

Post Shorts

KUSAHC signs covenant for health care today

Kirk U.S. Army Health Clinic will host a formal covenant signing at the clinic 2 p.m. May 20. Maj. Gen. Nick G. Justice, commander of Aberdeen Proving Ground, Col. Orlando W. Ortiz, APG Garrison commander, and Lt. Col. Mark A. Ireland, KUSAHC commander, will add their signatures to MEDCOM's formal commitment to provide quality care to Warriors and their Families. For more information, call Deborah Dodsworth, 410-278-1728.

USO to host Deployed Family Fun Day

USO will host Deployed Family Fun Day, 11 a.m. to 3 p.m., May 22, at Castle Park, Fort Belvoir, Va., located on the water at Tomkins Basin. This free event is a hit with military Families experiencing or preparing for deployment. It is open to active duty military in all branches of service. Guests include Washington Redskins cheerleaders, Boxer from WMZQ's morning show and country star Justin Moore. Activities include crafts, games, moon bounces, re-ball, laser tag, balloon twister and prizes. Lunch and snacks will be provided.

For more information, call USO Program specialist Lindsay Raymond, 703-805-4277.

APG Community Flea Market

Everyone is invited to buy or sell at the APG Community Flea Market, 8 a.m. to noon, May 22 at CAPA Field in the Edgewood Area. Military members and civilians affiliated with APG may reserve a table to sell their goods. This event is supported by Picerne Military Housing.

To reserve a table, call iriseley@yahoo.com or candysurdu@yahoo.com.

KUSAHC after-hours medical needs

For urgent medical services needed after hours, weekends or federal holidays, please contact Staff Duty at 410-278-1725 or call 443-807-0725.

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Developmental Test Command health promotion program benefits all employees

Armed Forces Day provides educating experience



Photo by YVONNE JOHNSON, APG NEWS

From left, Perryville High School students Nathaniel Garland, 17, Robby Sewell, 17, Chance Horney, 16, Joe Watson, 17, James Wallace, 18, Nick Berger, 16, and James Newby, 17, watch a robotics demonstration by engineer Raymond Von Wahlde and lead technician Brian Porter of the U.S. Army Research, Development and Engineering Command's Army Research Laboratory during Armed Forces Day festivities at the Ordnance Museum May 14. See more Armed Forces Day coverage - including the Armed Forces Day 10K Run - in next week's edition of the APG News.

AER campaign extended to May 31

Story by YVONNE JOHNSON
APG News

To allow units additional time to turn in their campaign contributions, the Aberdeen Proving Ground 2010 Army Emergency Relief Campaign has been extended to May 31.

Marge Fissel, AER Officer, said that so far APG has received \$40,180.98 toward the installation goal of \$55,000.

"This is a good time for those units who have not yet turned in their campaign contributions to do so.

In 2009, 329 individuals on APG - 240 active duty Soldiers, five active duty Marines, 72 Army retirees, five Navy retirees, one Air Force retiree, four Army widows, one Navy widow and one Air Force widow - received AER assistance totaling \$383,307.42 in loans and grants.

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

Fissel said that anyone who does not know who their AER representative is should contact the AER campaign coordinator, Capt. Ginger Hammerquist at 410-278 3000, or visit the AER Web site at www.aerhq.org to make on-line contributions.



Photo by TIM HIPPS, FMWR PUBLIC AFFAIRS

Staff Sgt. Kamisha Edwards of Fort Hood, Texas, and the cast of the U.S. Army Soldier Show sing the song "Party in the USA" as part of the "Soldier Show 27.0" show celebrating 27 years of providing entertainment for the Soldier, by the Soldier.

Soldier Show brings ultra-modern entertainment to APG

Story by YVONNE JOHNSON
APG News

The U.S. Army Soldier Show "27.0" used an ultra-modern theme, highlighting social media such as laptops, Google and Facebook, to celebrate its 27th year of entertaining troops during its stop at Aberdeen Proving Ground May 8 and 9.

"More than seven-hundred fifty Soldiers attended the Saturday show and more than six-hundred guest were at the Sunday show," said Chris Lockhart, FMWR marketing.

The show opened with the heavy metal band Disturbed's

anthem "Indestructible" which was written to inspire Soldiers headed for battle.

It included a tribute to the late Michael Jackson with a medley of his early hits, "I Want You Back," "I'll Be There," and "JAM."

The show centered on how Soldiers and the military have moved beyond early cell phone technology and embraced faster-moving and farther-reaching social media tools, according to the show's director, Victor Hurtado.

"These Soldiers honored the show's founder, Irving Berlin's commitment to bring a wide

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20th SUPCOM holds relinquishment of command ceremony

Story by CHANEL S. WEAVER
Public Affairs Office

Brig. Gen. Jeffrey J. Snow relinquished command of the U.S. Army 20th Support Command CBRNE (Chemical, Biological, Radiological, Nuclear and High Yield Explosives) during a traditional military relinquishment of command ceremony May 7 at McBride Parade Field on the Edgewood Area of Aberdeen Proving Ground.

Nearly 250 people - including dignitaries, family, friends and 20th Support Command Soldiers and Civilians - attended the ceremony where Gen. Charles C. Campbell, commander of the U.S. Army Forces Command, accepted the organizational colors from Snow - symbolizing the transfer of leadership.

Snow has served as the commander of the 20th SUPCOM since July 2008.

Campbell commend-

ed Snow for his extraordinary leadership of the 20th SUPCOM.

"The [20th] SUPCOM is an indispensable asset to the fight, it is a national treasure," Campbell said. "Just as the units and capabilities of the [20th] SUPCOM are special, so also is its commander."

Snow said the opportunity to lead the [20th] SUPCOM for the past 22 months has been a privilege.

"I am leaving here as a better commander, and it is because of the Soldiers and civilians of the [20th] SUPCOM," Snow said. "I am incredibly humbled and proud of what each of you do each and every day in support of our Army."

During his next assignment, Snow will assume new duties as the director, Iraq Training and Advisory Team-Army, U.S. Forces-Iraq.

Col. Thomas Cartledge, current chief of staff for the

See CBRNE, page 7



Photo by JIM FOARD, GARRISON PHOTOGRAPHER

Brig. Gen. Jeffrey J. Snow, left, outgoing 20th SUPCOM commander, passes the organizational colors to Gen. Charles C. Campbell, commander of the U.S. Army Forces Command. Snow relinquished command of the U.S. Army 20th Support Command during a relinquishment of command ceremony at McBride Parade Field on Aberdeen Proving Ground May 7.

PEO Soldier 'Shootex' draws multiple media

Story and photos by
YVONNE JOHNSON
APG News

The U.S. Army Aberdeen Test Center provided a rare chance for members of the civilian and military media to get up close and personal with modern weaponry during a Media Day or "Shootex" exercise hosted by PEO Soldier on the facility's Mulberry Test Range May 5.

Program Executive Officer (PEO) Soldier, headquartered at Fort Belvoir, Va., designs, develops, procures, and fields virtually everything the Soldier wears or carries. Its Project Managers - Soldier Protection and Individual Equipment; Soldier Sensors & Lasers; Soldier Warrior; and Soldier Weapons - are part of the Rapid Fire Initiative (RFI) established in 2002 to streamline the process for distributing equipment to deploying units and ensure that all Soldiers are outfitted with the most advanced unit and individual equipment available.

Brig. Gen. Peter N. Fuller, commander of PEO Soldier, greeted the bus carrying reporters, broadcasters, photographers and videographers from multiple media outlets at the ATC Mulberry Test Range.

Fuller explained the role of PEO Soldier and briefed guests on what they would see and experience.

"Today you'll see a small segment of weapon systems in use in Iraq and Afghanistan," Fuller said.

Range personnel demonstrated each weapon system and then gave hands-on instructions as members attempted to engage targets.

PEO Soldier program managers on hand included Col. Douglas Tamilio, Soldier Weapons; Col. Stephanie Foster, Soldier Sensors and Lasers; Lt. Col. Christopher Lehner, Individual Weapons; Lt. Col. Michael Ascura and Maj. Michael Pottratz, Crew Served Weapons; and Rich Audette, deputy program manager, Soldier Weapons.

In addition, 10th Mountain Division Soldiers currently assigned to PEO Soldier, were on hand to talk about the weapons and technology they used while in Afghanistan. Sgt. 1st Class Lang Gureckis and Sgt. Christopher Shupe assisted Col. Stephanie Foster at the Sensors and Lasers display in which visitors entered



Weapons systems operator Tom Shaw instructs Army Times reporter Matthew Cox as he prepares to fire the M110 Semi-automatic Long Range Sniper Rifle. In the forefront is the M14 Enhanced Battle Rifle. Cox, who is familiar with military weaponry, said he preferred the M110.

a darkened 'tunnel' to sample night vision devices such as the AN/PVS-14 Monocular Night Vision Device and the AN/PAS-13 thermal Weapons Sight.

Gureckis said the technology benefited his unit greatly one night in Afghanistan when "we were on the road waiting for bad guys."

"The goggle improvements allowed us to change to optical thermal overlay which allowed us to see the bad guys," he said.

"We were able to take them out about four-hundred meters away," Shupe said.

They said that they appreciate the opportunity to work at a test facility where weapons systems are tested and developed.

"It actually means something," Shupe said. "Here, we are making a difference for our fellow Soldiers."

"If we weren't making a difference our being here would be meaningless," Gureckis added.

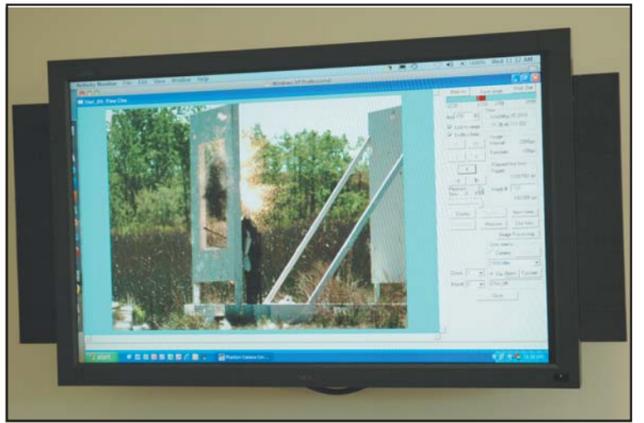
Foster said feedback from Soldiers is "paramount" to the PEO Soldier mission.

"This is how we learn if they are using it the way we envi-

sioned and if it is working the way we envisioned," she said.

The day included weapons descriptions and demonstrations by range personnel firing everything from the M240 Medium Machine Gun to the XM153 Common Remotely Operated Weapons System (CROWS).

The CROWS is a remote-control weapon system that allows the operator to acquire and engage targets while inside and protected by an armored vehicle. The highlight of the day was a demonstration of the XM25 Counter Defilade Target Engagement System (CDTE), a shoulder-fired weapon that provides 25mm air-bursting capability. The system allows Soldiers to quickly and accurately engage targets by producing an adjusted aim point based on range, environmental factors and user inputs. Its state-of-the-art Target Acquisition/Fire Control system integrates thermal capability with direct-view optics, laser rangefinder, compass, fuze setter, ballistic computer, laser pointer and illuminator, and an internal display.



The impact from a 25mm round fired from an XM25 Counter Defilade Target Engagement System is displayed on screen for viewers during a Media Day "Shootex" exercise hosted by PEO Soldier for visiting members of the media at the U.S. Army Aberdeen Test Center's Mulberry Range May 5.

Media members said they were grateful for the opportunity to view and handle the Army's latest weaponry.

"I preferred the M110," said Army Times reporter Matthew Cox after trying out the M14 Enhanced Battle Rifle and the M110 Semi-automatic Sniper weapon. He added that he was familiar with military weaponry and appreciated the chance to handle the latest systems.

"This was awesome," said Nathan Hodge from **wired.com's Danger Room**. "It's not too often I get to play with military-grade weaponry."

Joe Pappalardo, a New York-based reporter from *Popular Mechanics* magazine, said he had "fun with the Army's most high-tech weapons."

"Shooting a military weapon makes you feel better than you look," he said. "It's hard not to enjoy."

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal oppor-

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

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CECOM 'Keeps it Safe' this summer

CECOM Directorate for Safety

The U.S. Army Combat Readiness/Safety Center launched a 2010 Safe Summer Campaign which runs from April 1 through Sept. 30. The campaign focuses on providing Soldiers, Civilians and their Family members the information they need to "play it safe" this summer.

"Historically, our off-duty fatality rates inevitably increase from April to September," said Brig. Gen. William Wolf, U.S. Army Combat Readiness/Safety Center commanding general and director of Army Safety. "In fiscal year [2009], almost forty percent of our accidents occurred during this timeframe, with POV [privately-owned vehicle] and motorcycle accidents leading the way every month."

In 2008, 115 service members died during the high-risk period from Memorial Day to Labor Day. The Communications-Electronics Command [CECOM] Directorate for Safety recognizes the need to make summer safety a topic of discussion as its workforce travels with their Families this summer.

In remembering the lives lost in the defense of the nation, the CECOM Directorate for Safety appreciates the sacrifices of those Warfighters and their Families and is dedicated to preventing accidents and fatalities among the workforce during this year's summer safety campaign.

"We want to help our workforce prevent accidents this summer by sharing some safety tips throughout the summer," said Bob McNabb, CECOM Directorate for Safety manager at Aberdeen Proving Ground.

"That's why this Memorial Day we have made it a priority to educate our largely civilian CECOM workforce about summer safety topics ranging from food and grill safety to traffic, water sports and outdoor recreational activities.

"As our work force relocates to APG this summer, we want our Soldiers and civilians and their Families to be aware of the summer hazards both at home and at work," said Steve Hart, director of the CECOM Directorate for Safety.

During the months between Memorial Day and Labor Day, there is an unusual spike in vehicle and recreational accidents, according to Department of Defense safety officials.

"As CECOM transitions to APG, our workforce spends a lot of time on the roads. We also want to remind our personnel that texting while driving is unsafe

and illegal in Maryland," said Hart.

Safe driving

The Maryland Senate and House have passed bills to prohibit the use of cell phones while driving to include using a text messaging device to write or send text messages while operating a motor vehicle or in the travel portion of the roadway, according to the Maryland (Senate Bill 98 and House Bill 72). The law is even more stringent for minor drivers. Further legislation is being considered to prohibit 'reading' a text message while driving.

Summer safety

Summer is here, so that means the grills are out, water sports are back, and celebrations are many. Memorial Day kicks off the barbeque and picnic season. Please remember the following tips during the holiday weekend.

BBO

Summer fun is not complete without summer food favorites. When using a gas or charcoal grill, practice safety guidelines to protect themselves and their Families.

- Read the instructions to your grill unit to ensure safe assembly and cooking practices. Place grill on stable, level surface.
- Choose a safe grilling location, away from children's play areas and heavy traffic areas.
- Grill in a well-ventilated area to avoid carbon monoxide fumes. Never grill inside, or in a semi-enclosed area like a tent or camper. Choose a flat stable platform space for the grill.
- Never move a hot grill.
- Don't wear loose clothing when grilling to avoid catching fire.
- Never leave a grill unattended.
- Be ready to extinguish flames with baking soda to control a grease fire and



have a fire extinguisher available and ready. If you do not have a fire extinguisher, use a bucket of sand.

• Be sure to read your gas grill instruction manual in order to operate properly.

Gas Grill Safety

• Use exact type of tank and fuel specified in manual.

• Check hoses and valve connections for leaks often. Check for leaks by pouring soapy water on the connection points. If bubbles appear, retighten connections and test again.

• Transport and store liquid propane cylinders in an upright position in a place that will not exceed 125 degrees Fahrenheit.

Charcoal Grill Safety

• Talk to children about the dangers of a lit grill.

• Never start a fire with gasoline.

• If using instant lighting briquettes, spread them into a single layer; making sure they touch at the edges. Light several at the edges with a match.

• If using standard briquettes, stacking them in a pyramid allows air circulation and faster lighting.

• Apply lighter fluid BEFORE lighting, waiting at least one minute before lighting to allow lighter fluid to soak in. Never add fluid to coals once they are lit. When using a chimney lighter, place newspaper in the bottom and deposit coals on the top.

Food Safety:

• Avoid cross-contamination. This occurs when bacteria from one food item is transferred to another, usually by way of unwashed cutting boards, countertops, hands, knives, etc.

• Separate ready-to-eat foods from meats. For example, use a separate cutting board and knife when cutting fruits and veggies and raw meat and seafood. Also, do not touch cooked meats and seafood with uncooked meat and seafood or utensils that were used on the raw food items.

• Clean everything. As an extra precaution, use anti-bacterial dishwashing liquid and wipe surfaces with ½ teaspoon of household bleach in one liter of water.

• Cook food thoroughly. Use a meat thermometer to measure the internal temperature of cooked meat and poultry to make sure meat is cooked all the way through. There should be no blood, juices from meat should run clear when cooked completely. Ground beef should be grey when done, not pink. This could cause serious illness.

• Keep food cold to slow growth of

See SAFETY, page 7

FCC providers celebrate National Provider Appreciation Day

Story and photos by
RACHEL PONDER
APG News

Aberdeen Proving Ground Family Child Care providers were treated to a special dinner at Top of the Bay May 6.

The event was held in celebration of National Provider Appreciation Day, which is held every year on the Friday before Mother's Day.

The providers also received goody bags that included water bottles, magnet pads and children's books.

Aphrodite Corsi, FCC director, expressed appreciation to the group for being dependable, trustworthy providers.

"I think that the FCC providers really deserve to be recognized for the great job that they are doing," she said.

Teresa Mayo, who has been an FCC provider for eight years, said that she looks forward to events where she can interact with other FCC providers. Mayo is a STAR Provider having earned her National Accreditation (NAFCC) and

her Child Development Association credentials (CDA) credentials.

"Being a Family Child Care provider is a great opportunity to meet unique professional working women in the same field," Mayo said. "We learn from each other. We learn new things (in training) throughout the year."

Mayo added that she feels that becoming an FCC provider is a good opportunity for those seeking a child care career.

"Not only do we receive experience working with children, but we develop business skills and receive ongoing training," she said.

She added that another advantage of being an FCC provider is that it allowed her to stay home with her children when they were young.

Mayo said that the appreciation that the children show towards her gives her the greatest job satisfaction.

"I enjoy getting to know the children, taking care of them," she said. "We provide a second home for the children."

About the Family Child Care program

The Family Child Care program provides children with the advantage of small group care on and off-post. The FCC program provides nurturing care in a safe, learning, home-based environment with the same requirements of other Child Youth Services Programs. Providers are trained based on Child Development Associate standards and meet Department of the Army Health, Safety, Fire and FCC standards.

Childcare is offered to Families that live either on or off post and work on APG. The FCC program has openings for children 6 weeks to 12-years old. Subsidy is available for those who qualify.

The FCC program welcomes those who are interested in becoming an FCC provider. Certified training, includes CPR and First Aid Certification, child abuse awareness, sanitation, health, safety, nutrition, business practices and more.

"For anyone who loves children and wants to be home with their own, this is a great opportunity," Corsi said.

"Become part of a worldwide network of mobile military professionals who can work at home and contribute to the Family income."

For information about becoming an FCC provider or requesting child care, call 410-278-7140/7477.



Jennifer Novello, an Aberdeen Proving Ground Family Child Care provider looks inside a goody bag that includes a water bottle, magnet pad and children's books. FCC providers received goody bags in honor of National Provider Appreciation Day.



Teresa Mayo, far right and Kim Shelby, second right and other APG FCC providers help themselves during a special appreciation dinner at the Top of the Bay May 6.

DPW readies for peak electrical demands

Directorate of Public Works

In preparation for the upcoming peak electrical demands of the summer months, the Directorate of Public Works, in cooperation with Constellation Energy conducted a performance and evaluation test run on the Electrical Distributed Generation site in building 348 on April 29.

The test was run to determine the current overall readiness for upcoming electrical peak demands during the summer months.

The Distributed Electrical Generation Site was built in 2005 as a joint venture between DPW and Constellation Energy in an effort to offset peak electrical demands on the installation during what is typically referred to as “brown out” periods.

“When the peak demand for utility consumption is at its highest level during the summer months,” said Larry Carter, DPW site coordinator, “the Distributed Generation Site is energized and APG actually generates its own electrical supply to supplement the East Coast utility grid.

“This lowers the overall East Coast electrical demand and decreases the possibility of a power outage.”

Carter said that APG has enrolled in a Load Demand Response program sponsored by the Hess Corporation through the Defense Energy Support Center and that the economic load plan will generate actual real dollar savings of approximately \$900,000 during the run time of the site.

“Essentially, what happens is that when [the Aberdeen Area] operates the site, we are actually generating our own electrical service, thereby temporarily eliminating

the need to purchase electrical service from the local utility provider,” Carter said.

Additionally, during the time that APG is generating and distributing its own electrical supply, it also will generate utility rebate savings issued through Hess which will be used to offset the APG utility cost.

During the April 29 test run, Mike Spath, from the House of Balance, a specialty service business that identifies and eliminates vibration, performed vibration analysis of the equipment to ensure the actual vibration was in accordance with industry standards. Mike Rogers, DPW site operating engineer, conducted several tests to measure and evaluate the overall performance of the equipment involved in the operation, and Ollie Corkran, a Constellation Energy control technician assisted and verified results.

After running for one hour on two separate days, test results showed that the site is operating within industry standards and is prepared for normal operations during the summer.

Robin Hoory, DPW Chief of Business Operations and Integration, said that the financial benefit is not the only advantage provided by distributed generation.

“The generation site also gives APG a major advantage in that it can be used for emergency generation in times of disasters, severe weather events or other emergencies,” Hoory said.

“With all the news about natural disasters around the country, it’s reassuring [to know] that APG has the developed technology to generate its own electricity.”

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.

Employees eligible for donations in the Voluntary Leave Transfer Program

April Avina	Meg Downey	Angela Lambert	Betty Spurlin
Shanelle Bell	Wayne Erb	Anthony Lee	Earl Taylor
Debra Bonsall	Juanita Guzman	Larry Maines	Linda Terzigni
Georgia Braun	Sharon Hardesty	Cheryl Mitchell	Luis Villafane
Alena Calm	Richard Harvey	Deborah Moore	Victoria Yates-
Robert Cook	Walter Holland	Amanda Nordell	Sparks
Charlene Corun	Kari Jackson	Marie D. Nowak	
John Daigle	Carolyn Johnson	Michele Reamey	

AAFES NEWS

Revised 'Online' Coupon Policy Strengthens Exchange Benefit at Aberdeen

AAFES

With a simple click of the mouse, saving at the PX is easier than ever before thanks to a decision to accept manufacturers' online coupons.

"Frankly, the economy has spurred increased interest in electronic coupons," said General Manager, Jose Mendez. "This, combined with industry projections showing 'online' offers accounting for 8.7 percent of all coupons sent out in 2010, made it

necessary to find a way to let shoppers at Aberdeen apply some of the estimated \$12.7 billion in savings said to be out there to purchases made at the PX."

Sites and services that offer manufacturer coupons range from company Web sites to online discount portals. What a manufacturer's coupon says actually takes priority over its source as the Army & Air Force Exchange Service requires the words "manufactur-

er coupon," a bar code, expiration date, redemption address, usage policy and stated face value to appear on the coupon in order to redeem it.

In most instances, the PX's new coupon policy even allows for one manufacturer's coupon to be combined with an AAFES-issued coupon for the same item.

"Unless either offer specifically prohibits a combined discount, coupons available through AAFES' Mobile Mar-

keting service or sale fliers can be combined," said Mendez.

Some things just get better with age. Such is the case for the nearly 115-year-old exchange benefit Soldiers, and their Families, have come to depend on. From coupon clipping to discount clicking, online, e-mail and text message coupon acceptance, combined with tax-free shopping, is helping ensure the exchange benefit at Aberdeen is no "limited time offer."

Show

From front page

variety of entertainment to audiences by delivering several genres of music and dance," Hurtado said. The show featured Soldiers on guitar, bass, keyboard and drums, and even one ballet dancer.

Song selections were as varied as the performers. They included the rock classic "Don't Stop Believing" by Journey, led by Spc. Joeneyce Cunningham of Fort Riley, Kan.; Miley Cyrus' "Party in the USA," performed by Staff Sgt. Kamisha Edwards of Fort Hood, Texas; and Staff Sgt. La'Brenza McDonald led cast members in Van Halen's "Jump" with Spc. David Palmer of Fort Riley, Kan. on guitar.

2011 Soldier Show audition information

Are you strong enough to see how you stack up against some of the best talent in the Army? Auditions are open to all Soldiers (Active Duty, U.S. Army Reserve, U.S. Army National Guard), with sufficient time in service remaining. USAR and U.S. Army National Guard Soldiers must be activated for the duration of the tour.

Postmark Deadline for Submission is Dec. 31, 2010

(In consideration of deployments and mission requirements, exception to policy requests will be handled on a case-by-case basis).

Selection Committee

All qualified applicants are screened by a panel consisting of industry professionals, BOSS representatives, and military community leaders. Candidates are selected not only based on their musical talent, but also on their ability to represent the Army in appearance, level of physical fitness, and military bearing. The top candidates are then brought to Fort Belvoir, Va. for a six-day live audition/evaluation process and narrowed down until the final cast is selected.

Performers

Those applying as performers to the 2011 U.S. Army Soldier Show must submit the following:

- 2011 Soldier Show Application
- 1/2" VHS VIDEO TAPE/DVD/CD
- Records Brief
- Letter of Release by current CDR
- Entertainment Resume
- DA Photo, 3/4 Length
- OER/NCOER

Technicians

Those applying as technicians to the 2011 U.S. Army Soldier Show must sub-

mit the following:

- 2011 Soldier Show Application
 - References/Portfolio
 - Records Brief
 - Letter of Release by current CDR
 - Technical Resume
 - DA Photo, 3/4 Length
 - OER/NCOER
- Mail application packets via U.S.

Postal to: Army Soldier Show, 2010 Selection Committee, P.O. Box 439, Fort Belvoir, Va. 22060.

Mail application packets via Commercial to: Army Soldier Show, 2010 Selection Committee, 6091 Jackson Loop, Building 1434, Fort Belvoir, Va., 22060.

For more information visit www.armymwr.com.

CBRNE

From front page

20th SUPCOM, will serve as the interim commander.

Brig. Gen. Leslie C. Smith, commandant, U.S. Army Chemical, Biological, Radiological and Nuclear School and deputy commanding general, Material and Technology, U.S. Army Maneuver Support Center of Excellence, Fort Leonard Wood, Mo., has been selected as the new 20th SUPCOM commander, and will assume command July 8.

The 20th Support Command, also called the CBRNE Command, was activated Oct. 16, 2004, by U.S. Army Forces Command to provide specialized

CBRNE response in support of military operations and civil authorities.

The 20th SUPCOM (CBRNE) gives the Army and the nation a flexible response capability to operate in a variety of environments, from urban areas to austere sites across the spectrum of military operations. CBRNE operations detect, identify, assess, render safe, dismantle, transfer, and dispose of unexploded ordnance (UXO), improvised explosive devices (IED) and other CBRNE hazards. These operations also include decontaminating personnel and property exposed to CBRNE materials during response.

For more information, contact Chanel Weaver, at 410 436-3433 or chanel.weaver@conus.army.mil.

Safety

From page 3

micro-organisms. Refrigerators should be set at 4°C/40°F or below. Freezers should be set at 18°C/0°F. Refrigerator thermometers can be found at most hardware stores.

• To avoid hazardous bacteria growth, always marinate foods in the refrigerator. Do not leave out at room temperature. Never defrost at room temperature, thaw food in the refrigerator.

Alcohol Usage

According to Mothers Against Drunk Driving, or MADD, in 2008 a estimated 11,773 people died in drunk driving crashes involving a driver with an illegal blood alcohol level of .08 or greater. That means, 31.6 percent of the

37,261 traffic fatalities can be attributed to drinking and driving.

The CECOM Directorate for Safety emphasizes the importance of designating a sober driver as the summer festivities continue. In the state of Maryland, a driver can be charged with "under the influence of alcohol" if they are driving with a Blood Alcohol Concentration of more than 0.08. However, Maryland also has a lesser offense of "driving while impaired," that does not have a pre-set legal limit benchmark, but is established after the officer has determined if a driver is impaired, regardless of whether the driver is under the BAC legal limit of 0.08.

Bottom line...

"Don't drink and drive folks. It's never a good idea," Hart said.

For more information about the CECOM Directorate for Safety visit www.cecom.army.mil/safety/.



Construction complete for first BRAC buildings

Story by
NICOLE CAWTHERN
APG Transformation Office

With the delivery of a fresh new season, Aberdeen Proving Ground is set to receive an exciting new delivery of its own. By the end of May, the U.S. Army Corps of Engineers will turn over control of the GMS Laboratory and the GMS Tower, the first two of the nine buildings that comprise Phase One of the Army Team C4ISR Center for Excellence campus, to the APG Garrison. The APG Garrison will officially accept the keys to the new facilities, thereby accepting responsibility and ownership of the buildings. The best news associated with this story is that this delivery is three months ahead of schedule, originally planned for July of 2010.

GMS stands for Ground Based Radars, Multi-Intel Sensors, specifically indicating what researchers in these facilities will be developing. The GMS lab is three floors, approximately 245,000 square feet and will house about 440 employees, while the GMS tower is five floors and just over 250,000 square feet. The additional office space in the GMS tower will accommodate approximately 1,000 employees. In total, over 7,000

employees will work at the campus, a 1.5 million square foot state-of-the-art compound which includes headquarters offices, administrative areas, laboratories, and research and development space, all in accordance with anti-terrorism and force protection standards.

In the progression of building a new facility, there are two milestone dates in terms of completion. The first is the Beneficial Occupancy Date or BOD. While this phrase does include the word, "occupancy," the building is not officially ready for occupants to move in. The Beneficial Occupancy Date denotes when the building can be added to the real property list at APG or the construction of the building is significantly complete. May 2010 serves as the BOD for the GMS Lab and Tower.

While the structure of the building is complete, the carpet is laid and the walls are painted, there still remains a checklist of items that must be completed before the building's inhabitants can formally move in.

USACE is responsible for the construction of the buildings, bringing each facility to its BOD, and for coordinating with APG's Directorate of Public Works and the Network Enterprise

Center for the fit-out of these buildings. The fit-out process includes the installation of furniture, ensuring IT connectivity to every desktop computer, the set-up of an operational phone system, and providing access control to the buildings. Fulfilling the fit-out requirements will take an average of two to three months and completion of this component will bring the facility to its second and final notable date, the Troop Ready Date, or TRD.

At the point of Troop Ready Date the facility is ready for permanent occupants to begin to move into the space. While some minimal work still may occur around the occupants such as paint touch-ups and drywall repairs, any further work is not intrusive enough to affect the mission of the organization. Currently, the GMS lab and tower share a TRD of August 2010.

"Getting to TRD requires a team effort

by a diverse group of players," said Col. Andrew Nelson, deputy garrison commander for Transformation. "These are complex facilities with robust IT and access control systems that require close coordination between USACE, Garrison APG, NEC, ISEC, and Team C4ISR to install, operate, and maintain."

Col. Nelson went on to say, "We've had superb cooperation so far and it will be a great success to deliver these first buildings to the end user in August."

Construction continues on the remaining seven buildings in the Phase One campus and building turnovers will carry on throughout the fall of 2010. On the Phase Two portion of the C4ISR campus, construction is ongoing and continues to progress at an advanced rate. Troop Ready Dates for all buildings in Phase One and Phase Two will occur before September 2011, in compliance with BRAC law.

Stakeholders gather to sign final steel beam for new ARL VTD facility

Story and photo by
JENNIFER DOWNING
ARL

A group of stakeholders in the construction of the new U.S. Army Research Laboratory Vehicle Technology Directorate facility met on April 15 at Aberdeen Proving Ground for an informal signing of the building's final steel beam.

The facility's purpose will be to research, develop, test, and evaluate across multiple disciplines including propulsion, structure, aeroelasticity and autonomous control of air and ground vehicle systems. It is located behind the Rodman Laboratory and is expected to be completed by May 2011.

Representatives from the U.S. Army Corps of Engineers and contractor Walbridge Aldinger attended the ceremony. ARL's Mark Nixon, director of VTD, and Gary Klann, Base Realignment and Closure facility lead, were also present to discuss the progress of the VTD facility.

Michael Cygan, project manager for Walbridge, the primary contractor, estimates that one-third of the project is already complete, and it is scheduled to be finished by the deadline. The steel portion of construction began in January, and the team will continue to work towards completion by adding unique walls and other distinctive features.

"We had some challenges to overcome with the snow this past winter, but we are moving forward and have overcome any challenges from the bad weather," Cygan said. "We are working hard with the subcontractors to ensure that our work is nothing short of high quality."

When VTD employees relocate from NASA-Glenn, Ohio and NASA-Langley, Va., they will have new and improved opportunities with their new facility, said VTD Director Dr. Mark Nixon.

"The site at APG will have customized, unmanned systems," he said. "We will have a better utilization of space without having to worry about making use of other facilities. This allows scientists to leave long-term experiments in the lab and not have to worry about time constraints."

According to Nixon, the new building will greatly benefit the directorate's mission. New specialized equipment will be brought in and the overall way scientists are able to approach their projects will be improved.

"Overall, this new facility will enable us to form research that allows us to be more continuous in our efforts," said Nixon. "While we will still have some reach back capability, this is a cost-saving effort in both facility utilization and personnel time."



ARL VTD employee Stephen Wilkerson participated in the ceremonial signing of the final beam. The last piece of steel is going to be placed on the building in the near future.

Community Notes

FRIDAY

MAY 21 BASKET BINGO

The Woven Dreams Team Relay for Life will sponsor Basket Bingo, 10 p.m., at Patterson Mill High School Cafeteria, 85 Patterson Mill Road, Bel Air. Doors open 9:15 p.m. Tickets cost \$10 each, extra packs cost \$5 each. Proceeds to benefit the American Cancer Society. Food, drink, baked goods, 12 game bingo event specials and raffle will be available. Bring a canned good and/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

MAY 22 FLY A FISH

Create funky fish kites and watch as the kites swim across the sky. This program will be held 11 a.m. to 12:30 p.m. for ages 7 to adult; ages 7 to 10 must be accompanied by an adult. The cost is \$4.50 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.

MIGRATORY BIRD MINI-FESTIVAL

Join people around the world to celebrate migratory birds and learn about their conservation. Games, crafts, bird walks and pontoon boat bird cruises for the whole family. This program will be held 3 to 5 p.m. for Families. The cost is \$3 per person or \$10 per family and includes pontoon boat ride (30 lb. minimum). 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.

SUNDAY

MAY 23 BASKET, PURSE AND JEWELRY BINGO

Aberdeen High School Girls Soccer will sponsor Basket, Purse and Jewelry Bingo, 7 p.m., at the Aberdeen Fire Hall, Rogers Street, Aberdeen. Doors open 6 p.m. Tickets cost \$12 each, extra packs cost \$5 each. Bring a non-perishable food item for a bonus

prize ticket.

For more information or to purchase tickets, call Brenda Conjour, 410-273-7332 or Lisa Whittle, 410-273-7393.

INVASINATORS

Become a part of the volunteer team of invasive plant removers and native plant restorers. Learn why non-native invasive plants are a threat to the ecosystem, how to identify problem plants, and removal and restoration strategies. Wear sturdy shoes, long sleeves, and work gloves for field work in the Reserve each meeting date. Participants will receive an "Invasinators" T shirt after attending two work days. This free program will be held 1 to 3 p.m. for ages 14 to adult. Registration is required.

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

KITCHEN HERB GARDEN

Learn about some culinary herbs that are great to have right at hand in the kitchen. Start a garden today with a window planter. This program will be held 3 to 4:30 p.m. for ages 14 to adult. The cost is \$6 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.

THURSDAY

MAY 27 MARYLAND WINE CRUISE

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

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

FULL MOON HIKE

Come to the Center for a hike in the Park under a full moon. This free program will be held 8:30 to 9:30 p.m. for all ages; ages 8 and under must be accompanied by an adult. Registration is required.

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

FRIDAY

MAY 28 MARGARITAVILLE CRUISE

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

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

PONTOON DATE NIGHT

Drop the kids off at the Center at 6:30 p.m. then allow the staff to sweep participants away for an evening of romance while cruising the estuary and watching the sun go down. This program will be held 7 to 9 p.m. for ages 21 and up; children ages 3 to 12 must be potty trained. The cost is \$30 per couple. 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.

SATURDAY

MAY 29 MARGARITAVILLE CRUISE

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

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

MEMORIAL DAY PADDLE AND PICNIC

Pack a bag lunch and hit the water for a canoe trip to Snake Island and picnic among the beaver and sassafras. This program will be held 11 a.m. to 1:30 p.m. for ages 8 to adult. The cost is \$10 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.

SUNDAY

MAY 30 SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 7 to 8:30 p.m., on the Skipjack Martha Lewis. Experience a sunset to remember. Tickets cost \$25 for adults and \$15 for children ages 10 and under. The

ship will cruise around the Susquehanna flats area for a relaxing sail. Reservations are required.

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

KAYAK WITH YOUR KIDS

Have some outdoor fun with the kids while paddling around Otter Point Creek. Bring water and a substantial snack. This program will be held 1 to 3:30 p.m. for ages 5 to adult; only one 5 to 7 year old per boat. The cost is \$10 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.

MONDAY

MAY 31 LIGHTHOUSE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a narrated lighthouse cruise, 11 a.m. to 2 p.m., aboard the Skipjack Martha Lewis in Havre de Grace. Tickets cost \$35 for adults and \$17 for children ages 10 and under.

Reservations are required. Cost includes a three-hour cruise enjoying water views of three area lighthouses: Concord Point, Turkey Point and Fishing Battery Island. A box lunch is also included.

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

SATURDAY

JUNE 5 13TH ANNUAL WADE IN

The Anita C. Leight Estuary Center will sponsor the 13th Annual Wade In Festival. Join the Tributary Strategy Team and the Estuary Center for an afternoon of watery fun. Retired Senator C. Bernie Fowler began the Wade In to measure water quality and carry on the tradition of wading into the waters of Otter Point Creek. There will be lots of Family activities, including live music, fish printing, decoy carving demonstrations, pontoon boat rides, fish seining, canoeing, face painting and more. The festival will be held from 2 to 5 p.m. This event is free. 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.

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

POST SHORTS

The Staff Duty NCO will coordinate your referral. To avoid Point of Service copayment charges, you will need a referral to go to any Urgent Care Center/Clinic. Care from a hospital Emergency Room does not require a referral. If unable to reach Staff Duty and you cannot wait, seek the nearest participating facility. Please call the clinic the following business day. The Kirk U.S. Army Health Clinic Referral Management telephone number is 410-278-1736. The Patient Advocate telephone number is 410-278-1724.

RAB meeting May 27

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., May 27, at a new location: The Ramada Conference Center, 1700 Van Bibber Road, Edgewood.

The topics of the meeting will be an update of J-Field, Canal Creek and Follow-up on O-Field Study Area.

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

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

Ironhorse Bike Rally highlights safety

All are invited to the 2nd Annual Ironhorse Bike Rally on May 27. Registration opens at 8 a.m. at Aberdeen VFW Post #10028. Bikes will leave at 9:30 a.m. and tour the Northern Maryland area, finishing at Havre de Grace American Legion Post #47 for a raffle of door prizes provided by community sponsors. Free registration is also available online at www.apgmwr.com. Safety is paramount! Safety brief at 7 a.m. at the APG Aberdeen Area PX parking lot, with a review of T-CLOCS basics and a bike inspection.

Kirk closes for holiday

Kirk U.S. Army Health Clinic will be closed May 28 for a Training Day and May 31 for Memorial Day.

It is important to pick up prescriptions before May 28.

For medical services needed after hours, weekends or federal holidays, contact Staff Duty, 410-278-1725 or 443-807-0725 and initiate a referral. To avoid Point of Service charges, patients will need a referral to go to any urgency clinic. Emergency room visits do not require a referral. If unable to reach Staff

Duty, seek the nearest participating facility. Call the clinic the following business day.

KUSAHC Referral Management telephone number is 410-278-1799. The Patient Advocate telephone number is 410-278-1724.

Edgewood Area blood drive

The U.S. Army Public Health Command (Provisional) will hold a blood drive 9 a.m. to 1 p.m., June 3 at the Chemical Demilitarization Training Facility, building E4516. Come out and support the Armed Services Blood Program (ASBP) by donating a unit of blood. Donors are reminded to bring photo identification.

For more information or to schedule an appointment, visit www.militaryblood.dod.mil and enter sponsor code EDGMD.

235th Army Birthday Specialty Meal June 15

The 235th Army Birthday Specialty Meal will be held in the Aberdeen Area dining facility building 4503 and the Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m., June 15.

During this event all military personnel, Family members, Department of Defense civilians, retirees and guests are invited to dine.

The Holiday meal rate of \$7 applies to any officer, enlisted member, and Family member of sergeant or above, DoD civilian, retiree and their guests. The discount meal rate of \$5.95 applies to spouses and other Family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes buffalo wings with bleu cheese dressing, chilled spiced shrimp, grilled steak with sautéed mushrooms and onions, Maryland fried chicken, vegetarian casserole, barbecue riblets, pub burger, chili dogs with cheese and onions, chicken tenders, smoked hoagie, assorted deli wraps, old bay fries, onion rings, potato chips and pretzels, macaroni and cheese, baked beans, baked potato, baked sweet potato and all the fixings, buttered corn on the cob, broccoli and cheese sauce, Southern style potato salad, macaroni salad, cole slaw, fruit salad, assorted condiments, hot dinner rolls, corn bread, assorted breads, Army birthday cake, apple pie, big chocolate chip cookies, watermelon, assorted fresh fruits, soft serve ice cream with assorted toppings, assorted condiments

and assorted beverages.

Note: Menu is subject to change without prior notification.

For more information, call Edward Parylo or Ernest Green, 410-278-3142/3892.

Green Dragon Ball

The National Capital Region 2010 Joint CBRNE Green Dragon Ball will be held Saturday, Aug. 14 at Top of the Bay. Keynote speaker will be Honorable Paul McHale, Jr., former Assistant Secretary of Defense for Homeland Defense. For more details visit the Green Dragon Ball Web site www.edgewood.army.mil/greendragonball/index.html. For more information, call Tracey Kelly, 410-436-4438 or Capt. Jessica Perez, 410-436-4000, or email to apg.green.dragon.ball@conus.army.mil.

Volunteer drivers needed

The Veterans Administration Maryland Health Care System needs a few good drivers to serve at the Fort Howard Outpatient Clinic, transporting veteran patients to and from scheduled appointments. The VA Maryland Health Care System will work around a volunteer's availability. Drivers for

weekday mornings or afternoons are needed. Volunteers can work one day a week or more, or whatever best suits their schedule.

For more information or to sign up, call David Sevinsky, voluntary service specialist, 410-605-7102/7000 ext. 3929.

Hunter safety classes offered

Hunter safety classes will be held June 8, 10 and 12 and July 13, 15 and 17 in building 4303. Classes on Tuesdays and Thursdays will be held 6 to 10 p.m. Classes on Saturdays will be held 8 a.m. to noon. All classes will be held building 4303. Students must attend class all three days.

An additional class will be offered Sept. 19 for ages 16 and older.

For more information or to register, call 410-671-9070. Please leave a message if no one answers. An instructor will contact students to verify their space in the class and obtain additional registration information. Do not call after 9 p.m.

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



FAMILY AND MORALE, WELFARE & RECREATION

Toby Keith concert features former American Idol

Story by
YVONNE JOHNSON
APG News

Katharine McPhee is a singer, songwriter, and actress who gained fame as a contestant on the fifth season of the Fox reality show American Idol in 2006, eventually finishing as the runner-up.

McPhee will appear with co-special guest Carter's Chord in the Army Concert Tour featuring country star Toby Keith at Aberdeen Proving Ground's Shine Sports Field June 5. Gate opens 6 p.m., show begins 7:30 p.m. Tickets cost \$35 in advance, \$45 the day of the show.

Tickets are available at the Leisure Travel Office in the Aberdeen Area Recreation Center, building 3326, 410-278-4721, Tuesday thru Friday, 11 a.m. to 6 p.m.; Stark Recreation Center in the Edgewood Area, building E4140, 410-436-2713/3595, Monday thru Friday, 11 a.m. to 2 p.m. Or, order tickets online at www.apgmwr.com. Non-ID card holders can order tickets through TICKETMASTER at www.ticketmaster.com. This is a rain or shine event with lawn seating and no refunds.

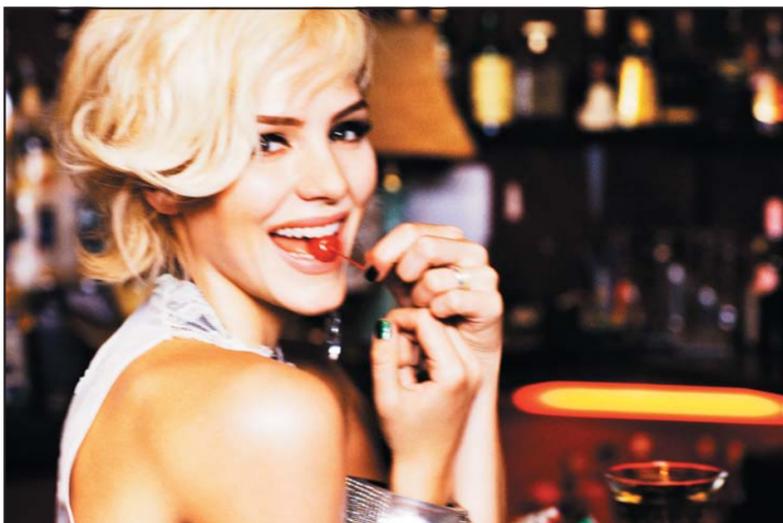


Photo courtesy of FMWR

Looking for volunteers

FMWR needs volunteers to work at concert venues. To volunteer, e-mail mwr.marketing@conus.army.mil

For more information, visit the MWR Web site at www.apgmwr.com or call 410-278-4011.

Katherine McPhee

Wikipedia.com

McPhee's debut album was released on RCA Records in January, 2007 and debuted at #2 on the Billboard 200 and has sold 378,000 copies. The album's first single, "Over It," was a

Pop Top 30 hit and was certified Gold in 2008.

In January, 2009, McPhee signed a new record deal with Verve Forecast Records. The album, "Unbroken" was released January 5, 2010 and debuted at #27 on the Billboard 200 chart, selling 15,000 copies its first week

A new version of the Unbroken single "Terrified" featuring actor Zachary Levi, the star of the NBC TV show 'Chuck' (the original album version featured singer Jason Reeves), premiered on Entertainment Weekly's Web site and was made available for purchase on iTunes earlier this month. The accompanying music video premiered on the music video Web site Vevo.

McPhee acting credits include guest starring on the CBS TV show CSI: NY in the episode "Prey" in which she played a singer and stalker victim who murdered her stalker; and co-starring in The House Bunny in 2008 as the hippie sorority sister 'Harmony.'

For more on McPhee, visit her Web site at www.katherinemcphree.com.

Activities/Events

A sports program for children with special needs

"For every player who has a dream."

All military, civilian and the community are invited to participate in the League of Dreams program. This program provides baseball and softball opportunities to girls and boys who would otherwise be incapable of playing in "traditional" leagues.

There will be an introduction and registration meeting 6:30 to 8 p.m., May 26, at the Aberdeen Area Recreation Center, building 3326.

Games will be played 10 a.m. to noon each Saturday, from June 26 through July 31, at youth fields at APG. The final game

will be played the second week of August at Ripken Stadium.

The cost to participate is \$20 per person. Girls and boys ages 5-18 can sign up. Parents and siblings are welcome. Coaches and volunteers are needed.

For more information or to register, call 410-719-1641, visit www.leagueofdreams.org or e-mail fkolarek@leagueofdreams.org.

Birdie Cafe opens at Exton Golf Course

The Birdie Café is now open for the golf season at Exton Golf Course in the Edgewood Area. Patio or indoor seating is offered at the Exton Clubhouse. The café is open 10 a.m. to 2:30 p.m., Monday through Friday

and 10 a.m. to 4:30 p.m., Saturday and Sunday. Menu options include grilled hot dogs, burgers, chili and pulled BBQ Chicken sandwiches, chips, snacks, and assorted beverages.

MWR Leisure Travel offers discount tickets to amusement parks

MWR Leisure Travel offers discount tickets to amusement parks in Maryland, Pennsylvania, New Jersey and Virginia. Get discount tickets for Six Flags America, Six Flags Great Adventure, Dorney Park/Wild Water Kingdom, Dutch Wonderland, Hershey Park, Sesame Place, Busch Gardens, Kings Dominion, Colonial Williamsburg and more.

Take advantage of the Atlantic City Daily Run for \$28 per person, roundtrip transportation included. Discount tickets are also available for the Baltimore Zoo, Luray Caverns, Va., Longwood Gardens, Pa., Medieval Times Dinner and Tournament, the National Aquarium, Regal Movie Theaters, Spirit Cruise in Washington, D.C. and more.

Prices are subject to change without notice. Gate prices may include tax and other applicable fees. Season passes are only available for a limited time; season passes are prepaid tickets, and should be ordered three weeks in advance.

For seasonal tickets and specials visit www.apgmwr.com. Prices are subject to change

without notice.

For more information, call MWR Tickets and Leisure Travel Services, building 3326, 410-278-4011/4907 or e-mail APGR-USAG-MWR-Leisure-Travel@conus.army.mil.

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.

SKIES Unlimited

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

Private Piano lessons

SKIES Unlimited private piano lessons will be given for ages 4 through 18, 1 to 7 p.m., on Monday or Tuesday, June

21 through July 19, and July 26 through Aug. 16, at the AA Youth Center, building 2522.

Lessons cost \$68 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 recom-

mended by the instructor.

Pirate Clinic for Mateys

Arrggghh, mateys! Ages 4 to 6 can join a Pirate Clinic, 5:30 to 7:30 p.m., from June 28 to July 1 at the Aberdeen Area Youth Center, building 2522.

Welcome to SKIES Unlimited pirate cove where all the pirates will gather for a brand new adventure. Pirates aboard our ship will make their very own feather swords, discov-

er the many places pirates explored or searched for buried treasure and more. Cost is \$45 per person. There will be a pirate ship race at the conclusion of festivities. Yo Ho, Ho... It's a Pirate Cove for you. Every pirate should bring a nut-free snack daily.

Little Princess Workshop

Girls ages 4 to 6 will stretch their imaginations as well as their toes as they dance their way through a storybook collage of fairy tales. The Little Princess Workshop will be held 5:30 to 7:30 p.m., June 21 to 24, at the Edgewood Area Youth Center, building E1902. Children will explore elements of creative movement, modern ballet, tap, and jazz, and construct simple costumes and props in a daily craft activity. Look forward to an enchanting dance presentation for Family and friends.

Clothing should include solid color leotard, pink tights, ballet slippers, tap shoes (or hard-soled shoes) or a favorite princess costume. Bring a snack and drink daily. Cost is \$45 per child.

Private Guitar Lessons

Private guitar lessons for ages 7 through 18 will be held 1 to 7 p.m., on Monday or Tuesday, June 21 through July 19 and July 26 through Aug. 16, at the AA Youth Center, building 2522.

No experience is necessary. Cost of the lessons is \$68 per student and includes one 30-minute session per week for six weeks, once a week.

Students also are required to purchase books required for the course as recommended by the instructor.

Books are a onetime purchase. Students must also provide their own guitar.

APG pools, Chesapeake Challenge open May 29

Pool passes can be purchased at Aberdeen Area Outdoor Recreation, building 2407 and Edgewood Area Recreation Center, building E4140.

Aberdeen Area

Olympic Swimming Pool, building 3325

Open weekends only through June 13, plus Aug. 28 and 29, Sept. 4 thru 6. The Olympic Pool will open May 31.

- Daily operation: June 13 thru Aug. 22
- Labor Day weekend: Sept. 4 thru 7
- Closes Monday, Sept. 6
- Child, Youth and School Service Day Camp 9 to 11 a.m., Monday thru Friday, June 14 thru Aug. 16
- Open swim: 11:30 a.m. to 7 p.m.
- Lap swim lane available during standard hours
- Weekend operation schedule: 11:30 a.m. to 7 p.m.

The Olympic pool will be closed June 5 and 6 due to the concert.

Edgewood Area

Bayside Swimming Pool, building E4655

Open weekends only thru June 13 thru Aug. 22, plus Aug. 28 and 29, Sept. 4 thru 6. The Bayside Pool will open May 31.

- Daily operation: June 13 thru Aug. 22
- Labor Day weekend: Sept. 4 thru 7
- Closes Monday, Sept. 6
- Child, Youth and School Service Day Camp 9 to 11 a.m., Tuesday and Friday, June 15 through Aug. 13
- Open swim: 11:30 a.m. to 7 p.m.
- Lap swim lane available during standard hours
- Weekend operation schedule: 11:30 a.m. to 7 p.m.

Pool pass fees

Daily passes

Daily	\$5
Under 5	Free
Guest of eligible patron	\$9
5 and under (guest)	\$2
Active duty and immediate family members	Free
Lap swim	\$2

30-day pass

Individual	\$35
Family	\$70

Season passes

Individual	\$85
Family	\$175

Swimming lessons will be offered in the Aberdeen and Edgewood Areas. Lessons cost \$50 per person for the first session and \$45 for each additional member of the same Family. There will be a 10 percent discount for each additional session.

Chesapeake Challenge hours and prices

Chesapeake Challenge Amusement Park

Chesapeake Challenge opens May 29 for weekends only through June 13, plus Aug. 28 and 29, Sept. 4 thru 6. Chesapeake Challenge will open May 31.

Summer hours will be 4 to 8 p.m., Monday, Thursday and Friday, June 17 thru Aug. 22; 2 to 8 p.m., Saturday and Sunday. Patrons can use the park on Tuesday and Wednesday by appointment. Chesapeake Challenge will close for the summer Sept. 6.

Amusements include go-kart rides, miniature golf, batting cages and arcade room.

Patrons must be 10 years of age and 54 inches or taller to ride go-karts alone. They must meet both requirements and cannot drive if only fulfilling one requirement. Those patrons who are unable to drive go-karts solo can ride as a passenger with another individual who is age 16 or older.

- Patrons must be 7 years of age to use Batting Cages
- Go-kart rides cost \$6 for five minutes
- Batting cage tokens cost \$.50 for 10 pitches
- Miniature golf costs \$3 per person for 18 holes, for age 6 and older
- Miniature golf costs \$1 per person for 18 holes, for age 5 and younger

Party at the Park

Birthday Party packages for groups of 10 or more are available ranging from \$7 to \$15 per person.

A two hour party costs \$300 unlimited use of all activities (arcade not included).

May bowling specials

- Bowl Monday through Friday, 1 to 4 p.m. for \$1 per game. Shoe rental costs \$.75.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza and one pitcher of soda for \$32.

- Cosmic Fridays, bowl 9:30 to 11 p.m.; up to six people can bowl for \$16 for one hour. Includes shoe rental.

Call for availability of lanes on discounted days and hours.

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 May 17

Special #1: Crab cake with French fries, coleslaw, cookie and regular soda for \$10.50.

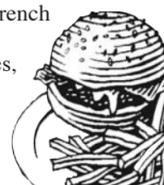
Special #2: Chicken salad sandwich with potato chips, cookie and regular soda for \$5.95.

Week of May 24

Special #1: Chicken Tender Sub with French fries, cookie and regular soda for \$7.25.

Special #2: Pork BBQ with French fries, cookie and regular soda for \$6.25.

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



Developmental Test Command health promotion program benefits all employees

Story by
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DTC Public Affairs

Employees of the U.S. Army Developmental Test Command not only work for an organization that promotes their professional development but also one that promotes their health and well-being. Though in place for less than four years, the DTC health promotion program has grown far beyond its original concept and has become a model for similar programs within the U.S. Army Test and Evaluation Command, DTC's major command.

Its impetus came from DTC's former commander, Brig. Gen. Frank "Del" Turner, who wanted to institutionalize health and fitness ideals into DTC's predominantly civilian workforce, much like the fitness culture that exists within the ranks of the Army's uniformed members.

Others have had an influence in shaping the program. Richard Shipe, chief of DTC's Safety Division, had experience with a similar program when he was the U.S. Army Aberdeen Test Center's safety chief, working in partnership with the Kirk U.S. Army Health Clinic, and he thought DTC should have one as well.

"One of the services we wanted was a nurse to support our work force," Shipe said of the ATC program. "Originally, we just wanted her to help us schedule workers' physicals, but over time her role evolved. She developed a rapport with them and was able to 'put out her shingle,' monitoring blood pressures, and counseling on nutrition and other topics. The workforce loved it."

After arriving at DTC, Shipe discussed ATC's health program with Dal Nett, DTC's former Safety Division chief, who at the time was trying to get a program of that type off the ground. Nett then went to see Turner with the information he had gotten from Shipe in his hip pocket, and Turner and DTC's chief of staff, Karen Taylor, started the ball rolling to hire a program coordinator.

Turner turned to DTC's Safety Division to outline, establish and implement the program, with that task subsequently falling to the division's Nick Cavallaro. Cavallaro became the technical point of contact for the new program, augmenting a local-services contract with Aberdeen Test Support Services for the position. ATSS hired Joe Althoff in December 2007 to orchestrate the Safety Division's health-promotion program.

"The Army has overarching goals every year in health and wellness that help us focus the program, but the strategic vision for the program comes from our front office," Shipe said. "We get active support from all of DTC's leadership. Every year, they push us to make the program more inclusive, and their support isn't limited to giving



Jonathan White, an Aberdeen Test Center employee, receives a flu mist from Montora Moyes during DTC's health fair in 2009.

advice. Just go to one of Joe's health fairs, and you'll see the executive officer making sure things are running smoothly. The same goes for our (plans and operations) director, Lou Brown. Lou helps us turn wishful planning into real activities. He puts common sense into the program's initiatives, making sure each step we take is something we can really achieve."

"The program has been allowed to thrive because of the demonstrated commitment of DTC's leadership," Cavallaro added. "Karen Taylor has fully supported our initiatives and has continued to allocate the resources for our contract. Without her backing, we would have floundered, given these times of austere budgets."

The idea for having a health fair at DTC's headquarters came from Turner, Althoff said.

"All of the employees who attended seemed to appreciate the effort, and that the leadership here truly is invested in their overall well-being," he said. "We also did healthy cooking sessions once a month and staged a healthy cooking contest."

Just as people cannot stay healthy by standing still, neither can a program such as DTC's.

"Much like the Army, the program has been in transition, and continues to evolve every day," Althoff said. "Health promotion is a dynamic process. It never stands still because if you stand still, you lose your participation."

Among other activities,

Althoff has encouraged DTC employees to sign up for the President's Challenge, a health-promotion program sponsored by the President's Council on Physical Fitness and Sports. The program encourages participants to select their favorite activities and then log their weekly progress into an Internet site to rack up points for the amount and duration of physical exertion they put in each week. Participants earn awards based on the number of points they tally.

DTC's Gary Appel recently garnered a gold award for his weekly activities under the program. Appel said he has been running three times a week, usually racking up 12 to 14 miles per week. He also has been keeping fit with a program called P90X, a system of 12 targeted exercises that has software to support its users.

"These programs have helped me stay in shape," he said.

A layman's conventional wisdom regarding health promotion is that it's all about diet and exercise, but it's so much more than that, Althoff explained.

"Your overall health status includes how you interact with people, the daily stresses you encounter, your internal thought processes, your values and your environment," he explained. "Health promotion looks at all of those things. We call it the components of wellness. They are physical, emotional, spiritual, social, occupational, and intellectual. The idea is to entertain all of those components, so

it's about teaching individuals and giving them the knowledge to make decisions about those aspects of life that impact their wellness. That's really what health promotion is all about."

The program has come a long way since its inception at DTC, Shipe said.

"Although the screenings, exercise programs and classes the program offers have touched a large portion of the DTC workforce, our goal is to include everybody," he said. "I wish there was a formula we could use to create a comprehensive wellness program for the command, but there isn't. We'll keep experimenting with different initiatives to improve the program. Ideas that work, we'll expand on. I don't think the program will ever be complete. Initiatives will always be expanding and changing to meet the needs and interests of the workforce."

"The challenge in designing and carrying out a program that is successful is continuously finding topics that pique people's interest, so built into the program we regularly conduct assessments to gauge the interest level of the workforce," Althoff said. "Using that information, we focus on subject matter for which interest is shown to be high."

As the program has evolved, one change has been that employees now are approaching Althoff unsolicited to tell him of their vision of what they would like to see the program become.

"The employees here really have taken ownership of this program and of their own health and well-being," he explained. "They're looking at how the information they get here can impact their Family members and their Family life."

DTC's Health Promotion Program tries to incorporate simple solutions to making workers healthier. Solutions that are easy to implement are the ones most likely to be successful, Althoff said.

"We've all seen the infomercials where health and fitness gurus are giving us great advice – eat this or use that – but how does anyone fit these super foods, these drinks, these elixirs or these exercise routines into the realities of an already crowded life? It's difficult, if not impossible. So I like to come up with very simplistic solutions. It might not seem like much, but if you start to practice little things over a long period of time, they have a substantial effect – something as easy as getting up every couple of hours from your desk and taking a walk around the building."

Althoff's duties include helping each test center develop health promotion initiatives. Each DTC test center has a unique population and situation, so trying to create a one-size-fits-all health-promotion program for all of them doesn't work very well, Althoff said.

"I go out once a year to visit key health-promotion personnel at the test centers and talk to them about what I can do to help, but I also do a lot of what I call their grunt work," he said. "For instance, I'll take the policies that were written and published here for the health-promotion program and send them out to the test centers to be used as templates, so now they can take that template and shape it to their specific needs. The key for the test centers is the consistency of their health-promotion activities and initiatives, so at least once a quarter, I put out information on what's going on in the health-promotion world and what we're doing here at DTC headquarters – trying to build them up to a good program, according to the abilities and resources they have."

The people who helped to develop the program at DTC also benefit from it.

"Every year, I take advantage of the health fair," Shipe said. "It offers the chance to look at a number of issues in a short time, and if they are offered, I take advantage of the flu shots. I also read 'Wellness Works' (the program's newsletter) every month. In fact, I share it with my Family. That's something you can do whether you exercise or not. As far as exercise, I like to do it after I get home from work, usually with my wife. It's easier to work out if you have someone to do it with. For us, it's a chance to spend some time together and catch up on the day's events."