road. How can anyone survive and prosper during these tough economic times? This class will have individuals take inventory of where they are in their career and chart a course for the future. Also, individuals explore how to get in financial “shape” while doing a career assessment and learning new marketable skills.

Sign Language Class

The ACS Relocation Readiness Program will hold a Sign Language Class, 6 to 8 p.m. on Mondays, Nov. 9 through Dec. 14. Learn the alphabet, numbers and basic sign vocabulary, which will enable individuals to carry on simple conversations. Goals include learning finger spelling, everyday terminology, nouns, greetings and becoming aware of what is accepted in deaf culture as opposed to hearing culture and more. The class is offered for beginners and more advanced students. Space is limited.

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

Harford Community College

Introduction to Access Computer Data Base class

The Introduction to Access Computer Data Base class will be held 6 to 9 p.m., Tuesdays, Nov. 17 through Dec. 8 at the HEAT Center, 1201 Technology Drive, Aberdeen. This class will be taught by HCC and is for adults ages 18 and older. Individuals must attend all sessions to receive a certificate from HCC. To attend, individuals must register in the ACS Employment office.

Seating is limited for all classes. For more information, call Marilyn Howard, 410-278-9669/7572.

APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations, WAPG-TV Channel 21 (on Aberdeen Proving Ground) or call 410-278-SNOW (7669).

A recorded telephone message

will contain updated information and should begin at about 5 a.m.

Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically.

For general information, call the APG Public Affairs Office, 410-278-1147.

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

Traffic Safety






Avoiding a collision with deer

Story by
RON KRAVITZ
Installation Safety Office

Summer has ended and fall is here. When in the spring, a man's fancy turns to love, so it's the same for the male deer (buck) in the fall. The buck now has its mind set on two things: mating with a doe and eating. This annual occurrence is known as rutting.

During his pursuits, he uses a lot of energy and therefore requires a lot more food to remain in contention for the "apple of his eye."

Normally, bucks are very cautious, but as the hormones take over, caution is thrown to the wind – by both the pursued and the pursuer.

The end result is that there will be a lot more deer crossing the roads at this time of year. Usually they follow the same track, but when a doe is being chased, she may run anywhere.

Motorists need to use caution when driving, especially at night. Deer not only run across roads, but they will jump off high banks and over walls and fences.

Driving around a sharp curve and suddenly seeing a pair of glowing yellow eyes can be scary and dangerous.

The National Highway Traffic Safety Administration estimates there are approximately 1.5 million auto-deer collisions per year, resulting in damage losses of around \$1.5 billion, which works out to an average cost of \$1,000 per accident. A State Farm Insurance study also supports these statistics, and goes on to report that there were 150 people killed in 2004 directly linked to car-deer accidents. The overall average is about 100 a year.

Reportedly, a lady called a local sheriff's office and asked them to please move the deer crossing sign by her house. When asked why, she said, "too many deer were getting hit there and they should let them

cross where there's less traffic!"

If only it were that easy. The deer crossing sign is to warn motorists that this is a route or trail that deer tend to use, so drivers should maintain more caution when driving through these areas.

So, what can one do to stay safe during deer season?

Remember that dawn and dusk are the times most likely for deer encounters along the road. Remember the hours of 5 to 8 a.m., and 5 to 8 p.m. are the prime hours to see deer.

Deer breeding season runs from October through early January during which time they are highly active and on the move. This is when deer-vehicle collisions are at their peak.

Though deer may wander into suburban neighborhoods, they are most frequently found on the outskirts of town and in heavily wooded areas.

According to the APG police, the heaviest area for deer traffic is Harford Boulevard and Rodman Road in the Aberdeen Area. This is followed by Maryland Boulevard and Aberdeen Boulevard through the wooded area. Michaelsville Road behind the fence also is frequently crossed by deer. In the Edgewood Area, Wise Road is the heaviest area where deer cross.

Deer are pack animals and seldom travel alone. If there is one deer, there are usually others nearby. So, if one crosses the road, stop and wait a few minutes to see if there are others following.

The best way to avoid a deer-vehicle collision is to slow down when driving in an area known for high deer populations. Slow down and observe the speed limit. The more conservative the speed, the more time available for braking if an animal darts into the road.

Safe driving tips

- Always wear a seatbelt. The most

severe injuries in deer-vehicle collisions usually result from failure to wear a seatbelt.

- Watch for the shine of eyes along the roadside and slow up immediately.

- Use high beams whenever possible. This will increase visibility and allow more reaction time.

- Deer can be mesmerized by steady, bright lights. So if one is frozen on the road, slow down and flash the lights.

- Pay close attention to caution signs indicating deer or other large animals. These signs are specifically placed in high-traffic areas where road crossings are frequent.

- If on a multi-lane road, drive in the center lane to give as much space to grazing deer as possible.

- If a deer is encountered, never swerve. Swerving can confuse the deer, and it may run straight into the vehicle. Swerving into the other lane could cause a head-on collision with an oncoming vehicle or loss of control. It's best not to swerve but brake and hold the wheel straight.

- Deer are very unpredictable, so one calmly standing by the roadside may suddenly leap into the road. Slowing down when spotting deer is the best way to avoid an accident, however, if one does move into the road, maintain control, brake and give it time to get out of the way.

- Use of car-mounted 'deer whistles' do not seem to affect deer and may result in a driver being less aware.

- If in a collision with a deer (or any large animal), call emergency services if damage has been caused to the car. Report the incident to the insurance company as soon as possible.

- Never touch an animal that is in the roadway.

Knowing what to do when encountering a large animal on or near the roadway can be a life-saver. Keeping calm and driving smart improves the chances of avoiding a collision and staying safe.

Commentary: New laws prohibit texting while driving

By
**LIEUTENANT
JOSEPH L. DAVIS**
DES

Effective Oct. 1, federal employees (civilian and military) were prohibited from sending text messages while oper-

ating a government vehicle.

The prohibition includes operating privately owned vehicles and using a cell phone paid for by the government to send a text message.

In addition to the federal policy, Maryland law now prohibits texting while driving. The new Maryland Law was also effective Oct. 1.

If convicted of the misdemeanor, the driver may receive a fine of up to \$500.

Texting is a major distraction while

driving. How many times have you witnessed a driver weaving on the roadway or impeding traffic? As you finally pass the individual, you note they are engaged in cell phone activities.

Research conducted by the University of Utah reveals driving while distracted (texting) may be as dangerous as driving with a blood alcohol level of 0.08, the legal limit.

Since 2004, deaths are steadily rising among young inexperienced motorists. These deaths are attributed to distracted driving according to the National Center for Statistics and Analysis.

The intent of legislators is to curb the deadly epidemic of distracted driving.

In all probability, you as a member of the Aberdeen Proving Ground community have witnessed distracted driving. Do not become part of the epidemic or a statistic. Remember texting while driving is prohibited.

Be safe, buckle up and look before you back.

(Editor's note: Author is the DES Traffic Section supervisor.)





Health Notes

Hot shots! TRICARE makes H1N1 immunizations easy for beneficiaries

U.S. DoD Military Health System

Immunizations against the H1N1 virus will soon be available, and people are eager to take precautions.

TRICARE Prime, Standard and Extra beneficiaries can get their shots from network and non-network providers without paying a deductible or making a co-payment. A temporary waiver allows non-active duty TRICARE Prime enrollees to get the H1N1 immunization from non-network providers without a referral or authorization, eliminating point-of-service charges.

Prime enrollees will not be charged a co-payment or cost share.

Active duty service members should follow the guidance of their respective services.

“Preventive medicine is a very important part of TRICARE’s goal of keeping service members, retirees and Families healthy,” said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. “To that end, we make getting vaccinated as convenient and affordable as possible. Beneficiaries should talk to their primary care manager if they have any ques-

tions about the H1N1 vaccine or other vaccines.”

According to the Centers for Disease Control and Prevention, the vaccine for the seasonal flu is not expected to protect against H1N1; immunization for the 2009 H1N1 strain is therefore recommended. Both vaccines can be administered on the same day.

CDC’s Advisory Committee on Immunization Practices recommends that everyone get the H1N1 vaccine, but for certain groups vaccination is more critical. These include:

- Pregnant women;
- People who live with or care for children younger than 6 months;
- Healthcare and emergency medical services personnel;
- Everyone between the ages of 6 months and 24 years;
- People ages 25 through 64 with chronic health disorders or compromised immune systems; and
- Older people with diabetes, cardiovascular disease, asthma or HIV.

For more information on H1N1 and other seasonal flu conditions, beneficiaries should contact their primary

care manager or visit the TRICARE Web site, <http://tricare.mil/flu>, or go to the Department of Defense Pan-

demetic Influenza Watchboard, <http://fhp.osd.mil/aiWatchboard/index.jsp>.

Diabetes: Separating myth from fact

Story by
CARLLA E. JONES

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

About a third of American adults with diabetes do not know that they have this serious disease. Diabetes causes serious health problems including heart disease, stroke, blindness, kidney disease, gum disease and nerve damage. Diabetes can also cause serious problems with feet and legs, which can lead to amputations.

Diabetes is a disease that affects how the body uses food for energy. People hear a lot of conflicting information about diabetes, including what causes it, how it is diagnosed and how it is managed. It is important to know the truth about diabetes and to separate diabetes myths from diabetes facts.

Myth #1: Diabetes can only be inherited.

Although diabetes does run in Families, many people diagnosed with the disease have no close Family members who have it. Lifestyle and other factors, such as certain viruses, may also increase the risk of developing the disease.

Myth #2: Someone knows they have diabetes from symptoms like weight loss or increased thirst.

A person with type 1 diabetes (usually seen in children and young adults) will have obvious symptoms, because insulin needed to process food for energy is missing. However, people with type 2 diabetes (which usually occurs later in life) or women with gestational diabetes (special diabetes which only appears during pregnancy) may have few or no symptoms. Only a blood test can tell for sure if someone has diabetes.

Myth #3: Drinking water will wash away the extra sugar in the blood and cure the diabetes.

A high blood glucose level cannot be “washed away” by drinking water. However, diabetes can be controlled

by eating healthy food, being physically active, controlling body weight, seeing a health-care provider regularly, taking prescribed medications and consistently monitoring blood glucose levels.

Myth #4: Insulin is a cure for diabetes.

At this point, there is no cure for diabetes. However, medications and lifestyle changes can help control diabetes.

Myth #5: People with diabetes can never eat any sugar.

To control blood sugar, all sources of carbohydrates (such as bread, pasta and cereal) must be controlled. With careful planning, small amounts of sugar can replace other carbohydrates usually eaten at a meal. Too much sugar is bad for everyone—it provides only empty calories.

Although diabetes is serious, the fact is that people should find out if they are at risk for diabetes or if they already have pre-diabetes by talking to their healthcare provider at their next visit. Then, take small steps towards the bigger reward of both a healthier lifestyle and diabetes prevention and control.

November is National Diabetes Month. This could be a “wake-up call” to inform people about the seriousness of the disease and encourage them to get tested by their healthcare providers to see if they are at risk for developing diabetes.

According to the American Diabetes Association, some people are not diagnosed with the disease until seven to 10 years after onset. Early diagnosis is critical to preventing complications such as heart disease, blindness, kidney diseases, stroke and amputation.

For more information about diabetes, visit:

- National Diabetes Information Clearinghouse: <http://diabetes.niddk.nih.gov/>
- American Diabetes Association: www.diabetes.org

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Carolyn Russell, 410-278-5327, e-mail carolyn.russell2@us.army.mil or Peg Peterson, 410-278-5807, e-mail margaret.peterson1@us.army.mil, fax 410-278-9176.

Employees eligible for donations in the Voluntary Leave Transfer Program

Vicki Bailey	Bonnie Day	Deborah Moore
Debra Bonsall	Meg Downey	Michael Naegele
(daughter has brain tumor)	Wayne Erb	Marie D. Nowak
Georgia Braun	Bennie Ford	Ron Spencer
Veronica Brown	John Furchert	Linda Tignor
Jason Burr	Holly Geppi	Luis Villafane
Randy Carroll	Erin Griffin	Paul Wynne
John Daigle	Kari Jackson	Veronica Yates-Sparks
	Angela Lambert	



Veterans' Voices

Letter to the editor

Dear editor:

A grateful nation honors and recognizes the 23.4 million living veterans this Veterans Day. Of all the men and women who have taken up arms in our nation's defense, more than half of them continue to live among us today. Those nearly 24 million veterans—from the "Greatest Generation" from World War II to the newly-returning Soldiers from the Middle East conflicts and all those who came before them—paid a price for the freedom and security we all enjoy today.

Throughout the Veterans Affairs Maryland Health Care System, we strive to serve all of those who have certified their citizenship in far-flung battlefields or in the homeland through military service.

Veterans Day is also an opportunity for Americans to pay their respects to all who've answered the call for military service. Participation in Veterans Day can be as simple as hanging a flag from a porch or reminding our younger generation of loved ones who have served in the military. It can be more complex and rewarding to remember and honor those who served by reaching out to living veterans through volunteer opportunities throughout the VA Maryland Health Care System or involvement with any of the Veterans Service Organizations.

Check out the VA Web site for Veterans Day activities at <http://www.va.gov/opa/vetsday/>, which lists a variety of resources, including a teacher's guide, a poster gallery, a patriotic fact sheet and a history of Veterans Day.

At the VA Maryland Health Care System, every day is Veterans Day. We remain committed to providing the best care and service to the men and women who valiantly answered the call to serve this great nation in uniform.

We urge all community members to tell veterans they know who may not be enrolled for VA health care to drop by their local VA medical center or outpatient clinic, to call our Enrollment Center at 1-800-463-6295, ext. 7324, or to visit our Web site at www.maryland.va.gov to enroll for VA health care. It may be the most important thing they do to assure their continued health and well-being.

We are honored to join with millions of Americans in saying to our great veterans, "Thank you for your service!"

Dennis H. Smith

Director, VA Maryland Health Care System

Veterans Day events

SUNDAY

NOVEMBER 8

FIRST ANNUAL VETERANS DAY BBQ

Quality of Life Plus Program will Host Veterans Day barbecue and picnic event, 4 to 8 p.m., at The Pavilions at Turkey Run at the Claude Moore Colonial Farm located on 6310 Georgetown Pike, McLean, Va. The Quality of Life Plus (QL+) is a charity that aids and improves the quality of life of wounded veterans and public servants. The event will feature activities for people of all ages, including moon bounces and slides for children and a barbecue feast by J.R.'s Steakhouse Catering.

The admission fee is \$50 for adults; \$25 for veterans; and children under 18 will be admitted free. Advance tickets and contributions can be made online at www.qlplus.org/festival or by check made payable to "Quality of Life Plus" and sent to: 6748 Old McLean Village Drive, McLean, VA 22101. Donations to the QL+ Program and the event admission fee are fully tax-deductible. Admission to the Claude Moore Colonial Farm is free for anyone attending the QL+ event.

For more information, call Jenni-

fer Schroeder, 703-442-0038, ext. 811 or e-mail Jennifer.schroeder@qlplus.org.

TUESDAY

NOVEMBER 10

DUNKIN DONUTS SALUTES THE ARMED FORCES

The Dunkin Donuts located on 1928-A Pulaski Highway, Edgewood, will offer a 'Salute to the men and women in the armed forces' every Tuesday in November. Active duty and retired military will receive a free medium coffee, (or a large coffee for \$.20 and extra large for \$.40) every Tuesday of this month. It's a small token of the Edgewood Dunkin Donuts' appreciation for all the work the military does in keeping this country safe. Service members not in uniform must show valid ID to receive the offer.

WEDNESDAY

NOVEMBER 11

APPLEBEE'S SALUTES THE MILITARY

Applebee's Neighborhood Grill and Bar restaurants invite all active duty and veterans to eat free. Veterans and active duty with proof of U.S. military service can select one free compli-

Continued on page 16

Blog

From front page

the research and development done here may not get into Soldiers' hands until years later. Some of our scientists are looking at the molecules of material that will become a new food item or armor formulation in ten or twenty years. Others are engineering upgrades to equipment already in the field. We want to show as much of that process as we can."

The command isn't going to limit topics on the blog to projects it takes part in, DiMichele said.

"Army technology is a wide field

with a lot of players. RDECOM alone has thousands of partnerships, from single researchers to global industries. If you look at the whole Army technology enterprise we can't begin to tell that story unless we talk about as many aspects of it as we can," he said.

What gets talked about on the blog will evolve over time, DiMichele said.

"First, we have to be careful not to put Soldiers at risk. Operations security is always in the forefront of what we do. There are projects we'd love to talk about, capabilities we're spending taxpayer money on that Soldiers are waiting for in the field. But we don't want to expose any existing vulnerabilities or explain so much about an upcoming piece of equipment that peo-

ple can start planning how to defeat it now," DiMichele said.

Because of those and other concerns, the content of the blog will likely evolve over time, he said. RDECOM is already talking to other organizations involved in Army technology, and hopes to see growing input from the field.

"We know the key to a successful blog is opening up the discussion to the community," DiMichele said. "We have some special considerations, of course, but our goal is still to get as many voices contributing to the conversation as we can, be they other Army units, Soldiers or readers."

The blog joins an effort already underway in the command, he said. RDECOM already has a presence on several social

media sites such as Facebook, Twitter and YouTube, so that those who want to know about Army technology can find it where they are instead of having to go to one place and get it one way.

"We've been building our social media capability for several months now, as well as our capacity to tell the Army technology story. If any Army command knows how important it is to keep up with changes in technology, it's RDECOM. The blog and our social media sites help us bring that same philosophy to our communication."

Links to all of RDECOM's online presences can be found on the command's Web page, www.army.mil/rdecom/.

Chapel News

Commentary: Speak well of others

By

**CHAP (CAPT)
JONATHAN MORSE**
APG Chapel Ministry

A few years ago on a British Airways flight from Johannesburg, South Africa, a middle-aged, well-off white South African woman found herself sitting next to a black man. She called the cabin crew attendant over to complain about her seating.

“What seems to be the problem madam?” asked the attendant.

“Can’t you see?” she said. “You’ve sat me next to a kaffir. I can’t possibly sit next to this disgusting human. Find me another seat!”

“Please calm down madam,” the stewardess replied. “The flight is very full today, but I’ll tell you what I’ll do. I’ll go and check to see if we have any seats available in club or first class.”

The woman cocks a snooty look at the outraged black man beside her (not to mention at many of the surrounding passengers also).

A few minutes later the stewardess

returns with the good news, which she delivers to the woman, who cannot help but look at the people around her with a smug and self-satisfied grin.

“Madam, unfortunately, as I suspected, economy is full. I’ve spoken to the cabin services director, and club is also full. However, we do have one seat in first class.”

Before the lady has a chance to answer, the stewardess continues.

“It is most extraordinary to make this kind of upgrade, however, and I have had to get special permission from the captain. But, given the circumstances, the captain felt that it was outrageous that someone be forced to sit next to such an obnoxious person.”

With which, she turned to the black man sitting next to her, and said, “So if you’d like to get your things, sir, I have your seat ready for you in first class up at the front...”

At which point, apparently the surrounding passengers stood and gave a standing ovation while the black guy walks up to first class in the front of the plane. (Unfortunately, I do not know the

source of this story.)

We are all shocked at the prejudice of the white South African woman. We feel sorry for the insulted man, and we can identify with the other passengers who applauded the stewardess for moving the man up to first class.

What has this got to do with us?

Ask yourself, “Do I look down on others? Do I consider others inferior?”

The Jews were blind to foreigners being favored by God but that did not mean the foreigners had not been favored by God. The foreigners were cherished by God even though the Jews were too blind to see that.

Are we blind to God’s love for others?

If we do not have a proper Judeo-Christian attitude to others regarding all as equal in dignity before God, we are asked to heal that distorted attitude.

We are all equal members of God’s Family.

That’s good to remember because

there are so many divisions in society, so many boundaries, it is good to know that with God there are no divisions or boundaries between us; we are all members of his one big Family of God.

It is good to bear this in mind with so many unkind things being said about refugees and asylum seekers. We are all adopted sons and daughters of God.

Having an unhealthy attitude towards others is, I think, only the symptom of the problem. The problem is forgetting that we are all equal in dignity before God, forgetting that Jesus died to save each one of us, that Jesus died to save the person next to you, behind you and before you. If we look on others from that perspective how different they seem; try thinking about others in this way. It will help to heal attitude problems.

Let us truly love one another. Let us remember that we always speak well of our Family members to strangers; let us speak well of one another as well.

JPEO

From front page

Lt. Col. John H. Osborn, deputy district engineer, Baltimore District, U.S. Army Corps of Engineers.

The Corps awarded the contract to construct the JPEO to Bradley/Nason JV LLC of Wilmington, Del., on Feb. 27. The designer of record of the design-build construction is Ewing Cole of Philadelphia. Project completion is planned for July 2011.

“Our move to the Edgewood [Area of APG] continues the 649th’s tradition of providing advanced chemical, biological, radiological and nuclear defense capabilities to protect all Airmen,” said 649th Squadron Commander Lt. Col. Ronald S. Jobo. “It will strengthen the squadron’s collaboration with JPEO and DTRA, and allow their teams to leverage the expertise of the nearby Edgewood Chemical Biological Center.”

The collaboration and coordination that will ensue from the cohabitation of the three commands in a modern struc-

ture will enhance each one’s efforts and strengthen the combat support roles they play for all military service branches, said Col. Michael O’Keefe, deputy director, Chemical and Biological Technologies Directories, DTRA.

“It will strengthen the already robust ties that bind JPEO and DTRA . . . to detect, protect and decontaminate chemical and biological agents, and develop the capabilities to meet the joint needs and rapid response to make the world a safer place for our Warfighters,” O’Keefe said.

“One of the things I think about, as I prosecute my role as the JPEO, [is] the Soldiers, Sailors, Airmen and Marines on point every day,” said Brig. Gen. Jess A. Scarbrough, Joint Program Executive Officer for Chemical and Biological Defense. “Our joint efforts will ensure the Warfighter’s needs are met.”

Correction notice

The inside pages in last week’s *APG News* were incorrectly dated and should read October 29, 2009. The staff apologizes for any inconvenience.

AAFES NEWS

APG gas stations pumping up the savings for military StarSM Card users

APG AAFES

With the busy and expensive holiday shopping season just around the corner, Army & Air Force Exchange Service gas stations at Aberdeen Proving Ground are helping to make sure that the fill up doesn't empty the wallet.

In addition to the five cents a gallon discount that Military StarSM Card holders already enjoy every time they fuel up, steeper discounts are being offered three times before the new year.

On Veterans Day, Nov. 11, military shoppers using their Military StarSM Card can take advantage of 11 cents off per gallon of fuel. From Nov. 30 through Dec. 4 as

well as Dec. 28 through Jan. 1, the savings soar to 20 cents per gallon for those purchasing with their Military StarSM Card.

"These discounts couldn't come at a better time," said the exchange's General Manager Jose Mendez. "Because the Military StarSM Card is an exchange product, it provides unique opportunities to deliver unprecedented savings opportunities like these to authorized drivers at Aberdeen and Edgewood."

Exchange shoppers can learn more about the Military StarSM Card by visiting the Shoppettes or the Main Store or logging on to www.aafes.com and clicking the Military StarSM Card icon.

Fort Meade's 'Shuttle Program' delivers supercenter selection to APG

AAFES

As a military command with a mission to provide quality merchandise and services at competitively low prices and generate earnings in support of quality of life programs, the Army & Air Force Exchange Service sometimes is called upon to operate facilities that support limited customer bases.

"AAFES' motto of 'we go where you go' means that we set up shop, often regardless of the installation's population," said the PX Manager Debbie Armendariz. "As such, assortment selections, depending on where you're assigned, can range from that of a small convenience store all the way to a massive supercenter."

To ensure military Families living

and working near APG enjoy the same selection as those at Fort Meade, AAFES instituted a "Shuttle Program" that, upon request, can route items from one exchange to the other. This means anywhere a shopper is they have access to the largest selection of competitively priced goods possible. Everything from large appliances to DVDs can be transferred through AAFES' "Shuttle Program."

"If you don't see what you're looking for, just ask a manager if they can bring it in from another location," Armendariz said. "Chances are, thanks to this effort, we'll be able to take care of you."

AAFES' "Shuttle Program" is a complimentary service, available at all BXs, PXs, Troop Stores and shoppettes.

\$9,900 Giveaway shopping sprees available at AAFES

AAFES

The Army & Air Force Exchange Service and Sandberg & Sikorski by Firestone are getting into the holiday spirit as they try to stuff more than \$3,300 into three lucky shoppers' stockings.

Now through Dec. 24, BXs and PXs around the world are accepting entries for the Sandberg & Sikorski by Firestone Sweepstakes at www.flickr.com/photos/aafespa/4046109105/?edited=1.

After Christmas Eve, three \$3,300 shopping sprees will be awarded to one lucky AAFES shopper in the Continental United States, Pacific and Europe.

"You might have to take the day off if you win this prize," AAFES' Chief

of Staff Col. Virgil Williams. "Because whether you're looking for tires or diamond pendants, the exchange has it and with all of the tax-free savings available, spending thirty three hundred dollars might take awhile."

AAFES' Sandberg & Sikorski by Firestone drawing will take place on or about Jan. 27, 2010.

Authorized exchange shoppers can confirm their exchanges participation by calling the numbers listed on the store locator link at <http://odin.aafes.com/bases/index.asp>.



Commissary News



2010 Scholarships for Military Children Program opened Nov. 3

Story by
TAMMY L. MOODY
DeCA

The holidays are fast approaching, and they can be a fun Family time as

children away at college come home, and other students get their holiday break. It's also a time for students and parents to apply for the 2010 Scholarships for Military Children Program that

opened in November.

Scholarship applications will be available Nov. 3 in commissaries worldwide and online through a link at <https://www.commissaries.com> and directly at

www.militaryscholar.org.

Since the program began in 2000, it has awarded \$7.3 million in scholarships to almost 5,000 children of service members.

The Nov. 3 scholarship kickoff coincides with National Military Family Month, and is an example of commissaries supporting their local communities by helping to improve the quality of life for military Families, said Defense Commissary Agency Director and CEO Philip E. Sakowitz Jr.

"Being part of something that makes higher education more affordable for military families is thrilling, as we feel it makes a better future possible for their children," he said. "The program awards fifteen hundred dollar scholarships to well-rounded, accomplished service members' children, enabling these Families to save some on their children's tuition."

Only dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, Reserve, Guard and retired military members, survivors of service members who died while on active duty, or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship. Eligibility is determined using DEERS, the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants should prepare to submit an essay on the following topic: "You can travel back in time; however, you cannot change events. What point in history would you visit and why?"

Applications must be turned in to a commissary by close of business Feb. 17. At least one scholarship will be awarded at every commissary location with qualified applicants.

The scholarships program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their Families. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to the program, and every dollar donated goes directly to funding the scholarships.

ACS presents 'That's the Ticket,' a parenting game

Story and photo by
RACHEL PONDER
APG News

In honor of the Army's Domestic Abuse Prevention/Awareness Month, Army Community Service presented "That's the Ticket!" Oct. 20 at Top of the Bay.

"That's the Ticket!" is a Family game that teaches responsible behaviors to children through positive reinforcement. Children earn tickets through positive behaviors like taking out the trash, and lose tickets through negative behaviors like not preparing for a test.

Children can redeem their tickets for special prizes like ice cream or a trip to the movies.

While introducing the guest speaker Kevin McMahon, who developed the game, Aida Rivera, ACS Family Advocacy program manager acknowledged that conflicts over raising children can be a major stressor for couples.

"We want to make sure our Families have the best tools possible, and that is

why we invited Kevin here today," Rivera said.

McMahon developed the game when his stepson was seven years old.

"We were just an average Family searching for a way to inspire our son to see the value in being his absolute best," McMahon said. "We were just a normal, everyday Family with a common dilemma--and one really bright idea."

McMahon said that one of the reasons the game works so well is that parents decide on the expectations for their children ahead of time, before an issue arises.

"Most every job in the world has a job description that lays out exactly what to do and how to succeed--except the job of being a kid and that is definitely an occupation," McMahon said in the workbook that comes along with the game. "But unlike a traditional job in which payday comes every two weeks, kids playing 'That's the Ticket,' win a few tickets the moment they succeed."

McMahon added that children like

to see order and have boundaries and expectations laid out for them.

With "That's the Ticket," children know what is expected of them because it is laid out for them in the game.

McMahon added that the game can also reduce stress in couples because expectations are laid out ahead of time.

Parents and caregivers customize the game by specifying the improvements that they want to see in their children.

"The game will turn your goals into their goals," he said.

McMahon said that a key to the game is parents being committed to the boundaries that they have set.

"This is the cornerstone of your integrity--in the eyes of your kids. They want to know how serious you are," he said. "Such boundaries and your consistency offer them a sense of security, a sense of safety and assure them you care."

Another advantage of the game is that it teaches children about saving and budgeting, skills that are vital for every successful adult, he said.

"That's the Ticket" also encourages teamwork among Family members as they work toward a common goal.

McMahon said that the game is good

for military Families that face separations. He said that the deployed parent returning home can easily play the game, and it is a great way to get them involved in Family life.

"My wife recently joined the Army. She is away at basic right now, so I attended the training to find out new parenting techniques," said Sgt. Luis Gutierrez, who works for Joint Personal Effects Depot and is a father of three. "Just using 'time out' as a form of punishment isn't working anymore," he said. "I think the game is a great idea, we are going to try it at home."

Kim Hoyle, who works for U.S. Army Communications and Electronics Command as a program analyst, said that she felt that the game can improve behaviors.

"I want to be proactive about raising my daughter, and I think this game accomplishes that," she said. "I always want to learn parenting skills, and I also feel like this game helps improve communication skills, which can be applied to other aspects of my life."

For more information on "That's the Ticket," go to www.thatstheticket.com, or call Rivera, 410-278-7478.

Activity	Tickets Needed
Having A Friend Over For Dinner	15
Going To A Party	150
Prom	175
School Dance	40
Sleep Over (At A Friend's House)	100
Fishing / Camping	250
Go Skiing	325
Beach	250
Chuck E. Cheese For Lunch Or Dinner	350
Circus	325
Pro Ball Game	450
Sports (Play 1 Season)	300
	375
	350
	300

Prize board for "That's the Ticket," a Family game that depicts responsible behaviors to children through positive reinforcement. Children earn tickets through positive behaviors and lose tickets through negative behaviors. In honor of the Army's Domestic Abuse Prevention Awareness Month, Army Community Services presented a workshop that taught attendees how to play "That's the Ticket!" Oct. 20 at Top of the Bay.

How the game is played (from the "That's the Ticket" workbook)

1. Choose all the ways your kids can win tickets.
2. Choose the prizes your kid's tickets can buy.
3. Family meeting
4. Your first weekend (teaching them the game)
5. Remain in the game
6. Expect your kids to win.
7. Take time to reward yourself.
8. Adjust the game board as your kids mature, meet and exceed your goals.
9. Play the final rounds. (Transition to a life in which you no longer need the game.)

M/VISC Creates Serene Scene for AUSA Expo

Story by
YVONNE JOHNSON
APG News

When tasked with producing a showcase for Army logistics and acquisition, the graphics designers and exhibits specialists from the Aberdeen Proving Ground Garrison's Multimedia/Visual Information Services Center went to work and didn't stop until they had created what many observers considered the most "sleek and modern" exhibit at the Association of the United States Army Annual Meeting and Exposition which was held at the Washington, D.C. Convention Center Oct. 5 through 7.

Exhibits team lead, Blake Voshell, under the direction of M/VISC Chief Phil Mackenzie, came up with the exhibit design that incorporated 19 technology demonstrations from the U.S. Army Materiel Command's major subordinate commands, four of which were provided by the U.S. Army Research, Development and Engineering Command headquartered at APG.

Voshell said that planning for the exhibit began in early March.

"We wanted to build something that could be reused for at least two years," Voshell said. "We wanted something more modern. This [exhibit] was more streamlined and slicker than any of the exhibits we've done in the past."

He said M/VISC staff members brainstormed through a number of meetings and agreed to go for a modern design with a conventional flow.

"This one was a bit of a risk because we'd never worked with water before," Voshell said in regard to the exhibit's centerpiece which consists of a 12-foot high fountain made out of Plexiglas.

Voshell designed the exhibit using Maya, REVIT Architecture, Adobe Illustrator and Photoshop software before any materials were purchased. He said the software enables users to determine the materials needed and build the 60-by-70 exhibit model virtually.

"This way we can change materials or make adjustments without affecting cost," he said. "It costs less than actually purchasing materials that might not work."

For over a decade, the U.S. Army Materiel Command and M/VISC have worked together on high profile exhibits and displays for AUSAs, headquarters displays, and other special projects. M/VISC briefed both Gen. Ann E. Dunwoody, AMC commander and Lt. Gen. James H. Pillsbury, AMC deputy commander on the exhibit concept and design.

Exhibit specialists in the M/VISC Fabrication Section began construction on the project in May.

Putting it all together Voshell said that much of the credit for the exhibit goes to Mike Fancher, project

manager and graphics team lead; Deborah Scott, graphic production, and exhibits specialist, Mike Wilson.

Fabricator Bill Kilby Jr., is credited with the engineering and construction of the complicated centerpiece fountain. Kilby said the project was a first for him and credited his creativity to his father, Bill Kilby Sr., who has been with the Fabrication Section for 40 years.

He said that after he first saw the concept renderings, all he knew was that it had to be made of Plexiglas and the water needed to flow up and down. Everything else he had to figure out. The water, contained in aerator tubes, is blue going up and clear coming down. He said he first had to determine the size of the pump needed to obtain the up and down flow.

"It took quite a few formulas to figure it out," Kilby said.

He said that once he had the facts and figures, he constructed a small half-scale test model which worked fine.

"I knew if I could make it small I could make it big," he said.

The fountain took three months to complete and Kilby said he was "relieved" when it was done.

"Everybody who saw it has given me positive feedback," he said, adding that it was exciting for him to observe reactions to the display at the convention center.

Kilby said that when John Kearney, director of Plans, Training, Mobilization and Security, viewed the fountain the first thing he asked him was where he gets his ideas.

"I told him I've been learning from my father my whole life," he said.

Fancher's role as project manager included organizing production schedules to meet deadlines and overseeing the set up of the exhibit. He credited Scott and graphics designer Diane Burrier, who did the preliminary draft work, which he called, "cutting edge" and "proactive."

"I thought it was excellent," he said of the exhibit. "It was [180] degrees from traditional."

He said the meeting space around the fountain, which consisted of white sofas, circling the fountain, "was a big hit."

"It became a central meeting area and on at least three occasions two and three-star generals held court in that area," he said.

"This was such a great effort by everyone involved," he added. "When it comes to getting things done, it's amazing how quickly and effectively everything comes together in such a short period of time when everyone works together."

Wilson said the entire exhibit, with the exception of the furniture, was fabricated in our shops. "We purchased the

raw materials and fabricated everything as modular units so everything could be broken down into separate pieces [for shipping]," Wilson said.

He said one challenge was the lamination process.

"We had to apply a finish on a lot of the pieces which was time consuming," he said. "And we assembled it as we built it but we only have so much room so we could only put up so much at one time."

"Overall, I thought it was excellent. The whole thing was fabricated in our buildings," he added proudly.

Exhibit Specialist, John Schorah assisted Wilson during the building and set-up process.

Deb Scott completed the production process after the graphic design work was done. This involved printing to exact measurements, laminating and then mounting the images on vinyl panels in 10-foot long strips.

"I've done it before but never at this level," said Scott who graduated from the University of Maryland as an art major.

She said she had two to four weeks to complete her end of the project.

"The challenge was working with one continuous image that had to be split up," she said. "It was a long process just to complete one panel. Everything has to be measured and precise. But I enjoy working production. Everything was hectic and busy but it kept me on my toes."

The exhibit

Voshell said the M/VISC staff constructed custom 4-by-4-by-8 crates to ship the exhibit and that it took two 18-wheelers to transport the exhibit to the convention center. A special 12-foot crate on casters had to be constructed for the fountain so it could be wheeled around without using a forklift, he said.

Made of Plexiglas and acrylics, the fountain includes a wood base moat with LED lights and colorful glass chunks shining up from the bottom of the moat. Waterproof LED and strip lights circle the base and inside flows 55 gallons of water powered by a three-way pump valve.

Altogether, the exhibit measured 4,200 square feet in a 60-by-70 area and was 25 feet in height. It took five days for M/VISC personnel



General Ann E. Dunwoody, commanding general of the U.S. Army Materiel Command, receives operating instructions on the Unmanned Ground Vehicle simulator developed by the U.S. Army Research, Development and Engineering Command from Timothy McCormack, left, Software Developer and Brad Drake, Picatinny Army Depot computer engineer and team leader at the AMC exhibit during the Association of the U.S. Army Annual Meeting and Exposition in Washington, D.C., Oct. 7.

and about 14 contractors to assemble the exhibit.

Nineteen demonstration areas of the exhibit were occupied by 25 to 30 subject matter experts and demonstrators, showcasing a wide variety of advancements and emerging technologies in AMC.

Voshell said AMC commanders were pleased with the result.

"Most were really impressed with it," he said. "We were all proud of its unique design. It became a gathering area for the participants."

He said parts of the exhibit would be reused at the AUSA Winter Symposium in Fort Lauderdale, Fla., in February.

"This was just a great group effort," Voshell said. "Everyone who was involved should be proud. M/VISC really made a statement with this one."

Ralph Broth, M/VISC visual information specialist, was the contracting officer representative for the project, responsible for support services at the convention center (labor, Internet, electric requirements, booth space rental and logistics).

LaMont Harbison, M/VISC exhibit specialist, installed and set up all the exhibit's CD/DVD and other audio visual display equipment.

"We have a great team here - in people and mission," Phil MacKenzie, chief M/VISC said. "The AMC Exhibits Program and APG Garrison Visual Information thrive off of each other. We did especially well juggling support for installation VI support with the months long project for AMC. All our people are very talented specialists, dedicated to providing their best to help tell the Army story."

Right: Two demonstration areas for ICODES under SDDC and the Veterans Medals Programs framed by blue Plexiglas dividers show the ultra-modern look of the M/VISC exhibit created for the U.S. Army Materiel Command.

Below: A kiosk built by M/VISC personnel contains modern tables and support structures containing the RDECOM RIPS AW virtual demonstrator.



Bill Kilby Jr., on bottom, and contractor Bill Roach, on top, use multiple ladders to construct the centerpiece fountain.



Right: Made of aluminum framework and stretch fabric material, the U.S. Army Materiel Command banner, 7 feet tall and 27 feet in diameter, hangs 25 feet over the AMC exhibit, while Army Year of the NCO banners created by M/VISC graphic designers hang 18 feet above the exhibit.



Bill Kilby Jr., left, Bill Roach, right, and Nth Degree contractor Johnny Lynch assemble a modular kiosk.



Mike Fancher, center, and two labor contractors from Nth Degree assemble the base of the fountain that was the centerpiece of the M/VISC display.



White couches surround the centerpiece fountain created by the Multimedia/Visual Information Services Center for the U.S. Army Materiel Command exhibit at the Association of the United States Army Annual Meeting and Exposition held at the Washington, D.C. Convention Center Oct. 5 through 7.

Photos courtesy of M/VISC
Illustration by Blake Voshell

FORT MONMOUTH HISTORY CORNER



Photos courtesy of CECOM LCMC HISTORICAL OFFICE

This night observation device was the largest and had the greatest range of any of the family of sights developed by the U.S. Army Electronics Command's Night Vision Laboratory. Mounted independent of a weapon on the ground or on a standing tripod, this device was used to detect the presence or activity of an enemy in faint sky glow, moonlight or starlight at distances up to 1,200 meters. (Historical photo taken May 21, 1968.)

Meet Fort Monmouth and the U.S. Army CECOM LCMC: Part 3 of 3

Story by
MELISSA ZIOBRO
CECOM LCMC

(Editor's note: This is part three of a three-part series intended to introduce some of the history of Team C4ISR and its predecessors at Fort Monmouth to the APG community, as well as to those Team C4ISR members who have joined the team at Aberdeen Proving Ground.)

The Army disbanded the technical services (including the Signal Corps) and established the Electronics Command, or ECOM, at Fort Monmouth in 1962. This organization managed signal research, development and logistics support, and supplied combat troops with a number of high-technology commodities during the Vietnam conflict. These included mortar locators, aerial reconnaissance equipment, sensors, air traffic control systems, night vision devices and surveillance systems.

Electronics Command, for example, developed the AN/PPS-5 man-portable surveillance radar to re-place the AN/PPS-4 and AN/TPS-33. The 95-pound set had a 360-degree scan capability. It could detect personnel within five kilometers and vehicles within 10. Electronics Command awarded the production contract in April 1966, following evaluation of engineering development models in Southeast Asia. There were more than 350 sets in the theater by the end of 1970. Though often deadlined for lack of repair parts, the set was popular with the troops because it reduced the need for hazardous surveillance patrols.

According to one commander, "One AN/PPS-5 in operating condition is

worth five hundred men."

The high-technology commodities supported during the Vietnam conflict also included communications equipment. Electronics Command Commander Maj. Gen. Frank W. Moorman (July 1963 to October 1965) ordered the new, transistorized FM radios of the AN/VRC-12/PRC-25 families shipped to Vietnam in July 1965 in response to Gen. William C. Westmoreland's complaints about the AN/PRC-10. (Westmoreland commanded American military operations in the Vietnam War at its peak from 1964 to 1968.)

The new, transistorized FM radios of the AN/VRC-12/PRC-25 families soon became the mainstay of tactical communications in Southeast Asia. Electronics Command awarded competing production contracts to sustain the flow.

Electronics Command's next commander, Maj. Gen. William B. Latta (October 1965 to September 1969), personally browbeat contractors to ensure timely delivery of this product. The command delivered 20,000 VRC-12 and 33,000 PRC-25 radios to Southeast Asia in three and a half years. The PRC-25 was, according to Westmoreland's successor Gen. Creighton Abrams (1968 to 1972), "the single most important tactical item in Vietnam."

After several reorganizations on post, the new Communications-Electronics Command, or CECOM, stood up effective May 1, 1981, charged with research, development, engineering, acquisition and materiel

readiness of communications and electronic systems.

The personnel of this organization worked around the clock during the Gulf War to equip Soldiers with everything from jammers to night vision, to surveillance and intelligence systems, and to sustain these systems in the field.

Fort Monmouth's systems gave U.S. forces unprecedented capabilities for communication, command and control, surveillance, target acquisition, fire control, position and data analysis.

For example, 24th ID Commander Maj. Gen. Barry McCaffrey commented, "our night vision technology provided us the most dramatic mismatch of the war," and Brig. Gen. John Stewart remarked, "JSTARS [Joint Surveillance Target Attack Radar System] was the single most valuable intelligence and target collection system in Desert Storm."

A March 1991 Newsweek article said of the Fort Monmouth-managed Firefinder radars' usefulness, "When an Iraqi Battery fired a round, a U.S. Army Q-37 radar would sight it and feed the battery's coordinates to computers that directed the American guns. It took less than a minute to drop a counter round on the Iraqis. Many of them soon stopped firing. To pull the lanyard was to invite death."

Support for the troops continues today. The team headquartered at Fort Monmouth

intensively manages more than 100 major defense programs, amounting to more than \$10 billion in total obligation authority to acquire, field and provide new equipment training on C4ISR systems.

In recent years the command has repaired, recapitalized or replaced hundreds of thousands of C4ISR systems. The CECOM LCMC team is responsible for almost half the Army's inventory of end items and spare parts.

One such item proving critical in GWOT operations today is the Common Missile Warning System, or CMWS. This system, embedded on aviation platforms, detects incoming heat seeking and infrared missiles and provides audible and visual warnings to pilots.

An Apache pilot recently wrote to the command, "I wanted you to know that your product saved my life today. I'm an Apache Longbow pilot deployed to Iraq and while on a mission today I was fired upon. The on-board CMWS deployed and defeated the missile saving myself and my copilot."

As the command's mission transfers to Maryland in the coming years as a result of a

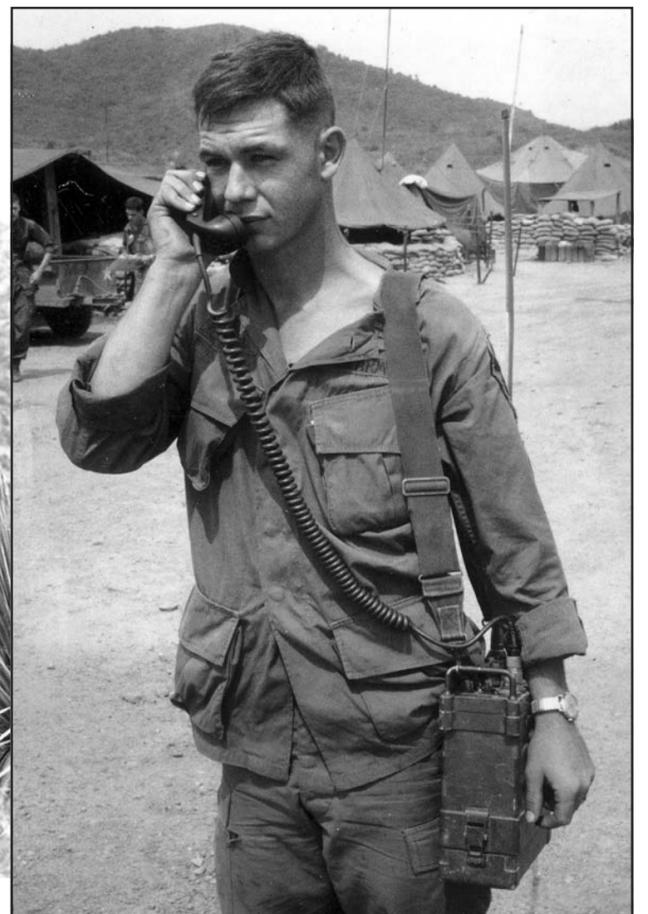
2005 Base Realignment and Closure decision, the fort's personnel will work tirelessly to ensure that support to the Warfighter continues uninterrupted.

The long history of advances in communications and electronics systems will be continued at Aberdeen Proving Ground by what a former CECOM LCMC commander referred to as the command's most important resource—its people. Although the relocation will entail significant challenges, fort personnel realize the stakes and will rise to the challenge, just as they and their predecessors have with every conflict they have supported since World War I.

This special community of scientists, engineers, program managers, logisticians and support staff has given the Army the world's best, most reliable systems for extracting, digesting, and communicating battlefield information. The capabilities these systems provide have given the American Soldier and America's allies a decisive edge over their enemies and have contributed to saving countless lives from World War I to today's overseas contingency operations.



Daylight view of the Army's new compact all-weather radar "eye" (AN/PPS-4 Radar Set) which can spot a single enemy moving a half-mile away in darkness or fog, vehicles or large groups much farther away. The Army Signal Corps' electronic sentry was developed by Sperry Gyroscope Co., Great Neck, N.Y. to convert pinpoint radar signals for easy detection in the observer's headphones. Highly mobile unit shown here in operation by Pvt Anthony Devlin (Woodside, N.Y.) tracks "enemy" movements on plotting board as latest protection in forward combat zones. 1956.



Electronics Command delivered some 33,000 PRC-25 radios to Southeast Asia in three and a half years. The PRC-25 was, according to General Creighton Abrams (1968-1972), "the single most important tactical item in Vietnam."



Army News

Quick hire of military spouses started in September

Story by
GERRY J. GILMORE
American Forces Press Service

Under a personnel rule that took effect in September, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

The Office of Personal Management issued the authority's final regulatory guidelines Aug. 12. The guidelines are posted in the Federal Register under the title: "Noncompetitive Appointment of Certain Military Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military Families," Kathleen Ott, director of Talent Acquisition, Development And Management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy, said during an interview with Pentagon Channel and American Forces Press Service reporters.

The availability of jobs for military spouses contributes to the sustainment

of the all-volunteer force, Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total Family income.

"But, it's really hard to keep a job if you have to move from station to station," Ott said. Federal employment, she said, offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue their employment, it would be a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ott said, include spouses of active duty service members who have been called on to relocate. This includes spouses of Guardsmen or reservists who've been called up for more than 180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their service member husband or wife.

Spouses of former service members listed as 100-percent disabled and separated or retired, as well as widows or widowers of service members who died on active duty and who have not remarried also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to OPM.

"This authority is a noncompetitive hiring mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

"This is not a preference. We firmly believe that our spouses can compete on their own merits," Ott said, noting that the new hiring rules provide military spouses with "a streamlined, facilitated means of obtaining federal employment."

Use of the new hiring authority "is completely at the discretion of hiring agencies," according to OPM documents, and "it is one of many hiring tools agencies may use to recruit needed individuals."

Spouses who complete three years of continuous satisfactory service will be converted from a career-conditional appointment to career appointment, Ott said.

Personnel officials do not anticipate that the new military-spouse hiring authority would adversely affect the hiring of military veterans into the federal government, Ott said.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site, Ott said.

The new hiring authority "sends a very important message to our military Families that their sacrifice is recognized by the federal government, and that they recognize that having a career opportunity is really critical for their Family's well being," said Barbara Thompson, director of the Pentagon's Office of Family Policy/Children and Youth.

More than 77 percent of military spouses have indicated in surveys that they are interested in establishing careers, Thompson said. Other data, she added, indicates that military spouses are, overall, more highly educated than their civilian counterparts.

"I think it's a win-win situation that the federal government is accessing a pool of spouses who have the same levels of commitment and caring and service to the nation," Thompson said.

The department's Military Spouse Career Advancement Account, also known as MyCAA, provides employment, career, education/training, counseling and financial assistance for spouses of active duty military and activated Guard and reserve members worldwide, she said.

President George W. Bush issued an executive order establishing guidelines for the hiring authority in September 2008, but implementation of the order was delayed while it was reviewed by the Obama administration.

Google voice answers nation's call

Story by
JOHN J. KRUZEL
American Forces Press Service

Google is tinkering with a new service that could transform the way troops on the frontlines communicate with their Families on the homefront.

Google Voice assigns users a single U.S. phone number that can ring at phones in multiple locations like the home, office or on a cellular device - all at the same time. Coupled with a feature that stores and transcribes voicemail in e-mail form, Google Voice can relieve some of the technical hassles that come with staying connected.

"Google Voice can help keep people connected, can help service members worry less about missing a call or not getting in touch with people they need to, and focus more on getting the mission done," said Army Sgt. Dale Sweetnam, who the U.S. Army is loaning to Google for a year to help the company coordinate its military outreach efforts.

Sweetnam, who spent 13 months deployed in Iraq with Task Force 49, provides Google a window into service members' experiences downrange where keeping contact with Family and friends back home competes with the demands of daily military objectives.

"With the operation tempo of the military and the intense nature of accomplishing a mission, to make communication just one less thing you have to worry about is a great tool," he said in an interview.

As Google puts the final touches on Google Voice, the service is available in limited capacity and only by requesting an invitation from the company. But given its recognition that military

deployments are often fraught with communication lags, Google is giving priority invites to active members of the military.

Earlier this month, the company announced that troops with a .mil e-mail address can visit www.google.com/militaryinvite to sign up for a free Google Voice account.

While the service has real-world applicability for many people, Google Voice is an especially useful tool for service members, both deployed and at home.

"It is often hard or near impossible to receive calls when deployed abroad, due to limited access to phones and time zone differences," Sweetnam said in an e-mail. "With Google Voice, you can listen to and read voicemail online, so you can hear messages from Family members more often and keep up with what is going on back home."

Having one, unchanging phone number could also be a welcome constant in a military career filled with frequent moves. Keeping a single phone number that travels with service members amid permanent changes of station means no more need for new numbers or missed calls to old numbers along the way.

An additional kicker is that because Google Voice is free, phone calls between friends and Family who live overseas or in another state won't cost a small fortune.

"Military service members often don't live in the same states and countries as their friends and Family or other buddies they met in the military," Sweetnam said. "Google Voice helps save money by offering free calls in the continental U.S. and low-priced international calls."

Transition program rolls out welcome mat for wounded Soldiers

Story by
C. TODD LOPEZ
Army News Service

Injured Soldiers looking to transition back to civilian life have long been able to start with the Army Career and Alumni Program - but for wounded warriors who didn't know that, ACAP recently rolled out a virtual welcome mat to remind them.

In June, the Army Career and Alumni Program added a wounded warrior "path" to their Web site. The new path is designed to help wounded Soldiers make the transition from life in uniform to life as a civilian through education, information and counseling.

"Wounded Soldiers have always been able to go to ACAP," said Chief Warrant Officer Linda Wellman, the deputy to the director of the Army Career and Alumni Program. "But until now, there's been no special outreach toward wounded warriors. The new path specifies how ACAP can be helpful to them when it's time to transition to civilian life. It also lets them know that we're available to help Family members also."

Wellman said ACAP can help wounded Soldiers find jobs with employers specifically looking to hire wounded Soldiers, for instance.

"We have a Web site for those employers who have said they'd like to hire wounded warriors, and who have asked how they can get connected with them," Wellman said. "That Web site connection is through the wounded warrior path."

Wellman said in the past, she understood that some wounded Soldiers might not have known that the benefits of ACAP were for all Soldiers. The addition of a "Wounded Warrior" path to the ACAP Web site is meant to address that misconception.

"If I'm a Soldier in a wheelchair, I might think that ACAP is only working with guys in the infantry - and that they can't help me get a job," she said. "That's not true. Any person who has



worn a uniform and is leaving the Army can benefit from the services at ACAP, from a two-star general to a private."

The ACAP program also works with the Army Wounded Warrior Program, better known as AW2, and the Warrior Transition Units to ensure that wounded Soldiers know about the services ACAP provides and that it is available to them.

"If a wounded warrior has hooked up with AW2, their career counselor will direct them back to ACAP to get help with their résumé," Wellman said, adding that ACAP has counselors in about 20 Soldier Family Assistance Centers around the Army.

The Army Career Alumni Program has been around for nearly 20 years now, and exists to help Soldiers transition into civilian life. The program helps Soldiers with interviewing skills, "dressing for success," and learning to translate what they've done in the military into language that will impress civilian employers on a résumé.

Any Soldier, wounded or not, can find out more information about the Army Career Alumni Program online at their Web site, www.acap.army.mil.

'Proper Exit' helps wounded warriors complete their mission

Story by
SPC MICHAEL J. MACLEOD
82nd Airborne Division

A group of eight wounded warriors have returned to the combat zone in Iraq where they were injured to find a sense of closure.

This second group of "Operation Proper Exit" will spend a week in Iraq, thanks to the Troops First Foundation and the USO. In June, six amputee combat veterans went back to Iraq as part of "Proper Exit" and visited seven military installations.

The veterans are traveling to many of the places where they received injuries, to see firsthand what progress their sacrifices and those of their comrades have brought to Iraq.

At Camp Ramadi, in western Iraq, the wounded warriors were assigned "airborne buddies" with whom they visited and shared war stories.

The first time retired Sgt. Ethan Payton walked the dog after his amputation, the dog ran off with his prosthetic hand, he said.

Second Lt. Richard Ingram, a platoon leader with 1st Brigade Special Troops Battalion, 82nd Airborne Division (Advise and Assist Brigade), said he lost his prosthetic hand once to a shopping cart in Target.

Brave humor shared between amputees and other wounded warriors helps the healing, they said. Payton met Ingram at a town hall meeting where participants related their journey from injury back toward health.

Payton admired Ingram for coming back to active duty with the 82nd Airborne at Camp Ramadi in spite of an arm amputation similar to his. Payton asked the lieutenant how he is able to accomplish all the tasks of being a Soldier with only one hand.

Ingram demonstrated how he reloads his M-4 rifle and said that most combat-related tasks just take practice.

"It's shuffling paperwork that'll kill you," Ingram said. Payton said he understands the need to properly exit the battlefield.

Payton was attached to the 1st Cavalry Division in Baghdad in 2004 when he lost his left arm to a rocket-propelled grenade blast.

After convalescing at Walter Reed Army Medical Center in Washington, D.C., Payton could not get Iraq out of his mind. He spent two summers in Morocco studying Arabic.

In spring 2009, he graduated from Rutgers University with a bachelor's in Middle Eastern studies, paid for by the GI Bill and the Vocational Rehabilitation and Employment Program. When the call came to be part of the second Operation Proper Exit, he did not hesitate.

This week he met with Brig. Gen. Kendall P. Cox, commander of the Transatlantic Division of the U.S. Army Corps of Engineers in Baghdad. Cox was Payton's battalion commander when he first came to the 101st Airborne Division after air assault school, and he was also in Iraq during the period of Payton's injury.

"His professionalism, integrity and the way he respected Soldiers really influenced me as a young Soldier," said Payton, adding that this week's meeting helped him experience closure.

Payton is planning a civilian career in the Arab-speaking world, either in North Africa or the Middle East.

"The Army teaches you to complete the mission," Payton said. "This is my way of completing the mission."

Command Sgt. Maj. LaMarquis Knowles, command sergeant major of 1st Brigade Combat Team, 82nd Airborne Division, briefed the eight wounded warriors on the progress made in Al Anbar, which included a decrease in attacks from about 1,350 in March 2007 to only 50 in September 2009.

The most tangible sign of progress is the reduction of U.S. forces here, where an Army brigade of 3,600 Soldiers is replacing two Regimental Combat Team headquarters that were the ground combat element in Anbar, Knowles said.

"You can be assured your sacrifices were worth something," Knowles said.

Several of the veterans remarked at how odd it seemed to be in Iraq without the background noise of mortars, improvised explosive devices or small-arms fire.

"This program is an important part" of his journey back to health said Sgt. John Hyland, who is on active duty while recovering at the Center for the Intrepid, Fort Sam Houston, Texas. "I haven't slept this well in weeks."

(Editor's note: Author serves with 1st Brigade, 82nd Airborne Division (Advise and Assist Brigade) Multi National Force - West Public Affairs.)

Community Notes

THURSDAY

NOVEMBER 5 COMEDY NIGHT AT THE GRENETURTLE

Comedy Night featuring "The Dee Shaw Show" will perform at the Greene Turtle, 10 p.m. Live entertainment includes recording artist Jewli Feat and CJ DJ June love (after party). Cover charge costs \$10, military pay a discount of \$7. Come get your laugh and party on all in one night. A part of the proceeds benefits Hoop It Up.

SATURDAY

NOVEMBER 7 CLOTHES GIVE AWAY

St. James A.M.E. Church, 615 Green Street, Havre de grace, will give away clothes on the first and third Saturday of each month, 9 a.m. to 1 p.m. The event will be held on the lower level of the church parsonage at 742 Otsego Street.

For more information, call Pattie Ford, 410-939-2267.

ALL DAY BINGO

American Legion Edgewood Service Post 17 will hold all day bingo; doors open 10 a.m., play begins 11 a.m. Lunch will be served. Out of 60 games, three games will be played for Vera Bradley purses, two are \$200-guaranteed jackpots, two are \$500-guaranteed jackpots. Cost is \$45 in advance and \$50 at the door. For tickets, call Carol, 443-506-6561, and ask about the early purchase lay away plan.

CREATIVE HIKING WITH THE KIDS

Want to slow down and really "see" the trail? Bring an empty daypack and it will get filled with tools and resources to aid in hiking as a Family. This program will be held 10 a.m. to noon for Families. The cost is \$20 per Family. 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.

BASKET BINGO

The Geriatric Assistance and Information Network, or GAIN, will hold Basket Bingo 7 p.m., at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Doors open at 6 p.m. Tickets cost \$12 per person. Proceeds will benefit the Senior Emergency Fund. Refreshments and raffles will be available.

For more information or to purchase tickets, call Leslie Lewis, 410-642-7950 or Gerry Krotee, 410-273-0435.

SUNDAY

NOVEMBER 8 NATURETALES - AUTUMN

Story time with a nature twist! Come listen to stories, learn new songs and move like the animals. This free program will be held at 3:30 p.m. for all ages. No registration required.

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

OPCA QUARTER AUCTION FUNDRAISER

Come out for a fun afternoon of bidding and buying with a few good friends and more than 100 great bargains. It's a chance to win some great products for just a few quarters while supporting the Otter Point Creek Alliance. The OPCA Quarter Auction Fundraiser will be held 12:30 to 3:30 p.m., at the Havre de Grace Activity Center, 351 Lewis Lane, Havre de Grace. The cost is \$3 for one paddle or \$5 for three paddles.

For more information, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY

NOVEMBER 8 AND 15 NATURETILE

Create a decorative or functional ceramic tile inspired by the animals and plants that inhabit the estuary with professional mixed media artist, Jamie Thompson. In this two-part class, learn the "faux bas-relief" method and how to make molds for duplicating designs.

This program will be held 12:30 to 2:30 p.m. for ages 10 to adult; ages 10 to 13 must be accompanied by an adult. The cost is \$35 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.

TUESDAY

NOVEMBER 10 BAR ROOM BINGO

American Legion Susquehanna Post 135, 300 Cherry Street, Perryville, will hold Bar Room Bingo every Tuesday, 3 p.m. Cash prizes awarded depending on the number of participants. Bring friends

Veterans Day events

Continued from page 6

mentary entrées including a savory house sirloin, hearty riblet basket, zesty Fiesta Lime Chicken®, a juicy quesadilla burger or oriental chicken salad. All the traditional sides are also included.

Proof of military service includes U.S. Uniform Services Identification Card, Uniform Services Retired Identification Card, DD 214, LES, citation or commendation, photograph in uniform or veterans organization card.

VETERANS DAY CEREMONY

The American Legion Susquehanna Post 135, 300 Cherry Street, Perryville, will hold a Veterans Day ser-

vice 11 a.m.

The bar and lounge will be closed during the ceremony. Light refreshments will be served following the service.

For more information, call 410-642-2771.

DENNY'S HONORS MILITARY WITH FREE GRAND SLAM®

Denny's offers a free Original Grand Slam® to all active, non-active and retired military personnel, 6 a.m. to 2 p.m., at any of its participating restaurants located in Norfolk, Va., Richmond Va., Washington, D.C. and Baltimore.

and neighbors for an afternoon of fun.

For more information, call 410-642-2771.

FRIDAY AND SATURDAY

NOVEMBER 13 AND 14 CHRISTMAS BAZAAR

Good Shepherd Parish will hold a Christmas Bazaar, 4 to 8 p.m., at Good Shepherd School, 800 Aiken Ave, Perryville, 4 to 8 p.m., Nov. 13, and 2 to 8 p.m., Nov. 14.

A spaghetti dinner will be served. Cost of the dinner is \$8 for adults, \$6 for children.

There will be Cash Bingo in the afternoons of Nov. 13 and 14, a Santa Shop for little ones' gifts, raffle for 52" HDTV and pictures with Santa. Vendors include Lia Sophia, Tastefully Simple and more.

For more information, call 410-642-6265.

FRIDAY

NOVEMBER 13 MARYLAND STATE BOYCHOIR CONCERT

The Havre de Grace Arts Commission will sponsor a free concert by the Maryland State Boychoir, 7:30 p.m., at the Havre de Grace United Methodist Church, 101 South Union Avenue, Havre de Grace. The event is open to the public. The choir members are talented boys representing a variety of religious, ethnic and economic backgrounds. They will perform a variety of music including sacred masterworks, folksongs, spirituals and con-

temporary pieces.

For more information, call 410-939-2100 or 410-272-5516 or visit www.marylandstateboychoir.org.

BASKET BINGO

Basket Bingo to benefit the Aberdeen High School Prom will be held 7 p.m. at the Aberdeen Fire Hall, Rogers Street; Doors open 6 p.m. Tickets cost \$12 each for all paper cards, extra packets cost \$5 each. Food, drinks, baked goods will be available. Bring a canned good or non-perishable food item for a bonus prize ticket. This is a non-smoking event.

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

SATURDAY

NOVEMBER 14

CHILDREN'S GARDENING - SEED SAVING

Have fun growing food and flowers here and at home. Enjoy crafts, games, and science disguised as fun, while learning about seeds, life cycles, and growing food and flowers in a watershed-friendly way. Children's Gardening will be held noon to 1 p.m., for ages 5 to 10. The cost is \$4 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 under Community Notes.)

Post Shorts

Plumb Point Loop, Hopkins Loop, Top of the Bay and ACS building 2754

Effective Dec. 1, Picerne Housing will takeover the refuse and recycling collection in the housing area.

BRAC contract Fraud, Waste, Abuse hotline opens at APG

If you have knowledge of contract fraud, waste, abuse, or allegations of mismanagement involving base realignment and closure related construction and maintenance operations on Aberdeen Proving Ground, individuals can speak to an agent at 410-278-0206 or e-mail cid382.maryland@us.army.mil. Calls can be made anonymously and confidentially.

ACS announces 'Holiday Sponsor Program'

With the holiday season fast approaching, this nation is facing its greatest economic challenge since the great depression while still fighting the War on Terrorism in Iraq and Afghanistan. The APG community is constantly reminded of the great sacrifices of the men and women in the U.S. Armed Forces.

During these difficult and stressful times, some military Families are experiencing financial hardship and require additional assistance. Army Community Service works closely with these military Families providing supportive services throughout the year. To make this holiday season a little bit brighter for some of these Families, ACS is hosting the Holiday Sponsor program.

Individuals, groups, and/or agencies desiring to sponsor a military Family can contact Arcelio V. Alleyne, ACS Financial Readiness program manager, 410-278-2450, fax 410.278.9685, or e-mail arcelio.alleyne@us.army.mil.

Blood drive for the troops Nov. 10

Support the troops by donating blood. The Armed Services Blood Program blood drive will be held 5 to 9 p.m., Nov. 10, at the Aberdeen Area Recreation Center, building 3326. The blood drive is open to everyone.

For more information or to make an appointment, call 301-295-2109 or visit www.militaryblood.dod.mil.

KUSAHC closed Nov. 11

Kirk U.S. Army Health Clinic will be closed Nov. 11 in observance of Veterans Day. Patients should plan accordingly to pick up prescriptions prior to this date.

For medical services, contact the Staff Duty, 410-278-1725. The Staff Duty Officer will coordinate patient's care with the Medical Officer of the Day.

To avoid Point of Service copayment charges, patients will need authorization and/or a referral to go to any urgency clinic. Emergency rooms do not require a referral.

TMTI Industry Day Workshop

Transformational Medical Technologies Initiative will be held as an ancillary workshop during the Defense Threat Reduction Agency's Chemical and Biological Defense Science and Technology Conference on Nov. 18 and 19 at the Hyatt Regency, 300 Reunion Boulevard, Dallas, Texas. Professionals from government, academia, biotechnology, and pharmaceutical industries are invited to attend to learn about TMTI and discuss collaborative opportunities with the program, the current state of medical countermeasure preparedness, and plans for enhancing national capabilities to respond to emerging and novel

Scrapbooking crop Nov. 21

The Civilian Welfare Fund will sponsor a Scrapbooking crop for seasoned scrapbookers or anyone who has always wanted to try it. "Crop Till You Drop" will be held 9 a.m. to 5 p.m. at Top of the Bay. Cost of the event is \$25 per person and includes lunch and door prizes. Vendors will have items for sale for all scrapbooking needs. Optional classes may be offered. A massage therapist will also be available to help make it a stress-free day.

For more information, call Patti Harkins, 410-273-2075.

biological threats.

For more information or to register, visit www.tmti-cbdefense.org.

NAF Open Season through Nov. 30

Flexible Spending Accounts are being offered for the first time to NAF employees during Open Season. The ability to elect Long Term Care without evidence of insurability is being offered for the first time in five years.

During Open Season NAF Regular Full-time and Part-time employees can:

Enroll, change or cancel their Health Benefit plans,

Automatically keep their Pre-Tax Health Premium Deductions unless they opt out,

Enroll in Life Insurance and/or Long Term Care Plan without evidence of insurability or make changes in their current coverage and

Elect Flexible Spending Accounts.

Employees should contact NAF Human Resource Office, 410-278-5127/8992, to arrange an appointment to make the above changes during Open Season. These changes would be effective Jan. 1, 2010. NAF employees may contact NAF HRO immediately to make changes to their 401(k) Savings elections and/or to elect retirement since these changes may be made at any time.

Nominations for the General Douglas MacArthur Award

The General Douglas MacArthur Leadership Award recognizes company grade officers who demonstrate the ideals for which MacArthur stood – duty, honor, country – and promotes and sustains effective junior officer leadership in the Army.

A total of 28 officers will be selected for the award: 25 officers and three warrant officers. Nominees must be in company grade officers 2nd lieutenant, 1st lieutenant, captain, or warrant officer 1 or 2 in the U.S. Army.

All award nominations should be forwarded by Nov. 19 to Karen Smith, Human Resources Division, e-mail karen.smith17@us.army.mil, fax DSN 332-0810, commercial 703-602-0810.

For more information, call Lt. Col. Jay Carlson, 703-604-0669, or e-mail jay.carlson@conus.army.mil.

Mailing holiday military mail overseas

For instructions and dates to send mail overseas, visit www.apgnews.apg.army.mil, Oct. 29 issue, page 8.

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

Traffic

From front page

will be done using lane closures with flaggers for traffic control primarily on Boothby Hill Avenue. The work will cause traffic delays on both Boothby Hill Avenue and Darlington Street, so motorists are advised to avoid the area.

When the reconstruction

starts in earnest, Darlington Street will be closed to through traffic and only local traffic will be allowed until completion. Through traffic that formerly used Darlington Street will be required to use either Susquehanna Avenue or Combat Drive and Boothby Hill Avenue.

The next big traffic event is still the pavement milling and overlaying on Maryland Boulevard. This work will include several hundred feet of milling

and overlay on Harford Boulevard and will impact the Maryland Boulevard intersections with Aberdeen Boulevard and Susquehanna Avenue as well.

As earlier reported, the contractor will still try to do the majority of this work at night in order to minimize impacts to traffic. The milling work is tentatively scheduled to start on Nov. 9 and continue each night for approximately four days until the work is com-

pleted. The milling work hours will be from 6 p.m. until 5 a.m. Due to the cooler weather, the pavement overlays will be done during the day between 9 a.m. and 3 p.m. with lane closures. Every effort will be made to minimize traffic disruptions and delays.

As one last reminder, new speed limits are now in effect on both inbound and outbound Maryland Boulevard from the Bush River and Deer Creek

Loop intersection to the APG property line. The Directorate of Emergency Services has stepped up enforcement of the 25 mph speed limits through the active vehicle barrier zones.

Once again, all of the construction activities are subject to weather delays, and additional updates will be provided as needed.

Continued patience and attention to safety is paramount during all construction.



FAMILY AND MORALE, WELFARE & RECREATION

EDGE! programs at APG for youths, teens

FMWR

The EDGE! program is now up and running at Aberdeen Proving Ground.

Many new programs are scheduled for November and December with a whole new calendar of activities scheduled for the new year.

Dodge Ball, bowling begin Nov. 30

The Dodge Ball program set to begin Monday, Nov. 30. This activity will be held at the Boys and Girls Club as part of a new partnership agreement. Department of Defense youth and teens age 6 through 18 are eligible to participate. The program will be conducted from

3:30 to 5:30 p.m., Mondays and Wednesdays and provide our youth the opportunity to meet and play with new friends from the Boys and Girls Club. The program is free to ages 11 through 18; a fee of \$80 will apply to ages 6 through 10 who are not current users of the Child, Youth and School Services programs. Current users of our CYS Services SAS program will not be charged a fee.

At the same time, the "Let the Good Times Roll!" bowling program also begins Monday, Nov. 30. This program, to be held at the Aberdeen Area Bowling Center, will provide youths and teens, ages 6 through 18, the opportunity to enhance their bowling skills and get

ready for a new youth bowling league set to begin in January.

For those youth and teens interested, the new bowling league will be conducted by our Youth Sports program on Monday evening's beginning after the first of the year.

Other programs

Get ready for some great new EDGE! programs and activities scheduled for 2010. Look for programs such as Auto Maintenance and Repair, Youth Bike Riding and Rodeo, Computer Skills, Teen Strength Training, Golf, Ju Jitsu and Yoga, Archery, Camping and Boating, Digital Photography, Disc Golf,

Dance, Sewing, Scrapbooking and much more.

Remember, EDGE! programs and activities are open to active duty Family members and eligible DoD Family members ages 6 through 18.

Snacks will be provided and transportation is available from the youth center(s) to the site of the program and return. Parents must complete a permission slip authorizing transportation before it is made available.

For more information on the EDGE! programs, contact Chuck Rose, FMWR partnership specialist, 410-278-1399 or e-mail chuck.rose1@us.army.mil.

APG youths learn pet care, obedience



Photo by RACHEL PONDER

Isaiah Banya, a 2nd grader, pets a dog named Gunther during an EDGE! pet care and dog obedience class held at the Edgewood Area Youth Center Oct. 29. For more information on EDGE! Classes, contact Chuck Rose, a youth workforce preparation specialist with APG's Child and Youth Services Office who is the lead for the program, 410-278-1399.

hired!

HIRED!

HIRED!, a new Family and Morale, Welfare and Recreation program for teens ages 15 to 18, is an apprentice program where teens can explore positions in FMWR facilities.

The program will give teens guidance on preparing a resume, and teach them interview techniques as well as give them work experience in their chosen field. Children will receive a stipend for their work at the end of the term.

Towson University Campus Tour

There will be a Towson University Campus Tour, 9 a.m., Nov. 14 for high school teens only. Sign up at the Child, Youth and School Services central registration. Bring money for lunch. Spaces are limited to 10 teens.

Ultimate Career Guide

The Ultimate Career Guide Workshop for high school teens will be held 3 to 4:30 p.m., Nov. 12 at CYS Services, building 2752. The workshop will cover different types of careers. Sign up at CYSS central registration.

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

the edge

The EDGE

The EDGE Program is designed to highlight opportunities for children and youths in grades 1 through 12, to Experience, Develop, Grow and Excel in FMWR partner facilities.

Learn to bowl

Let the good times roll! Youths ages 6 through 18 can learn to bowl, 4 to 5:30 p.m., Mondays, Nov. 30 through Dec. 21 at the APG Bowling Center. Youths will learn the techniques and fundamentals of bowling, how to keep score, individual and team play and more. A new Youth Bowling League will be available for sign up in January 2010.

Bowling is free for ages 11 through 18; ages 6 through 10 pay a \$40 fee per person.

Transportation will be provided for The EDGE! program participants from the Aberdeen Area Youth Services to the Bowling Center and return. Register at the CYS Services Central Registration Office, building 2752.

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

Activities/Events

FMWR Holiday Bazaar

FMWR will hold a Holiday Bazaar, 10 a.m. to 4 p.m. at the Aberdeen Area Recreation Center, building 3326.

- 6 by 6 space with table and two chairs, \$15
- 6 by 6 space with table, two chairs and electric outlet, \$20
- 8 by 8 space with table and two chairs, \$20
- 12 by 12 space with table and two chairs, \$25
- 6 by 6 entrance lobby space with table, two chairs and electric outlet, \$35
- 6 by 6 side lobby space with table,

two chairs and electric outlet, \$30

Register for tables and spaces closes Nov. 10. For more information, call 410-278-4011, or visit www.apgmwr.com to complete Table Registration Form and make payment as indicated.

Volunteer today

Explore a new career, develop new skills, network with other professionals and create opportunities. Army Community Service has many opportunities and needs the support for their many and varied programs.

For more information, call Army Community Service, 410-278-2453.

Holiday Gift Wrap Program begins soon

Sign up today to volunteer with your organization or Family readiness group to make this upcoming holiday season even more special by donating some time to wrap gifts for our Soldiers, Families and civilians at the Army and Air Force Exchange.

Gift wrapping will start Nov. 28 and run through Christmas Eve Dec. 24.

The group's representative should plan on meeting with Wilfredo Cruz, Army Community Service volunteer coordinator, 1 p.m., Nov. 17, in the ACS Conference Room, building 2754.

For more information, contact Cruz, 410-278-2453.

Free dinner and a movie

Celebrate Military Family Month with Army Community Service. ACS will present a free dinner and a movie, 6 to 9:30 p.m., Nov. 18, at the Aberdeen Area Recreation Center, building 3326. "Ice Age: Dawn of the Dinosaur" will be shown.

This is a free ticketed event. Pick up tickets 8 a.m. to 5 p.m., Monday through Friday, at the Aberdeen Area ACS, building 2754. This event is open to all service members, Family members and civilians.

For more information, call 410-278-7572.

SKIES Unlimited

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

Free babysitting course

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

The class will be held 9 a.m. to 3 p.m., Jan. 19, at the Aberdeen Area Child, Youth and School Services, building 2522. The objective is to familiarize participants with the responsibilities of babysitting.

Class is open to all DoD ID card holders.

Private piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 thru 18, 3:30 to 6:30 p.m., on Tuesdays or Fridays, Jan. 5 through Feb. 12 (no class on Jan. 15) and Feb. 23 through April 2.

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 will be responsible for purchasing the required books for the course as recommended by the instructor.

Private Voice Lessons

Ages 6 through 18 can register for private voice lessons, 3:30 to 7 p.m., Mondays, Jan. 5 through Feb. 2, at the Aberdeen Area Youth Center, building 2522.

No experience is necessary. Singing lessons cost \$96 per student and includes one 30-minute session per week for six weeks. Students are required to purchase books required for the course as recommended by the instructor.

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

Private Flute Lessons

Looking for a job?

Visit FMWR Jobs Available at www.apgmwr.com.

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

Youth Bowling League forming

The Youth Bowling League has openings for youths ages 18 months to 20. Youth leagues will bowl on Tuesdays and Thursdays during the day. No open bowling until 1 p.m. Evening leagues will bowl on Wednesdays, Thursdays and Fridays. There

is no open bowling on Thursday after 5 p.m. and no open bowling on Friday until after 9:30 p.m. On Wednesday, bowling lanes may be available on a first come/first serve basis. Call 410-278-4041.

November bowling specials

- Each Friday, 9:30 to 11 p.m., bowl for \$1.25 per game. Shoe rental costs \$2.
- Purchase a special from the snack bar and receive one free game.
- From 1 to 4 p.m., Nov. 5 and 6, kids bowling costs \$.50 per game; shoe rental costs \$1. Kids get to pick one paper turkey and receive a prize.
- On Nov. 22 through 25, anyone

who bowls three strikes in a row (a turkey), that game is free.

- Anyone that bowls three turkeys in one game wins a gift certificate up to \$25 for a free turkey.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$32.

APG Bowling Center Snack Bar specials Building 2342

The Bowling Center hours are 7 a.m. to 3 p.m., Monday and Tuesday; 7 a.m. to 10 p.m., Wednesday and Thursday; 7 a.m. to 11 p.m., Friday; 1 to 11 p.m., Saturday; and 1 to 6 p.m., Sunday.

Week of Nov. 2

Special #1: Chicken salad sandwich with potato chips, cookie and regular soda for \$4.75.

Special #2: Pepperoni pizza sub with french fries, cookie and regular soda for \$5.50.

Week of Nov. 9

Special #1: Hot turkey sandwich, French fries, cookie and regular soda for \$8.25.

Special #2: Two hot dogs, potato chips, cookie and regular soda for \$4.25.

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



Community and APG: Partners in Education

ARL celebrates National Chemistry Week with APG youths

Story and photos by
YVONNE JOHNSON
APG News

A team of volunteers from the U.S. Army Research, Development and Engineering Command's Army Research Laboratory provided an afternoon of fun learning for children and youths of the Aberdeen Area Youth Center in celebration of National Chemistry Week Oct. 15.

Doctor Sandra K. Young, ARL materials engineer, and a team of volunteers from the Weapons and Materials Research Directorate presented experiments coinciding with the National Chemistry Week theme: Chemistry is Elemental.

"We tried to use experiments that would be easy to point out what the elements were," Young said.

Groups of youths rotated through six stations set up by the ARL team in the center gymnasium.

At Station #1, youths were led in a quest to determine the amount of sugar in foods and beverages.

"We are constantly barraged with information about foods and are faced with the epidemic of childhood obesity and diabetes," Young said. "Yet, we don't take enough time to talk to our children about what is in packaged foods."

Students guessed how much sugar was in a can of Coca Cola and a candy bar then read the nutrition facts on the labels and talked about how the information is required by law to be on any edible product.

"While you might read that there are thirty-seven grams of sugar in one can of coke, we don't use the metric system for our standard weights, so what does that really mean?" Young asked.

The children then guessed how many sugar cubes were in each product. Many were surprised to learn that one can of Coke contains 17 sugar cubes (37 grams of sugar). They also found that a candy bar held 12 sugar cubes (24 grams) and that labeling does not specify the quantities of high-fructose corn syrup and other ingredients that the body has a hard time processing.

The message was to read product labels and to consume products like these in moderation.

The elements C (carbon), H (hydrogen) and O (oxygen) were the focus of the experiment.

At Station #2, Amazing Ice Blocks, youths were invited to view two apparently similar square, black blocks for similarities and differences and guess what material the two blocks were made of. They guessed on what would happen when a piece of ice was placed on each block. Many guessed that the one block was made of wood or plastic and the other was metal and that the ice on the wood/plastic block would melt faster because it was 'warmer.' They were surprised to see that the opposite happened.

"Metal, in this case aluminum, is a great conductor of electricity and heat," Young explained.

"When the ice was placed on the blocks, it almost immediately melted on the aluminum block because of conduction or heat transfer. This is also why when you think about insulating a house you think about plastics, fluffy foam insulation, and not metals."

The experiment focused on the elements Al (aluminum); C (carbon) H (hydrogen) and O (oxygen).

Doctor Jeffrey Swab, ceramics engineer, hosted Station #3, Magnetic Materials, in which the youths used a magnetic



From left, Charles Walcott, 9, Aida Miranda, 7, Ja Nari Lee, 10, and Daim Augustyniak, 10, watch in amazement as Dr. Thuvan Pehler, ARL research chemist, right, pulls a giant bubble over a watchful Kaiya Grayson, 8.

wand to test different metals that they were familiar with to determine whether they were magnetic or not and talked about why some metals are needed for certain applications.

"They were very inquisitive and intrigued and they caught on quickly," Swab said. "They learned that there are a lot of things to do with magnetic properties in metals."

A former engineering instructor at the U.S. Army at the U.S. Army Military Academy at West Point, Swab said he has volunteered with Chemistry Week activities for the past two years.

"With kids, hands-on stuff sinks in better than book work," he said.

The elements Ir (iridium), Ni (nickel), C (carbon), Cu (copper) and Zn (zinc) were applicable to this experiment.

At the fourth station, Magic Sand, children had to guess what would happen when water was added to sand in a test tube. Some test tubes contained sand coated with a hydrophobic coating which kept the sand from getting wet.

At the end of the experiment, the children were allowed to keep the test tubes.

This station demonstrated the elements of Si (silicon), O (oxygen), C (carbon) and H (hydrogen).

At Station #5 children learned that iodine is a great indicator for starch in

foods and other items and that starch is a carbohydrate. They used iodine to test for starch in several food and non-food items such as wood, paper, uncooked noodles, cloth, foam and degradable peanut butter.

The elements I (iodine), C (carbon), H (hydrogen) and O (oxygen) were demonstrated in this experiment.

Kid-in-a-Bubble, Station #6, drew the most excitement among the youths where they learned that bubbles pop when water dehydrates. They took turns standing on a step stool in a pool filled with bubbles. A large wand was pulled up over them and they were literally inside the bubble. Several blew bubbles from inside the bubble, demonstrating the elements of C (carbon), H (hydrogen) and O (oxygen).

The ARL volunteers included Lisa Marvel, electronics engineer and her father, Al Marvel; Dr. Thuvan Pehler, research chemist; Ann Bornstein, statistician; Andres Bujanda, materials engineer; and MyVan Baranoski, operations research analyst. All said they enjoyed the event as much as the children.

"This was fun," said Baranoski, who led the Station #1 experiment, "and it helps me because I generally don't like to speak in front of people. But the children were great. They were really surprised to learn how much sugar is in a can of coke. Seeing a number on a can doesn't speak to you the way a demonstration like this does."

Bornstein, who led the Magic Sand experiment, said she volunteers "as a

way of giving back to the community."

Her daughter attended the Aberdeen Area Child Development Center from the age of 22-months, grew up attending the Youth Center and was a program assistant at the center after high school.

"This is like coming back and giving back for me," she said.

Bornstein was the first to start the GEMS program (Gains in the Education of Math and Science), an outreach program that encourages student interest in science, engineering and math. She also mentors high school and college students.

"The children responded more enthusiastically than I thought they would," she said. "I think they all learned something new today."

"I think they were all happy to learn something new," Lisa Marvel added. "At first they didn't know what to expect but then they really warmed up to the subject."

Bujanda, who led Station #2, said he has been volunteering with youth outreach programs for five years.

"It's a blast and the kids were awesome," he said. "They understood everything, and they asked good questions."

Young said ARL is able to present various outreach events throughout the year due to funding from the National Defense Education Program. She also runs the GEMS program.

"We want to capture them at a young age to show them science can be fun," she said.



Daemon Vann, 7, looks unsure of how he feels about being encased in a giant bubble.



Lisa Marvel, ARL electronics engineer, right, and Queva Cohen, 9, center, look on as MaKayla Lewis, 8, left, uses iodine to test for the starch content in an uncooked noodle.