

APG NEWS



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

September 15, 2011 Vol. 55, No. 37

APG remembers 9-11



Photo by Tom Faulkner

Some of the hundreds of APG Soldiers and civilians who gathered at the post theater Sept. 9 to commemorate the 9-11 tragedy inspect the installation's "Maryland's Fallen Heroes" monument.

Boost health smarts at fair

By **YVONNE JOHNSON**
APG News

The Community Health Promotion Council and Kirk U.S. Army Health Clinic will host a Health Fair for the Aberdeen Proving Ground community 10 a.m. to 2 p.m. at the APG South (Edgewood) recreation center Sept. 21.

"With the focus on workplace health due to the growing civilian population, the health fair will be a great opportunity to bring awareness about the increased access to health information for members of the APG community," said Wendy LaRoche, APG Health Promotions Officer, U.S. Army Public Health Command.

"We want to invite both military and civilian personnel to come out and participate in this interactive experience where they will learn about health and wellness."

Sunaina Singh, Kirk U.S. Army Health Clinic Community Health Nurse, said the purpose of a health fair is to increase community knowledge of various health topics and empower individuals through the utilization of preventive screenings.

Singh said advantages to attending a health fair include assuming responsibility for personal health, which can include developing a personnel plan to maximize health and longevity, such as using early screening information to detect chronic diseases like diabetes, hypertension and osteoarthritis; obtaining

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Community gathers for Patriot Day

By **YVONNE JOHNSON**
APG News

Aberdeen Proving Ground community members gathered at the post theater Sept. 9 to remember those who lost their lives a decade ago in the Sept. 11, 2001, terrorist attacks.

During the somber ceremony, guests listened to a recollection of the attack in New York from 9-11 survivor and guest speaker Anthony Cruz who worked in an office building across the street from the World Trade Center and witnessed the collapse of the towers.

"It warms my heart to be with you here today, knowing the great sacrifices so many of you made over the past 10 years," said Cruz, who recounted for a full audience the day's horrific event.

In addition to memorializing the victims,

See **9-11**, page 12

Survivor finds way to mourn

By **ROGER TEEL**
RDECOM Public Affairs

Anthony Cruz vividly remembers the beautiful clear blue sky over the eastern seaboard as if it were yesterday.

It was September 11, 2001, and Cruz had taken a train from his home in New Jersey to his stop in the basement of the World Trade Center. He was having a breakfast sandwich at his favorite deli with friends when he first realized something was wrong.

"I heard screams and saw people running to exit the building," Cruz told an APG audience of nearly 300 during the 2011 Patriot Day, 10th Anniversary

Remembrance Ceremony here Sept. 9.

"I got out of there, too," he quickly added.

"When I got out I looked up and saw smoke billowing from the building. I thought, 'Wow! This is a towering inferno, just like the movie.'"

It was the beginning of a long day for Cruz, a Ground Zero survivor of the devastating terrorist attack on our county.

"To my dismay, something that looked like paper flying through the air was people falling to their deaths. I screamed, 'Don't jump!' and then saw

See **SURVIVOR**, page 12



Photo by Yvonne Johnson

Hunting season kicks off

Jesse Guilbault, a CECOM software engineer, practices for deer hunting season on the APG Hunting Management Facility archery range Sept. 12. Deer hunting season for archery starts today at APG. SEE PAGE 13 FOR FULL STORY.

Panetta: Retirement changes won't affect troops still serving

Army news service

In his clearest statement on the subject to date, Defense Secretary Leon E. Panetta said Aug. 22 that if the military retirement system changes, it will not affect serving service members.

"I will not break faith," the secretary said during a roundtable meeting with military media representatives in the Pentagon.

Panetta's predecessor, Robert M. Gates, asked the Defense Business Board to look at the military retirement system and make recommendations. The final report is due later this month, but Panetta said he is familiar with the outlines of the proposal.

"I certainly haven't made any decisions" on retirement, he said.

"People who have come into the service, who have put their lives on the line, who have been deployed to the war zones, who fought for this country, who have been promised certain benefits for that -- I'm not going to break faith with what's been promised to them," Panetta said.

People in the service today will come under the current retirement system, which gives retirees 50 percent of their base pay after 20 years of service.

"Does that stop you from making changes?" Panetta asked. "No, because obviously you can 'grandfather' people in terms of their

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WEATHER

Thurs.



74°|50°

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CUTTING COSTS
TRICARE cuts pharmacy home delivery co-pay. **PAGE 5**

OPINION

SEPTEMBER IS ARMY SUICIDE PREVENTION MONTH

The total Army, top to bottom, watching out for each other

When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do.

There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"

And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide.

And the Family member who felt desperately alone and overwhelmed during another deployment.

A painful loss

Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or coworker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month, coinciding with National Suicide Prevention Week Sept. 4-10. The Army focuses on this urgent issue year-round but intensifies its efforts this month to ensure every Soldier, civilian and Family member knows what resources are available to them.

The Army has developed Ask, Care,



From the IMCOM side, we are hiring more ASAP counselors and Suicide Prevention Program managers, and revising the Total Army Sponsorship Program to help transitioning Soldiers, Civilians and Families build connections with their new communities.

Escort training to equip everyone to take care of a person at the point of crisis until a professional can assist. ACE is available through the garrison Suicide Prevention Program and the Army's Suicide Prevention website (www.armyg1.army.mil/hr/suicide/default.asp).

Other resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers, unit and garrison chaplains, and the Comprehensive Soldier Fitness Program.

From the Installation Management side, we are hiring more ASAP counselors and Suicide Prevention Program managers, and revising the Total Army Sponsorship Program to help transitioning Soldiers, Civilians and Families build connections with their new communities.

One key component to successful prevention efforts is a fully engaged, committed leadership. Great lead-

ers create a culture in which people observe standards and discipline, and also get to know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

No more cause

Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way--in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events--until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.

Lt. Gen. Rick Lynch

IMCOM Commanding General



APG shows support to the tune of 8,405 lbs

I would like to send a big thank you to the Aberdeen Proving Ground Commissary and to all the other APG organizations that participated in the Feds Feed Families food drive campaign.

The food drive was held the entire month of August. During this time, APG Soldiers, civilians, retirees and Family members donated 8,405 pounds of non-perishables which was distributed to six local food banks.

Feds Feed Families is a government-wide effort to support local food banks led by the Chief Human Capital Officers Council, in partnership with the Office of Personnel Management, the Department of Defense and the Department of Agriculture.

The abundance of support for such a worthy cause shows that the APG community stands ready to support its friends and neighbors in surrounding counties.

Again, thank you all for your support.

Sincerely,

Diana Hayes

Army Community Service

New Army chief of staff ready for mission

I am honored and humbled to be your 38th Chief of Staff. Over the last 10 years our Army has proven itself in arguably the most difficult environment we have ever faced.

Our leaders at every level have displayed unparalleled ingenuity, flexibility and adaptability.

Our Soldiers have displayed mental and physical toughness and courage under fire. They have transformed the Army into the most versatile, agile, rapidly deployable and sustainable strategic land force in the world.

Our Army is the nation's force of decisive action, extremely relevant and highly effective for a wide range of missions.

Trust is the bedrock of our honored profession - trust between each other, trust between Soldiers and leaders, trust between Soldiers and their Families and



In the coming weeks I will share thoughts on our way forward. You are the best our country has to offer. I look forward to seeing you as I visit your camps, posts, stations, and operating bases.

the Army, and trust with the American people.

Today is like no other time in our history. We remain at war, and our top priority is to win the current fight. It is also a time of uncertainty and historic change.

We face a multitude of security challenges, such as transnational and regional terrorism in places like Yemen, Somalia, North Africa and Pakistan's Federally Administered Tribal Areas.

We have the uncertainty of the Arab Spring, the proliferation of nuclear weapons, and challenges of rising powers. All of this is underpinned by fiscal constraint.

Despite the challenges, we confront the future from a position of great strength. Our Army will continue to be the best equipped, best trained, and best led force in the world. The strength of our nation is our Army; the strength of our Army is our Soldiers; the strength of our Soldiers is our Families. This is what makes us Army Strong.

Along with the Secretary of the Army, in the coming weeks I will share thoughts on our way forward. This includes sustaining our All-Volunteer Army, providing depth and versatility to the Joint Force, and ensuring flexibility for defense of our interests at home and abroad.

I am proud to serve in your ranks, filled by great men and women that willingly serve our country. You are courageous, confident, competent, and compassionate.

You live our Army Values 24/7 in all you do. Discipline, high standards, and fitness are your watch words. You are the best our country has to offer.

I look forward to seeing you as I visit your camps, posts, stations, and operating bases.

Thank you for your steadfast dedication and loyal service to our nation.

Raymond T. Odierno

Chief of Staff, U.S. Army

APG SEVEN DAY FORECAST

Thurs



74°|50°

Fri



65°|53°

Sat



69°|55°

Sun



70°|59°

Mon



71°|62°

Tue



73°|62°

Wed



77°|63°

APG NEWS

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IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; send e-mail to editor-apg@conus.army.mil or adriane.c.foss.civ@mail.mil or contact reporters Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Rachel Ponder, rachel.e.ponder2@mail.mil or 410-278-1149.

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

Staff

APG Commander Maj. Gen. Nick G. Justice
 APG Garrison Commander Col. Orlando W. Ortiz
 Public Affairs Officer James LaPaglia
 Editor Adriane Foss
 Contract Photojournalists Yvonne Johnson
 Rachel Ponder
 Graphic Designer/Web Designer Nick Pentz
 Web site www.apgnews.apg.army.mil

ATEC NCO on way to All Army Golf trials

Story and photo by
YVONNE JOHNSON
APG News

An Aberdeen Proving Ground non-commissioned officer who has been golfing only eight years has high hopes to distinguish herself as one of the Army's elite golfers.

Master Sgt. Sheila Sango, a career counselor with the U.S. Army Test and Evaluation Command, has been selected to compete in the All Army Golf Trials Sept. 23 - 26 at Fort Jackson, S.C.

Twenty to 30 of the Army's top golfers will compete in the trials and the top finishers from the 72-hole event will comprise the 2011 All Army Team which will compete against teams from the Air Force, Navy and Marines in the Armed Forces Championship Sept. 28 to Oct. 1, also at the Fort Jackson Golf Club.

This is Sango's second trip to the trials. She competed in 2010 and said she hopes to do better.

"I didn't do as well as I can; it was a very humbling experience," she said. "Through the grace of God, I will do well this year."

A native of California, Sango is a 21-year veteran who came to APG in March from Hawaii. She has two combat tours



in Iraq and Afghanistan and said she started playing golf while stationed at Fort Hood, Texas, after years of focusing only on softball.

"I used to love softball but for some reason I always enjoyed watching golf," she said.

Sango credits various coworkers and sergeants major who shared their knowledge of the game with her as she honed her skills. She said a Maryland-based international nonprofit golfing organization, along with Ruggles Golf Club manager Rick Bond and Ruggles pro Dave Correll, took her under their wings to help her along.

"She's not just a wonderful player she's even a nicer person. She's a joy to be around and she has a tireless work ethic. Even if it's raining, she's out here working on her game. We're all pulling for her."

Richard Bond
APG golf business manager

"Dave has been very valuable, he's given me great tips," she said. "There is no perfect swing. He takes your swing and works with that."

"The whole golf staff here has been helpful," said Sango. "They know what I'm out here trying to accomplish, and they do whatever they can to help."

Bond called Sango a great player who is driven to succeed.

"She's not just a wonderful player she's even a nicer person," he said. "She's a joy to be around and she has a tireless work ethic. Even if it's raining, she's out here working on her game. We're all pulling for her."

Deeply religious, Sango said she feels her first assignment on the East Coast is not by chance.

"I just know I'm here for a reason," she said. "I've found a nice church here and a beautiful place to perfect my game."

"I love being out here early in the mornings. Everything is quiet," explained Sango. "There's nothing here but you and nature. I see geese and deer, and I even saw a little fox out here. It's inspiring. So I just keep trying and trying. I know God will still love me whether I fail or succeed as long as I just don't quit."

New golf manager to boost the fun—and finances—at APG

By **RACHEL PONDER**
APG News

Richard Bond is hoping to put more than a quarter-century of experience, expertise and sheer love for the sport to the test as APG's new golf business manager.

A 25-year member of the Professional Golfers Association, Bond comes to APG after working as the business manager and PGA golf pro at Selfridge Golf Course, part of the Detroit Arsenal in Michigan, for 17 years.

During this time, he twice earned the James A. Carroll Jr. Award for Army Golf Manager of the Year and is one of only two people to have done so.

"That award is really a team effort,



Bond

said Bond, modestly. "We developed a great team up there and I believe, and am looking forward to, the employees here doing great things too."

If the Ruggles Golf Course renovations, completed in 2009, are any indication of what's to come, Bond says they are on the right track. He said the upgrades are impressive and makes the course and clubhouse much more competitive with the nearby high-end municipal courses.

Bond described the current operation as a "hidden jewel just waiting for the right person to lead it," and is banking on being able to better utilize the facilities to "bring back the fun" of golfing.

This includes adding to the current program's repertoire of junior and beginner golf clinics and couples tournaments. He said he is working with PGA golf pro Dave Correll to make this

a reality for the upcoming spring season. In addition to the beginner clinics, Bond and Correll will offer lessons for anyone who wants to improve their game.

Off the course, Bond is hoping his knowledge in the food service industry will help him attract customers to the Sutherland Grille, the club restaurant. His plans include increasing menu and entertainment options, adding call-in orders, shuttle service and promoting private parties.

From now through the season's end in November, the Sutherland Grille will provide breakfast from 6:30 to 9 a.m. During September, the restaurant will provide three daily specials. Customers can expect to see salads, patty melts, Ruebens, quesadillas, fish and chips, and freshly made chips and salsa on the menu on a trial basis.

"We will have the customer decide

on the winners, let them determine what will go on our revamped menu, which will debut the first week in October," said Bond.

In addition to making it a top lunch destination, Bond has set his sights on the post-work Happy Hour crowds with the addition of bartending services, live entertainment, karaoke and trivia contests and new widescreens that will broadcast multiple games simultaneously.

"Customers have to be the No. 1 priority," said Bond. "If they are happy, if they like what we offer, they will come."

For more information about Ruggles and Exton Golf courses, and to view the daily specials at the Sutherland Grille visit www.apgmwr.com/recreation/golf/.

For more information or to sign up for e-mail notifications that will include coupons, activities and specials, call 410-278-5486.

ECBC scientist wins award for life-saving advance

ECBC news release

The U.S. Army Chemical, Biological, Radiological and Nuclear School presented Carrie Poore, Ph.D., with the USACBRNS Enterprise Adaptation Award at Fort Leonard Wood, Mo., Aug. 1, 2011.

The award is designed to recognize extraordinary efforts by an individual who exemplifies the advancement of the Enterprise.

In her nomination, provided by Peter Schulze, the USACBRNS technical director, Directorate of Training and Leader Development, Poore was described as “an accomplished manager and scientist whose practical approach to the USACBRNS and Edgewood Chemical Biological Center partnership has had a towering impact in advancing the Combating Weapons of Mass Destruction Enterprise.”

Poore has supported ECBC for more than seven years and currently serves as the Advanced CBRNE Training Team Leader. In this position, Poore works under ECBC’s Directorate of Program Integration CBRNE Support team providing management and support to a number of programs, including the development and implementation of soldier chemical and biological defense training programs with the USACBRNS.



Poore

Poore is ECBC’s primary point of contact for the USACBRNS, and worked with Schulze to draft the current memorandum of agreement between CBRNS and ECBC.

ECBC provides unique support to the USACBRNS, allowing ECBC team members to work directly with Soldiers. Poore’s team was originally tasked to create an improvised explosive device (IED) recognition course that facilitates training on several IED related topics to include the chemistry of explosives.

Currently, the course trains Soldiers under varying environmental circumstances and locations, with up-to-date device information pulled from real-time in theater missions integrated into hands-on exercises. The Training Team has also expanded the course and implemented similar training to senior leaders, lieutenants and chief warrant officers.

The training provided by the Advanced CBRNE Training Team has the ability to save Soldiers’ lives by arming them with the knowledge to defend against chemical and biological threats.

Poore is extremely grateful for the award, though she refuses to take full credit, noting that her team “made it happen” and together they are able to work hard for the Soldier and give them the critical tools needed to perform their missions in the safest manner possible, while, at the same time, ensuring that both the USACBRNS and ECBC are successful.

TRICARE cuts pharmacy home delivery co-pay

TRICARE

Copayments for some medications provided through TRICARE Pharmacy Home Delivery are being reduced to zero.

As of Oct. 1, Home Delivery beneficiaries may fill generic prescriptions at no cost to themselves.

Generic formulary drugs purchased through Home Delivery currently cost \$3 for a 90-day supply, but as of Oct. 1 the copayment drops to zero.

“These new copays make using TRICARE Pharmacy Home Delivery more affordable than ever,” said Rear Adm. Christine Hunter, TRICARE Management Activity deputy director. “Home Delivery offers a great value for patients taking maintenance medications for chronic conditions.”

The following changes to the TRICARE pharmacy copayments are scheduled to go into effect Oct. 1:

- Generic formulary drugs purchased at retail pharmacies will go from \$3 to \$5.
- Brand name formulary drugs from retail pharmacies will go from \$9 to \$12.

■ Non-formulary medications will go from \$22 to \$25 in both retail and Home Delivery.

Brand name formulary drugs purchased through Home Delivery will have the same \$9 copayment. Copayments for prescriptions filled through Home Delivery cover a 90-day supply, but only a 30-day supply when purchased at a retail pharmacy.

“This is the first change to TRICARE pharmacy copays since 2002,” Hunter said. “Our goal is to keep costs as low as possible for our beneficiaries and DoD.”

Military, their families and retirees are increasingly using Home Delivery to get their maintenance medications conveniently delivered through U.S. mail – saving TRICARE about \$30 million in 2010. Use of Home Delivery has grown in 2011 by nearly 10 percent over 2010. More than 1 million prescriptions per month are filled through the service.

For more information about TRICARE pharmacy, the new copayment rates and Home Delivery, visit www.tricare.mil/pharmacy.



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Visit <http://ice.disa.mil>. Click on “ARMY” then “Aberdeen Proving Ground.”

HISPANIC HERITAGE MONTH

65th Infantry heroic chapter in U.S. — Hispanic history

By **DIANA KARAKOS**

Special to the APG News

Hispanic-Americans have enriched the fabric of our nation's history for centuries, proudly serving in the military at home and abroad.

One unique outfit, the 65th Infantry Regiment, was organized in Puerto Rico in 1899. Puerto Rico was ceded to the United States from Spain the previous year as a result of the Spanish American War, and the 65th was intended for use as part of the National Guard to defend the island.

Considered "colonial" forces, the segregated troops of the 65th were never really battle tested until World War II. Deployed in 1943, they spent time in Panama, France, and Italy. But due to the prevailing theory that segregated forces were not to be used in combat roles, they were mainly assigned to headquarters as security forces. A total of 62,000 Puerto Ricans joined the U.S. military during World War II.

It was not until the 65th Infantry was sent overseas again in 1950 to fight in the Korean War that they were able to prove that they were a well trained, highly professional and an extremely brave army unit.

The Borinqueneers

In fact, the unit was called the Borinqueneers after "Borinquén," the name chosen for the island by its original inhabitants, the Taino Indians. Borinquén means "land of the brave lord."

According to an article by Lt. Col. Len Kondratuik, "shortly after the 65th arrived in South Korea, its commander, Col. William Harris, was approached by Eighth Army commander Lt. Gen. Walton Walker. The general asked, 'Will the Puerto Ricans fight?' 'I and my Puerto Ricans will fight anybody,' replied Harris proudly."

The Fighting 65th, as the unit came to be called, distinguished itself in Korea, earning two U.S. Presidential Unit Citations, two Republic of Korea Presidential Unit Citations, two U.S. Meritorious Unit Commendations and the Greek Gold Medal of Bravery. Four of its Soldiers were awarded the Distinguished Service Cross, the second highest award for valor. The unit was also awarded 125 Silver Stars.

One of their proudest moments came when they successfully enabled the U.S. Eighth Army and the First Marine Division to retreat south to the coast after being completely overwhelmed by opposition forces by holding the perimeter around Hungnam port and overseeing the evacuation.

An article published in Repeating Islands on May 30, 2011, tells one

Today there are more Puerto Ricans living in the United States (4.6 million) than on the island itself (3.7 million). This highlights the true integration Puerto Rico has had with the United States. Due to Puerto Rico's commonwealth status, islanders do not have the right to vote in U.S. elections, yet they still serve in the military.

man's story of this retreat: Norberto Cartagena explained, "On Christmas Eve 1950, U.S. troops were in full retreat. Among them was the elite First Marine Infantry Division. It was the 65th, attached to the Third Infantry Division, who protected them. While the Marines retreated from the Yalu River, we stayed behind guarding their rear. Even on the ship that was to take us out of there, we had to keep on firing. The Chinese and the North Koreans were already on the pier."

The Borinqueneers are also famous for their bayonet charge against the Chinese in 1951. Just south of Seoul, they fought for three days to take control of two hills manned by the Chinese 149th Division. Their brave, final charge on the third day caused the Chinese to turn and flee, enabling the 65th to take over the position.

The famous Battle of Pork Chop Hill, which ended April 18, 1953, was the last battalion-sized bayonet charge in U.S. military history. Told to hold the hill no matter what, amidst on-going peace talks, the U.S. fought the Chinese for control in what was one of the fiercest battles of the Korean War.

Two close relatives of APG Garrison and Deputy Installation Commander Col. Orlando Ortiz fought bravely with the 65th in the bloody battle for Pork Chop Hill. Remembering the stories his uncles, Santos Almodovar and Antonio Serrano, told him about their time in Korea, Ortiz explained, "Puerto Ricans have a lot of pride in the Borinqueneers. They served, and continue to serve, the United States faithfully during critical times, from the turn of the century until today."

Ortiz said when he was deployed to Korea from 1989-1992 and again from 2004-2005, he felt proud to return to the country where his uncles fought so fearlessly.

More than 43,000 Puerto Ricans served in the Korean War, most with the 65th Infantry Regiment, and 3,540 were killed.

Despite its incredible efforts during the war, the unit was disbanded in 1956. On Feb. 15, 1959, it was reformed as the Puerto Rican Army National Guard due

to the efforts of Brig. Gen. Juan Codero, making the unit the only one "transferred from the active component Army to the Army Guard."

Codero had personal and historic reasons for this request. He had commanded the 296th Infantry when it was mobilized in 1950 and was one of the commanders of the 65th in Korea, making him, perhaps, the only Guard member to command a regular regiment in Korea.

In 1992, a painting of the 65th's bayonet charge against the Chinese in February 1951 was commissioned in tribute to the combat unit. The unit, now part of the 92nd Infantry Brigade, continues to train in the Caribbean, Central and South America and has provided over 100 years of service to the United States.

Still serving

Today the 65th Infantry Regiment still proudly serves the United States as Puerto Rico's National Guard Unit. Most recently, the 65th Army Support Group and the 65th Regimental Combat Team were deployed to Iraq in response to the Sept. 11, 2001 terrorist attacks.

For the Borinqueneers, a special hymn was composed. The original is in Spanish, but the Himno del Regimiento 65 de Infantería by Alexis Brau is translated by Juan Carlos Ramos:

*Get up boys, we are shipping out.
To faraway lands we must go and fight.*

Through the paths of law and righteousness our Borinquén Regiment marches on.

For our motherland we will give it all.

For parents and siblings that remain behind.

For my sweetheart, my son and my God.

To my beloved island we bid farewell.

Goodbye beloved land of my aspirations, don't forget this child that now leaves you, in your prayers.

While me, during my nights of sorrow, will alleviate my sadness and anguish with my songs.

Win or lose, We fought with bravery. Our Regiment covered itself with honor.

In over a thousand combats and hundreds of battles, with our face to the wind, the Regiment of my Borinquén marched on.

Goodbye beloved land.

To learn more about the Fighting 65th consider viewing the prize-winning documentary, The Borinqueneers, released in 2007. The filmmakers conducted extensive historical research, in addition to 250 interviews with men who served in the unit in order to tell the pre-

viously undocumented story of these brave Soldiers. Visit www.borinqueneers.com/home.

The numbers

Today there are more Puerto Ricans living in the United States (4.6 million) than on the island itself (3.7 million). This highlights the true integration Puerto Rico has had with the United States. Due to Puerto Rico's commonwealth status, islanders do not have the right to vote in U.S. elections, yet they still serve in the military.

The Puerto Rican population is not the only growing Hispanic community in America. According to the Census Bureau, there is a total Hispanic population of almost 49 million within a total U.S. population of 304 million, meaning that Hispanics make up 16 percent of the American population. Of those Hispanics, 122,255 were on active duty in 2007. These men and women comprised 11 percent of the active duty military, as reported by the Pew Hispanic Center.

However, "According to the Defense Manpower Data Center, as of March 31, 2008, the 13 Hispanic flag and general officers in the Armed Forces at that time represented only 1.3 percent of the 963 flag and general officers. In contrast, there were 54 African-American flag officers and general officers (including one four-star general) and 883 Caucasian flag and general officers."

Historically, several Hispanic Soldiers have risen to prominence within the U.S. military. In 1964 Admiral Horacio Rivero, a Puerto Rican-American, became the Navy's first Hispanic four-star admiral.

In 1982 Gen. Richard E. Cavazos, a Mexican-American who served with the 65th because of linguistics, became the Army's first Hispanic four-star general. And, on July 2, 1998, President Bill Clinton appointed Mexican-American Louis Caldera the first Hispanic Secretary of the Army.

Today the highest ranking Hispanic officer is Puerto Rican-American Gen. David Rodriguez. Rodriguez commanded the 82nd Airborne Division in Afghanistan. He was also First Commander of the International Security Assistance Force Joint Command and was the deputy commander of the U.S. forces in Afghanistan. In July 2011, he was appointed for promotion to four-star general and now serves as the commanding general of the U.S. Army Forces Command.

Heritage Event Oct. 13

Team APG presents the Annual Hispanic American Heritage observance at 11 a.m. Oct. 13 at the post theater. Guest speaker is Jose Hernandez, a former NASA astronaut. Call 410-306-2053 or 443-861-9259 for information.

Hispanics make up **16 PERCENT** of the American population. Of those Hispanics, **122,255** were on active duty in 2007.

These men and women comprised **11 PERCENT** of the active duty military.

MORE ONLINE

To view more photos of events going on at and around the U.S. Army Garrison Aberdeen Proving Ground, visit the garrison Flickr site <http://www.flickr.com/photos/usagapg/> or scan the QR code.



New CREW Maintenance University eliminates need for additional training

By **BRANDON POLLACHEK**
PEO IEW&S PAO

Defeating one of the enemy's number one threats of utilizing IEDs has been greatly tied to the success of the systems designed to counter their ability and that mission recently received a big upgrade in terms of the knowledge and capabilities of those assigned to operate and maintain Counter Radio Controlled IED Warfare (CREW) devices.

Designed to offer maintainers and operators with a more realistic training, served as the need for the new CREW Maintenance University, which opened its doors to students this Spring. The course is a five-day hands-on training intensive program designed to offer the Soldiers, civilians and contractors who are responsible for CREW systems the chance to troubleshoot and actually handle all the variations of fielded devices.

The CREW Family of Systems provides electronic protection of vehicles and crew members in mounted, dismounted and fixed site operations (from roadside bombs) while employed in forward combat areas during offensive, defensive, military operations in urban terrain, rear area logistical support, cantonment area security, and during peacekeeping systems are usually maintained by deployed FSRs (Field Service Representatives) and Electronic Warfare Soldiers.

"The need for a new training course came out of a requirement from the field based on lessons learned from the FSRs and Soldiers that we previously trained," said Willie Jackson, Product Manager CREW training manager. "We discovered that following the completion of the previously offered course, the Soldiers and FSRs that deployed had to go through an additional 30-days of training upon arriving in theater because the training we provided wasn't realistic."

Prior to offering the new CREW University Maintenance course, students attended a three-day course offered at Ft Monmouth, NJ that was strictly taught through power point briefings. The current course is 80% hands-on instruction utilizing a combination of a lab that hosts five variations of CREW devices as well as various vehicles that students will be



Photo by Jill Kanuchok

Students attending the CREW Maintenance University practice installing and de-installing counter radio controlled IED Warfare systems on an MRAP.

Everything we do in PdM CREW has a dramatic impact on saving Soldiers lives. We have the Army's best acquisition and budget specialists, integrators, logisticians, testers and engineers who ensure the best products are provided to the Soldiers.

Lt. Col. Bruce Ryba
Product Manager CREW

responsible for installing the systems on.

The hands-on training consists of actually going through and putting load sets into the system, verifying the firmware, installing the systems on the vehicle and going through the troubleshooting steps. "We actually got the recurring areas of deficiency from theater and we incorporated those into the course," notes Jackson. "Students will install the system, troubleshoot the system and re-test it to make sure everything checked out."

Course attendees will have an opportunity to install and de-install CREW

devices onto MRAPs, Abrams Tanks, Strykers as well as other vehicles and will train on maintaining fixed site systems along with the proper procedures for testing devices prior to leaving the forward operating base (FOB).

Feedback from students has been extremely positive, especially from those who have had an opportunity to attend both the old and new version of CREW Maintenance University.

"It is completely night and day, everything was classes and death by power point and I don't remember learning that much,"

said Alnaldo Gonzalez, a student attending from the Department of State who previously took the course in 2007 prior to deploying for the past four years supporting CREW devices. "The hands on lab is awesome, we can try out a lot of different scenarios, making sure you go to each system and then load the system. Back in 2007 we didn't touch any systems and you have to touch something to learn it efficiently to do your job, especially when a Soldier's life is depending on it."

The majority of students who attend the course are made up of a combination of the Field Service Representatives out of Tobyhanna Army Depot as well as Electronic Warfare (EW) students. The program also trains EW instructors from Training and Doctrine Command (TRADOC) as well as the Marine CREW master gunner course. CREW Maintenance University is open to all DoD military and federal agencies.

Providing a more hands on experience was only one of the missions for CREW Maintenance University, the course also serves as a incubator for more permanent training programs that will be established at TRADOC and within the Marine Corp for CREW training.

"The end goal for CREW Maintenance University is to train the trainer until the Army establishes the military occupation specialty to take over the role of CREW maintenance and CREW operator training within TRADOC," said Jackson. "Once a training course is established in TRADOC, PM CREW will discontinue the program, possibly in FY 12."

"Everything we do in PdM CREW has a dramatic impact on saving Soldiers lives. We have the Army's best acquisition and budget specialists, integrators, logisticians, testers and engineers who ensure the best products are provided to the soldiers," said Lt. Col. Bruce Ryba, Product Manager CREW. The impact CREW Maintenance University has had on making sure these systems are maintained properly to save lives is unparalleled. Willie Jackson and his team are producing highly trained maintainers and trainers that will continue to protect our soldiers every day so that they can come home to their loved ones when their mission is complete."



Photo by Yvonne Johnson

On the dock of the bay

A double-crested cormorant (*Phalacrocorax Auritus*) relaxes on Edgewood Area's Gunpowder Dock Sept. 13. The species was discovered to be nesting on Gull Island in May 2010. It was the first confirmed breeding record for this species in Harford County. The birds are found year-round on the shallow and open waters of the Chesapeake Bay. Adult birds eat an average of one pound of fish per day.

FAMILY AND MWR

Tribute to Motown set Sept. 16

The public is invited to attend "APG: A Tribute to Motown" Sept. 16 at 7 p.m. at the post theater as APG community members share their talents. First, second and third place prizes will be awarded. Tickets are \$5 for active duty, \$7 for all others. Purchase advance tickets at Bldg. 3326, 410-278-4011/4907.

Kids Talent Show Sept. 17

Kids Got Talent, a talent show featuring APG youth is set for Sept. 17, 4 p.m. at the post theater. First, second and third place prizes will be awarded. Tickets are \$5 for active duty, \$7 for all others. Purchase advance tickets at Bldg. 3326, 410-278-4011/4907.

Athletic Center Closed

The Aberdeen Athletic Center will be closed for repairs Sept. 17 - 18. Patrons can use the Hoyle Gym on APG South (Edgewood). For information, call 410-436-7134.

SibShop Set in September

A three-day workshop for children with special-needs siblings will take place at the APG North (Aberdeen) youth center, Bldg. 2503, Sept. 15, 22 and 29 from

5 to 6 p.m. The ACS workshop is based on the belief that brothers and sisters have much to offer one another if they are given a chance. Attendees play games, make friends and take part in exciting discussion activities. Registration required. Space is limited. Call 410-278-2420.

Soldier Show set Sept. 25

The 2011 U.S. Army Soldier Show will be held Sept. 25 at 7 p.m. at the post theater. It is a live 90-minute show featuring Soldiers performing song and dance numbers in a variety of genres. This year's carnival-style theme is "Step Right Up to the Best Show in Town." The show is free and open to the public. Call 410-278-4011.

Universal Studios discount tickets

Universal Orlando® Resort is proud to offer a discount ticket program to all active duty, retired military and Department of Defense personnel. All Universal Studio tickets must be purchased at least 3 weeks before the trip.

Universal Studios includes two theme parks, non-stop nightlife and more all in one convenient location. At Universal CityWalk® enjoy the best in restaurants, nightclubs, shopping and movies.

For more information, call 410-278-4011 for price breakdown.

Personal Training

APG Sports Branch is offering personal training programs. All active duty military and Family members, DoD civilians and Family members, and DoD contractors are eligible.

Training is offered at the athletic center, fitness center and Hoyle Gym to assist customers in meeting their personal fitness needs. The program is offered in individual half-hour and one-hour sessions and blocks of sessions. Individual half-hour sessions cost \$40 each; one-hour sessions cost \$55 each. Blocks of six half-hour sessions for the cost of five sessions is \$200; blocks of six sessions for the cost of five sessions is \$275.

Contact the athletic center or Hoyle Gym for details.

APG Running Club

The APG Sports and Fitness Branch has begun a Running Club for organized weekly runs. Club members meet at 5 p.m. every Tuesday at the Aberdeen Area Athletic Center and 5 p.m. every Thursday at Hoyle Gym in the Edgewood Area. Dan Dolce, Morale, Welfare and Recreation fitness coordinator, oversees the club. For more information, contact Dolce at 410-278-7933/7934 or e-mail, dan.dolce@us.army.mil.

Luray Caverns discount

Take a spin through time, 400 million years worth to be exact, to discover the amazing history of these unearthly caverns. Tickets cost \$18.25 for adults 13 years and older; tickets for children ages 3 to 12 cost \$9.25. Luray Caverns is located on 970 Highway 211 West, Luray, Va., in the Shenandoah Valley. Prices are subject to change without notice. Visit www.luray-caverns.com/PlanyourVisit/AboutLurayCaverns/tabid/507/Default.aspx. For more information or to purchase tickets, call the MWR Leisure Travel Office at 410-278-4011/4907, visit the AA Recreation Center, Bldg. 3326 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Discount Aquarium tickets

The Leisure Travel Office offers discount tickets to the National Aquarium in Baltimore. Adult tickets cost \$23.25 per person; tickets for children ages 3 to 11 cost \$17.50; active duty tickets cost \$19 each and are issued one per active duty

ID card only. Tickets do not include the dolphin show or the 4D Theater, but are upgradeable at the aquarium. Take an unforgettable journey into the mysteries of water and the beauty of the natural world.

Watch brilliantly colored triggerfish explore a coral reef. Marvel as sharks glide through the shadowy depths just an arm's length away.

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

Board horses at APG Stables

The APG stables are a self-care boarding facility located in the Edgewood Area, Bldg. E5286, for privately owned horses of military and civilian employees, retirees and Family members.

All patrons must have a valid military or installation ID card.

Monthly stall fees include:

- Four turn-out pastures
- Lighted riding arena
- Water troughs in each pasture
- Run-in sheds
- Barn with water and electricity
- Tack rooms, grain room and hay storage provided

For more information or to sign up, call Outdoor Recreation at 410-278-4124 or visit www.apgmwr.com/recreation/odr/stables.html.

Medieval Times discount tickets available through Leisure Travel

The Leisure Travel Office has discount tickets for Medieval Times Dinner and Tournaments located at Arundel Mills Mall, 7000 Arundel Mills Circle, Hanover, Md. Tickets cost \$39.25 per adult and \$32 per child (ages 3 to 12). Reservations must be made at the time of purchase; other locations available upon request.

Visit the MWR Leisure Travel Office, Bldg. 3326, 9 a.m. to 6 p.m., Mondays through Fridays and 9 a.m. to 2 p.m. on Saturdays.

For more information or to purchase tickets, call MWR Leisure Travel Office, Aberdeen Area Recreation Center, Bldg. 3326, 410-278-4011/4907 or email APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Starting a small business

The Army Community Service Employment Readiness Program will sponsor two sessions of How to Start Your Small Business, 11:30 a.m. to 1 p.m., Nov. 2 at Child, Youth and School Services, Bldg. 2503.

The free 90-minute program provides an overview of starting a business, successful entrepreneurship and how to write a strategic business plan.

The sessions are open to DoD cardholders, including contractors and retirees, and Family members and guests. Space is limited.

For information or to RSVP, call Marilyn Howard at 410/278-9669/7572.

September bowling specials

- Early Bird Special: \$1.50 off per game from 7 to 10 a.m.
- Each Wednesday, Thursday and Friday, 2 to 4 p.m., bowl one game and get the second game free.
- Each Saturday rent a lane for \$18.00 an hour. Rental includes up to 6 people and shoe rental.
- One hour of bowling (up to 6 people/shoes included), 1 whole cheese pizza (toppings extra), a pitcher of soda for \$32.00.

Bowling rates

Bowling costs \$3 per game, Mon-

day to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 to 11 p.m.; Cosmic Saturdays cost \$3.75 per game; and \$3 per game on Sundays.

Winter leagues forming

Monday & Tuesday start time 5:20.
Wednesday start time 6:50
Thursday & Friday start time 6:30
Saturday Youth League start time 9:00 am for ages 4 thru 11 and 10:30am start time for ages 12 thru 20.

APG Bowling Center Snack Bar specials

Building 2342

Lunch delivery is available for orders of \$25 or more. Call for delivery before 11 a.m.

Week of September 12

Special #1: Grilled Ham and Cheese with potato chips, cookie and regular soda for \$5.50.

Special #2: Two hotdogs with french fries, cookie and regular soda for \$5.75.

Week of September 19

Special #1: Chicken salad wrap with potato chips, cookie and regular soda for \$6.25.

Special #2: Peperoni pizza sub with french fries, cookie and regular soda for \$6.50.

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



Looking for a job?

Visit FMWR Jobs available at www.apgmwr.com.

All jobs for Aberdeen Proving Ground are listed at <http://www.armycivilianservice.com> or check out AAF-ES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.



Cash awards could be just a suggestion away

The ASP seeks suggestions that improve work methods, materials, processes, equipment, logistics, utilities or tools that will benefit the Army.

Suggestions that save money can be eligible for a cash award up to \$25,000. The more money saved, the larger the potential award.

Visit <https://armysuggestions.army.mil> for info, or contact Marjorie Sexton, Installation ASP coordinator, at 410-278-0944 or marjorie.sexton1@us.army.mil.

Post Shorts

AUSA meets Sept. 20

The Aberdeen Chapter of the Association of the United States Army will hold its general monthly meeting 11:30 a.m. at Edgewood's Richlin Ballroom, 1700 Van Bibber Road, Sept. 20.

Guest speaker is Col. Jeffrey Holt, commander of the U.S. Army Aberdeen Test Center. The price is \$21.

RSVP (with rank/grade) by Sept. 16 to c2402@ausa.org. Seating is limited; RSVP promptly. Visit www.ausa-aberdeen.org to pay via PayPal.

Jewish New Year & Day of Atonement Sept. 28

The APG Chapel invites the community to join them for the Jewish New Year and Day of Atonement during the following events: Rosh Hashanah on Sept. 28 at 8 p.m., the Sabbath on Sept. 30 at 7:30 p.m. and Yom Kippur on Oct. 7 at 8 p.m.

Events will take place at the Temple Adas Shalom Harford Jewish Center at 8 North Earlton Road Ext. in Havre de Grace. Call 410-939-3170/-273-6457 or email hjcmd@comcast.net.

Events are free for military members and their Families. RSVP and tickets are required. There is a nominal charge for civilians.

To RSVP or for information, contact Jonas Vogelhut at 95-2318, 443-619-2304 or jonas-vogelhut@us.army.mil

Disability Awareness Event

A Disability Awareness observance is slated Oct. 20 at 10 a.m. at the post theater. Call 443-861-9246/9259, 410-306-3053 or 410-436-2942.

Hispanic Heritage Event scheduled Oct. 13

Team APG presents the Annual Hispanic American Heritage observance at 11 a.m. Oct. 13 at the post theater. Guest speaker is Jose Hernandez, a former NASA astronaut. Call 410-306-2053 or 443-861-9259 for information.

UMUC Fall Startup

Get a jumpstart on your education by starting classes this fall! University of

Maryland University College is sponsoring a Start Up Event Oct. 12 from 9 a.m. to 4 p.m. at UMUC's APG office, Room 210 of the Janet M. Barr Soldier Support Center on Susquehanna Avenue.

Advisors will be available to help students put together a degree plan. Students who make application at this event will have their \$50 application fee waived (except doctor of management applicants). Call 410-272-8269.

NFFE General Meeting

The National Federation of Federal Employees Local 178 invites all to attend the monthly general meeting Sept. 15 from noon to 1 p.m. (NFFE) Local 178 has moved to Bldg E5183 Blackhawk Road EA-APG. The office is open daily from 11 a.m. - 1:15 p.m.

For information, call 410-436-0623/3942, 202-258-4026 or 202-437-5285.

CPR classes offered

APG Fire and Emergency Services is offering free Cardio-Pulmonary Resuscitation (CPR) Classes with Automated External Defibrillator (AED) certification. Two classes will be offered on each date. The dates and locations of remaining 2011 classes are as follows. All classes are at 9 a.m. and 1 p.m.:

- Sept. 21 APG North post chapel
- Oct. 19 APG South conference center E-4810
- Nov. 16 APG North post chapel
- Dec. 14 APG South conference center E-4810

Pre-register by contacting Michael Davis at 306-0572 or Michael.Ray.Davis@us.army.mil

Blood drive dates

APG will host blood drives on the following dates:

27-Sep-2011	TUE	1000-1400
Recreation Center		
31-Oct-2011	MON	1000-1400
Recreation Center		
29-Nov-2011	TUE	1000-1400
Recreation Center		
5-Dec-2011	MON	1000-1400
Recreation Center		

Get your firewood now

APG has firewood available at a cost of \$10 per pick-up truckload, standard one-half ton truck. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first-come, first served basis at APG South (Edgewood), Bldg. E4630 Monday to Thursday, 8 a.m. to 3 p.m. Call Kathy Thisse at 410-436-8789 or Scott English at 410-436-9804 for information.

New Hours of Operation

The Office of the Staff Judge Advocate, Client Services Division will offer extended afternoon hours of operation.

The new client/claimant service hours will be Monday to Wednesday and Friday from 8:30 a.m. to 1 p.m. and from 2 to 4 p.m. The office will be open each Thursday from 8:30 a.m. to 1 p.m.

For more information about services, call 410.278.1583 or visit www.apg.army.mil, Services Directory, Legal.

Rate your community's health

Aberdeen Proving Ground has established the Community Health Promotion Council to look at the services currently provided, identify areas of opportunity for improvements, and work collaboratively with community partners to enhance our community health.

The council will provide a comprehensive approach to health promotion for all members of the APG community -- individuals and organizations -- and will work toward identifying and meeting the physical, emotional, spiritual, social and environmental needs of our APG community.

APG's active duty troops, Family members, retirees, DoD civilians, and contract employees are encouraged to participate in the community needs assessment survey, which will be distributed via email and accessible online at www.apg.army.mil.

MCSC Membership Kickoff

The Military, Civilian and Spouses' Club invites the APG community to attend its membership kickoff Sept. 16 from 5 to 9 p.m. at Broom's Bloom Dairy, 1700 S. Fountain Green Road (MD Route 543) in Bel Air. The eve-

ning will be informal and informative with door prizes and a quilt raffle. Each MCSC member will receive a free small ice cream that evening. There will be musical entertainment and Families are welcome. Reservations are not required. For information about joining, contact Gerry Reno at 410-642-3080 or membership@apgmcs.org

CAC goes quarterly

Effective immediately, Community Action Council meetings will be held quarterly instead of monthly. No meetings are scheduled in August or September. The next CAC is in October on a date to be announced. Check the APG News or the APGLive blog site at app.armylive.dodlive.mil/ or facebook.com/APGMd for more information.

Retiree Appreciation Day Oct. 15

The APG Retiree Council will host the annual Retiree Appreciation Day 8 a.m. to noon, Oct. 15 at the APG North (Aberdeen) recreation center, Bldg. 3326. The event will include exhibitors who provide goods and services to the retiree population and a panel discussion with APG organizations. For more information, contact Drew Nobles, Retirement Service Officer/Retiree Council, at 410-306-2320 or drew.a.nobles.ctr@mail.mil or contact Richard Zalusky, Retiree Council, 410-278-5036 or richard.n.zalusky.civ@mail.mil.

Thrift Shop open

From pots and pans to sporting goods, clothing, toys, furniture, jewelry and more, the Thrift Shop is a one-stop shop for serviceable second-hand goods. Proceeds go back to APG. Call 410-272-8572.



MORE ONLINE

More shorts can be seen at www.apgnews.apg.army.mil under Shorts.

COMMUNITY NOTES

SATURDAY

SEPTEMBER 17 MARYLAND WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 6 to 7:30 p.m. on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a cruise around the Susquehanna Flats area as passengers enjoy fine wines.

The wine cruise will have a representative from the featured winery onboard telling passengers about their wines and vineyards and to answer any questions. Cheese and a fruit tray will be served. Reservations are required. Credit cards will be accepted.

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

HORSESHOE TOURNAMENT RESCHEDULED

The American Legion Susquehanna Post 135 horseshoe tournament has been rescheduled to Sept. 17. Registration begins at noon. The event starts at 1 p.m. Entry fee is \$20/person. Free draft beer included. The event is open to the public. Bring a partner. Bring your own shoes or play with ours. Location is 300 Cherry Street in Perryville. For information, call Gordon at 410-322-7168.

CRAB FEAST CANCELLED

The American Legion Susquehanna Post 135 has cancelled its 3rd Annual Crab Feast scheduled from 1 to 5 p.m. Sept. 17 in Perryville. Tickets will be refunded at the post. Call 410-642-2771.

FALL VEGETABLE GARDENING

Master Gardeners teach important fall activities: how to extend the season, and how to prepare for spring now. Includes time for questions and sharing experiences. Registration required. Classes will take place as follows:

Sept. 17 from 1- 4 p.m. at Bel Air Library

Sept. 24 from 1- 4 p.m. at Fallston Library

SUNDAY

SEPTEMBER 18 CREATURES OF THE BAY

The Chesapeake Heritage Conservancy, Inc. will hold a Creatures of the Bay Cruise, 3:30 to 5:30 p.m., for children ages 6 to 14, on the Skipjack Martha Lewis. See first hand some of the animals living in the bay. Find and identify the tiniest creature, terrapins, oysters and crabs. Tickets cost \$15 per person. Reservations are required.

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

SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 6 to 7:30 p.m., on the Skipjack Martha Lewis. 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 and sunset. Reservations are required.

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

TUESDAY

SEPTEMBER 20 BEE HIVE MAINTENANCE DEMO

Eden Mill Nature Center, located at 1617 Eden Mill Road in Pylesville, presents Honeybee Hive Maintenance at 4:30 p.m. Join the head beekeeper, Cybil Preston, as she demonstrates hive maintenance and answers questions concerning honeybees, crop management, pests and disease, as well as the importance of honeybees. No registration or fee is required. Meet on the paved pathway next to the Honeybee hives by the red barn.

For more information, call 410-836-3050 or e-mail www.edenmill.org.



MORE ONLINE
More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.

9-11 ceremony

Continued from Page 1

the courageous acts of the passengers of the four hijacked planes, thousands of first responders and everyday citizens were also remembered. Also honored in an exhibit designed and created by the installation's Visual Information Services Division was Maryland's war dead since the start of the War on Terror.

Standing center stage throughout the program and flanked by two Soldiers, an APG police officer and a firefighter, the "Maryland's Fallen Heroes," monument lists the names and dates of the deceased from Sept. 11, 2001 through Sept. 10, 2011.

ID tags for each service member are displayed inside the monument's glass case. Below the monument is a timeline of the events of 9-11 and the wall behind it lists the four sites where the 9-11 victims lost their lives. On its front rests the gear of police officers

and firefighters, representing the hundreds of emergency responders lost during the tragedy while coming to the aid of the victims.

On the right side of the monument, now on display at the garrison headquarters, sits a pair of Army boots and Marine boots, a rifle and helmet—a traditional show of respect for the fallen common throughout the U.S. military.

A firing squad made up of APG Directorate of Emergency Service police officers participated in the ceremony, and music was provided by the U.S. Army Field Band from Fort Meade.

Guests included several of Maryland's Gold Star Family members who have lost loved ones in the War on Terror. The ceremony was hosted by the garrison and the U.S. Army Research, Development and Engineering Command.

A survivor recalls

Continued from Page 1

the second plane hit the building.

"Debris started flying and we jumped for cover under a postal truck. I broke my cell phone and realized I hadn't called anyone to tell them I was all right.

"My thoughts ran to my Family. I needed to let them know I was okay," Cruz continued.

Needing to make a telephone call, Cruz went to his office in a building across the street from the WTC.

"The building had lost power and it was pitch-black. Everyone around me was in a panic. One of my colleagues started to scream and it was then that I knew we needed to get out of the building.

"I yelled for everyone to hold hands and meet me at the [interior] wall. We then made our way in the dark to the staircase and then to safety.

"Once we were outside, the WTC collapsed -- boom, boom, boom, like dominoes falling -- and we all ran to the Holland Tunnel. I had never run so far or so fast in my life.

Once travel restrictions were lifted in the city, Cruz caught a train back to New Jersey.

"When I arrived, CIA officials were there to greet me. They took me somewhere and interrogated me, and then release me. I got home at about 3 a.m. --

a long day, indeed."

Cruz said since that fateful day he has been filled with a renewed sense of patriotism.

His job required a good deal of travel, and at one airport layover he decided to stop for a beer. He noticed three young Soldiers having a meal and asked the waitress to bring him their check.

"When the three Soldiers approached me they said 'Thank you!' And I looked at them and said with great pride, 'It is we, the people, who thank you. Be safe!'"

"9/11 was a day that changed history. It remains a vivid memory for me

and, I suspect, for all Americans."

Cruz said being asked to speak to the 9/11 ceremony was a bit of a catharsis.

"It warms my heart to be with you here today, knowing of the great sacrifices so many of you have made over the past 10 years," he said.

Afterwards, Cruz said he was grateful for being able to talk about his experience.

"I've finally learned how to mourn. So thank you for providing this opportunity to me," he said, a small tear forming in his eye.

Cruz was accompanied by his 19-year-old son Brian and wife Donna. The family now resides in Port Deposit, Md.

“Once we were outside, the WTC collapsed -- boom, boom, boom, like dominoes falling -- and we all ran to the Holland Tunnel. I had never run so far or so fast in my life.”

Anthony Cruz
9-11 survivor

Health Fair Sept. 21

Continued from Page 1

a body fat assessment and other nutrition information that encourages healthy behaviors and lifestyles; and promoting collaboration among community resources.

She said the fair will offer a variety of free screenings and health information, several motivational speakers and giveaways.

Keynote speaker Izzy Gesell will deliver the lecture "The DNA of Resiliency: Managing Stress & Change Through Humor," from noon to 1 p.m. Gesell is a nationally-recognized "organizational alchemist," keynote speaker, workshop leader, professional facilitator and presentation coach whose humorous programs are designed to help people thrive and prosper during changing times as they become more confident, spontaneous and effective.

He was one of the first to bring the concepts of improvisational theater into the business world and he has contributed to the "International Association of Facilitator's Handbook and Humor Me," a compilation by America's most prominent humorists.

"Expect the room for the key speaker to fill up, as he uses humor and Improv in his sessions," LaRoche said. "This is a must see."

She said that health fair guests will be able to discuss and learn more about topics like asthma, physical fitness and osteoporosis and take advantage of available health screenings for bone density, cholesterol/blood glucose, vision, spinal scans, body fat analysis and skin cancer.

Guests can also sample a seated massage or learn more about diabetes education, sleep health, pediatric nutrition, military blood donation program and

tobacco cessation.

In addition, representatives from the Army Substance Abuse Program and Morale, Welfare and Recreation will be on hand to provide more information about available health and fitness programs and services and raffles and promotional items will be given away.

The event is sponsored by the APG Community Health Promotion Council, Kirk U.S. Army Health Clinic and the U.S. Army Public Health Command.

"The health fair is free, confidential and open to all," said LaRoche, adding that she has received several emails from those who are interested in attending but unsure of the location.

"Edgewood is approximately a 20 to 25-minute drive from APG North and accessible through the Edgewood Road [Route 755] or Route 24 gates," she said.

The APG South (Edgewood) recreation center is located in Bldg. E4140. Call 410-436-2713 for more information or directions.

Several federal health insurers are participating and providing resources, Singh added.

Presentations begin 10 a.m. with topic discussions on asthma, osteoporosis and depression.

"Chances are you or a loved one can benefit from the information at the health fair," she said. "If you do attend, please send us your feedback. We want to make sure that the services provided are meeting the needs of our community so we can plan future health fairs."

Tenant organizations interested in participating in the Community Health Promotion Council health fair should contact LaRoche at 410-417-2312.

Hunting facility readies for season

By **YVONNE JOHNSON**
APG News

The staff of the APG hunting management facility has been busy readying hunters for the 2011-2012 season.

The season for migratory game birds is already underway and deer season (archery/bows only) kicks off today. Muzzleloader season begins Oct. 16 and firearms starts Nov. 12.

Authorized hunters on APG lands include active duty and retired military personnel and their immediate Family members, active Department of the Army and retired civilians and their immediate Family members, Maryland National Guardsmen assigned to APG, multi-year contractors and authorized guests when sponsored.

All hunters and guests must be in possession of a state hunting license, qualify on the facility's archery and shotgun ranges and fill out an IMNE-APG Form 1249 Hunting and Trapping Request prior to being allowed to hunt or trap on the installation.

HMF Manager Steve Fazenbaker and HMF Assistant Zach Van Cleave operate the facility and noted one significant change to APG Regulation 200-6 this year: Hunters will be permitted to bring guests who have

been cleared through the ranges and licensed.

"This means that authorized hunters can sponsor guests otherwise not authorized to hunt on post, such as relatives or friends," Fazenbaker said.

The facility, located just off Combat Drive, is open 9 a.m. to 5 p.m. After 5 p.m., Van Cleave said volunteers are on hand to assist and ensure all hunters are in.

"We work closely with the Directorate of Emergency Services game wardens to ensure the safety of our hunters," he said.

Hunting ends 30 minutes after sunset each day unless hunters call in that they are tracking an injured deer.

"This is one of the reasons hunters must fill out a 1249," said Van Cleave. "It states the hunter's name, intent and assigned area and lets us know who's out in the field and who's not."

Fazenbaker has been at the facility, renovated and expanded in 2010, for 20 years while Van Cleave is a recent graduate from Iowa State and Northwest Missouri State universities with a master's in recreation and resource management.

To find out more about hunting at APG, stop by the hunting management facility or visit www.apgmwr.com, www.apgbowmenclub.com or www.dnr.state.md.us.

2011-2012 Deer Hunting Season

Archery

Aberdeen

Sept. 15 – Oct. 15

Oct. 24 – Nov. 11

Dec. 5 – Dec. 24

Jan. 2 – Jan. 12

Jan. 17 – Jan. 31

Edgewood

Sept. 15 – Oct. 15

Oct. 24 – Nov. 11

Nov. 28 – Dec. 24

Jan. 2 – Jan. 12

Jan. 17 – Jan. 31

Muzzleloader

Aberdeen and Edgewood

Oct. 16 – Oct. 23

Firearms

Aberdeen

Nov. 12* – Dec. 4

Dec. 26 – Jan. 1

Jan. 13 – Jan. 16

Edgewood

Nov. 12* – Nov. 27

Dec. 26 – Jan. 1

Jan. 13 – Jan. 16

*Nov. 12 is Youth Day

Congress eyes hike in Tricare premium

Continued from Page 1

benefits and then look at what changes you want to put in place for people who become members of the all-volunteer force in the future."

One aspect of the retirement issue is one of fairness, the secretary said. Most service members do not spend 20 years in the military and therefore do not get any retirement benefits when they leave the service.

"They are not vested in any way," Panetta said. "The question that is at least legitimate to ask is, 'Is there a way for those future volunteers to shape this that might give them better protection to be able to have some retirement and take it with them?'"

Health care is another area that has to be dealt with, the secretary said. In fiscal 2001, the DoD health care bill was \$19 billion. It is more than \$50 billion now, he said, and it soars to the neighborhood of \$60 billion in future years. Among proposals Congress is contemplating is an increase in some TRICARE military health plan premium payments.

"I think those recommendations make sense," Panetta said. "Especially with



Photo by Tech. Sgt. Jacob N. Bailey

Defense Secretary Leon E. Panetta responds to a question from a member of the military press in his office at the Pentagon Aug. 19. Writers representing American Forces Press Service, Stars and Stripes, and the Military Times Media Group attended a roundtable discussion and asked Panetta questions about security and military forces.

tight budgets, it does make sense that people contribute a bit more with regards to getting that coverage."

The Defense Department -- which is responsible for a large part of the

nation's discretionary budget -- will do its part to reduce the budget deficit, the secretary said. But while Defense has a role to play, he added, Congress has to deal with the more than two-thirds of the

federal budget that represents the mandatory spending.

"If you are serious about getting the deficit down," Panetta said, "you have to deal with the mandatory side of the budget and taxes."

DoD has a responsibility to look at all aspects of the budget, the secretary said, and officials at the Pentagon are doing that.

"This is not because it is necessarily going to hurt areas," he added, "because frankly, a lot of this can be done through efficiencies, a lot of it can be done looking at the administrative side of the programs: what can we do to make these programs more efficient?"

The secretary said he believes the budget crunch can represent an opportunity to make DoD a more efficient, effective and agile force that still can deal with the threats of the future.

The Defense Department will face some tough choices, Panetta acknowledged.

"I think the bottom line is this can be an opportunity to shape something very effective for the future that can still represent the best defense system in the world," he said.

FOR YOUR HEALTH

How you can recognize the symptoms of child ADHD

By **E. WAYNE COMBS, PH.D.**

Health Promotion & Wellness Portfolio
U.S. Army Public Health Command

Most healthy children occasionally have trouble sitting still, paying attention, or controlling impulses. Maybe you have noticed these behaviors in your own children. That's normal. But for some children, the problem is so bad that it interferes with their daily lives at home, at school and in social settings.

Attention-deficit/hyperactivity disorder, or ADHD, is characterized by not being able to pay attention, hyperactivity (highly or excessively active) and impulsive behavior (acting without thinking first).

There are three identified types of ADHD. Here are the symptoms for each type.

A child who has the predominantly inattentive type of ADHD exhibits the following symptoms:

- Fails to give close attention to details or makes careless mistakes.
- Has difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow through on instructions.
- Has difficulty with organization.
- Avoids or dislikes tasks requiring sustained mental effort.
- Loses things.
- Is easily distracted.
- Is forgetful in daily activities.

A child who has the predominantly hyperactive-impulsive type of ADHD exhibits the following symptoms:

- Fidgets with hands or feet or squirms in chair.
- Has difficulty remaining seated.
- Runs about or climbs excessively.
- Has difficulty engaging in activities quietly.
- Acts as if driven by a motor.
- Talks excessively.
- Blurts out answers before questions have been completed.
- Has difficulty waiting or taking turns.
- Interrupts or intrudes upon others.

Finally, children who have the combined type of ADHD meet both sets of inattention and hyperactive/impulsive criteria.

There is no simple test (like a blood test or a short



written test) to determine whether someone has ADHD. Diagnosis can be difficult and should be made only by an expert (school psychologist, clinical psychologist, clinical social worker, nurse practitioner, neurologist, psychiatrist or pediatrician) after an extensive evaluation. This evaluation should include ruling out other possible causes for the symptoms, a physical examination, and a series of interviews with the individual and other key persons in the individual's life (parents, spouse, teachers and others).

A diagnosis of ADHD can be very scary. However, with early diagnosis and the right treatment, including medication and appropriate counseling and behavior therapy, most children with ADHD grow up to be normal, successful adults. The best results usually occur when a team approach is used, with teachers, parents, therapists, doctors and nurses working together.

If you're concerned that your child is displaying signs of ADHD, talk to your pediatrician or primary care manager. Your doctor may refer you to a specialist, but it's important to have a medical evaluation first to check for other causes of your child's difficulties.

For more information on ADHD:

- Attention-Deficit/Hyperactivity Disorder, www.adhd.com/index.html
- Centers for Disease Control and Prevention, <http://cdc.gov/ncbddd/adhd/>

Caring is the key to saving a life

By **LT. COL. BLAIN S. WALKER, PH.D.**

Health Promotion & Wellness Portfolio
U.S. Army Public Health Command

"Ask, Care, Escort, or ACE, training is the Army-approved suicide prevention and awareness training model for all Soldiers, leaders and Army civilians. It is also available to Family members. Soldiers have been completing ACE suicide awareness training on an annual basis for several years now. These Soldiers can probably tell you all of the warning signs and risk factors of suicide from memory, but is that awareness enough?

Preventing suicide is more than just knowing what puts Soldiers at risk for taking their lives, it is all about ACE.

Ask is the most difficult challenge when facing someone you think may be suicidal. People fear asking the question "Are you thinking of killing yourself?" for several reasons. First, they may be afraid of offending their friend. In reality, your friend is more likely to be grateful that you care enough about them to ask the question and that you are aware of the pain they are going through.

By asking the question, you are letting them know that they have a friend who is listening to them. A second reason we may not ask the question is that it is hard for us to believe someone we know or care about is considering taking that final step. Suicide is something that always happens to someone else. A third reason it is difficult to ask someone if they are suicidal is what if the answer is yes? What do you do?

This fear can be overcome by familiarizing yourself with the resources available. Where is the nearest chaplain, behavioral health provider or emergency room? Knowing the answers to these questions will not only help alleviate the fear of getting a yes answer, but will help with the "escort" step in the ACE model.

Caring is the key to the whole ACE model. In fact, the model should be CAE, but that acronym doesn't make any sense and is not as easy to remember.

When you care about someone you are likely to listen to them when they are experiencing emotional or physical pain. You are more likely to be concerned about their welfare and see that they get through whatever their trial may be. When you care about someone you think may be suicidal, it becomes much easier to ask the question, are you thinking of killing yourself?

When you care about someone, you are more likely to find out what and where the local resources are and escort your friend to get the help he needs. It is not uncommon for individuals who are suicidal to feel alone, that no one cares whether they live or die. By actively listening and engaging with a friend you are showing that you care. That, in and of itself, may be enough to help prevent a suicide.

Escorting is the easiest step in the ACE model. At least it is easy when you already know what and where your resources are located. Take the time to find out where your local chaplain and behavioral health providers are. Find out where the nearest military treatment facility or emergency room is located. When you ask if someone is suicidal and they say yes, care enough to escort them to the nearest resource where they can get help.

For more information on suicide prevention:

- Tri-Signed Army Proclamation Announcing Suicide Prevention Observance, www.armyg1.army.mil/hr/suicide/docs/ProclamationSept2011.pdf

- Suicide Awareness video aimed at first line supervisors, www.army.mil/article/63934/Suicide_awareness_video_aimed_at_first_line_supervisors

- Trainer Facilitation Guide, Shoulder to Shoulder: Finding Strength and Hope Together, www.armyg1.army.mil/hr/suicide/docs/S2S-2011FacilitationGuide.pdf

- Trainer Presentation, Shoulder to Shoulder: Finding Strength and Hope Together, www.armyg1.army.mil/hr/suicide/docs/S2S-2011TrainerPresentation.pdf

EMOTIONAL CONTROL

Accept the moment for what it is

By **JAMES W. CARTWRIGHT, PH.D.**

Health Promotion & Wellness Portfolio
U.S. Army Public Health Command

Sergeant Smith allowed his negative emotions to direct his life. One evening while tackling the mounting bills, he was hit by the reality that his wife had maxed out their credit cards. He was frustrated and confronted her about her spending habits.

As she struggled to explain, Smith became angrier with each excuse she offered and demeaned her with hateful names. His wife was outraged and fought back with a tirade about the sergeant's personal shortcomings. Smith did not like his wife's angry retaliation. He became even more angry, lost control in an instant and hit her.

Rather than calm himself, the fictional Sgt. Smith acted on his negative emotions, and this led him to a destructive outcome. Emotions are legitimate and valid when they are pleasurable and even when they are painful.

However, acting on emotions can often create destructive outcomes. Acting on angry impulses can lead to hostility and even failed relationships. Acting on your emotions often intensifies your negative feelings and does not provide relief from distress.

Emotions are simply signals in your body that tell you what's happening in your environment. They can be good or bad, pleasurable or distressing. Sometimes they are strong feelings that come on quickly as a reaction to a situation without much thought or consideration for what's going on.

Our initial reactions to what's happening are referred to as primary emotions. However, we may also experience secondary emotions. Secondary emotions are reactions to

your primary emotions. For example, Smith's primary emotion was anger in response to his wife's overspending.

He expressed his anger in harsh words aimed at his wife and then escalated his anger to the point that he ended the episode by hitting his wife. Later, he felt guilt and shame about his actions. These were secondary emotions. To make matters worse, a primary emotion can set off a whole chain of secondary distressing emotions.

For example, Pfc. Jones received a "Dear John" letter from his girlfriend. At first he felt angry and betrayed. He thought, "How could she break up with me?" Later, as he thought about the loss of his girlfriend he felt abandoned, lonely and even worthless. He began to have self-critical thoughts: "I'm such a loser."

Soon he began to think, "I can't live without her." As his thoughts became more irrational, he began to feel overwhelmed by his emotions. At this point he is placing himself in danger. He may engage in destructive activities like binge drinking, or even think that life isn't worth living.

It is easy for emotional reactions to escalate out of control. Often, an individual in emotional pain blames someone or something else for the pain in the first place. Generally, the angrier you get, the more pain you will experience. Getting angry or upset over a situation also stops you from accurately perceiving what's really going on.

When you get angry and think that a situation should have never happened in the first place, it frequently

means that you're missing the point: it did happen, and you have to deal with it. Regulating your emotions is the way to deal with it. When feeling overwhelmed emotionally, one way to regulate your emotions is to accept the moment or event for what it is. The troublesome moment may have been due to a long chain of events and decisions made by you and others. You can't really fight it, get angry at it, or try to change it into something that it is not. The events leading to the moment have already occurred. For Smith, his debts are debts no matter how he reacts. For Jones, the letter is what it is, in the moment. This doesn't mean that you have to give in to every bad thing that happens to you, but it frees you to accept the moment for what it is and choose to

respond differently.

In order to get started with regulating your emotions, remind yourself of a few coping statements like, "This situation won't last forever," or, "The present moment is the only moment I have control over." Other coping statements include "I'm strong and I can handle anything," or "I've survived other bad situations before, and I'll survive this one too."

Accepting the present moment allows you to be objective about the part you have played in the situation. Most importantly, it gives you the well deserved opportunity to respond to the situation in a new way that's less painful for yourself and others. It opens the door for you to change things for the better.

When you get angry and think a situation should have never happened, it means that you're missing the point.

Healthy Living Health Promotion Activities

■ **Sept. 15, 22:** Tobacco Cessation Classes, Kirk Health Clinic, 3rd Floor conference room, noon-1 p.m. Call 410-278-1771.

■ **Sept. 20:** Blood Pressure Screening: Health Topic of the Month,

Behavioral Health and Suicide Prevention APG North recreation center: 11 a.m. to 1 p.m.

■ **Sept. 21:** Edgewood Area Health Fair, APG South recreation center, 10 a.m.-2 p.m. Health screening: bone

density, dental, vision, spinal scans, body fat analysis, skin cancer.

For more information, contact Ann Laughton at ann.laughton@us.army.mil or 410-278-1774.



ONLINE SURVEY
Take the online survey without being tied to a computer. Take it anytime, anywhere.