



## Installation town hall meeting highlights upcoming events, post improvements

By **RACHEL PONDER**  
APG News

Hundreds of Soldiers, civilians, contractors and Family members attended the installation town hall at the Post Theater Aug. 2, to receive updates from post leaders.

Maj. Gen. Robert S. Ferrell, Aberdeen Proving Ground Installation Commander and Commanding General of the U.S. Army Communications-Electronics Command hosted the event and discussed sharing resources and working together as a team to improve six focus areas: Science, Technology, Engineering and Mathematics and K-12 Outreach; Employee Wellness; Veteran Affairs, Gold Star Families, Wounded Warriors; Professional Workforce Development; Technician/Para-Professional Workforce Development; and System of Systems Engineering Workforce Development.

"I challenge you to look forward to the opportunities of tomorrow," Ferrell said. "I also challenge you to team with one another and help one another. You will find if you team together relationships build, morale increases and productivity is achieved."

APG Garrison Commander Col. Gregory McClinton also gave remarks. This was the first APG installation town hall meeting for McClinton, who became the APG garrison commander June 19. McClinton introduced two new members of the APG community, Glenn Wait, deputy to the garrison commander, and Garrison Command Sgt. Maj. James E. Ervin, who assumed the responsibility July 17.

McClinton said that it is critical that the APG community provides direct feedback to the command team.

"The key thing that I need to get from you, as installation customers, is your feedback," McClinton said. "It is impor-

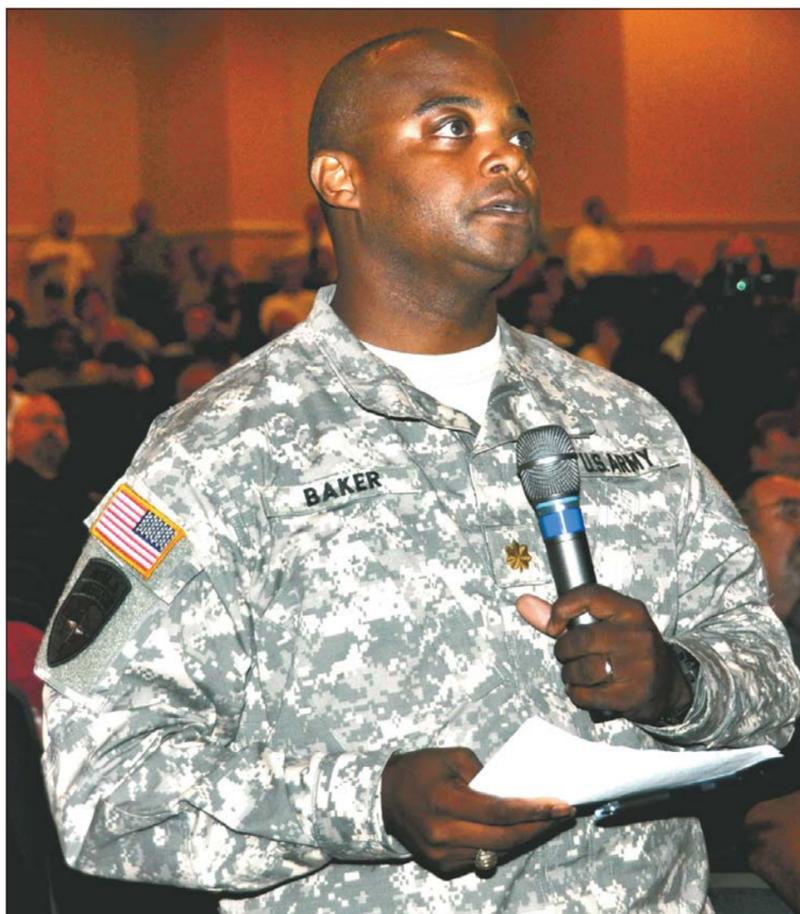


Photo by Yvonne Johnson

**Maj. John Baker of the 22d Chemical Battalion (Technical Escort) takes his turn on the microphone during the question and answer segment of the installation town hall at the Post Theater Aug. 2.**

tant to us that you give us the ability to communicate what your concerns are so that we can prioritize our efforts and make sure we are doing what needs to be done."

After McClinton's remarks members of his staff provided updates regarding installation operations.

See **UPCOMING**, page 12

## Classic Rock concert featuring Boston, Kansas, Grand Funk comes to APG Saturday

By **YVONNE JOHNSON**  
APG News

Tickets are still available for the Aug. 11 Army Entertainment Concert featuring Boston, Kansas and Grand Funk Railroad. Aberdeen Proving Ground hosts the night of classic rock on Shine Sports Field. Gates open 6:00 p.m.; show begins 7:30 p.m.

Advance tickets cost \$30; if available, \$40 the day of the show.

Volunteers are still needed to work several areas of the concert. Please send your name in by e-mail if you are interested in volunteering. E-mail: APGR-USAG-MWR-Leisuretravel@conus.army.mil.

### Kansas

Originally formed in 1970, after a few name and member changes, the debut album, Kansas, was released in March 1974. Its members included founder Phil Ehart (drums, percussion), Robby Steinhardt (violin, viola, cello, vocals), Steve Walsh (vocals, keyboard, synthesizers, percussion), and Rich Williams, guitar. Today the band is comprised of Walsh, Ehart, guitarist Rich Williams, bassist Billy Greer and violinist David Ragsdale, all of whom will bring their classic, award winning sounds to APG this Saturday.

On his second stint with the group Ragsdale replaced

See **FANS**, page 12



Photo by Yvonne Johnson

## Now that's swinging!

JSC catcher Ray (Sugar Ray) Schulze makes his turn at bat count with a double in to right field during the team's intramural softball game versus Pulaski 40s at Shine Sports Field July 30. The intramural softball post season tournament begins Aug. 20. **SEE PAGE 8**

## Jimenez assumes leadership of ATEC's Army Evaluation Center

By **YVONNE JOHNSON**  
APG News

The U.S. Army Test and Evaluation Command – Army Evaluation Center hosted a Change of Responsibility ceremony at ATEC headquarters Aug. 6 as outgoing ATEC deputy commander/AEC director Brig. Gen. John S. Regan turned over leadership of the AEC to David Jimenez, incoming AEC executive director.

ATEC Commander and reviewing officer for the ceremony, Maj. Gen. Genaro J. Dellarocco, presided over the event.

He recalled the building's opening nearly a year ago as Regan and his family arrived and said that the organization has benefited from his experience.

"You've done some great things," Dellarocco told Regan, adding that his responsibilities within ATEC and AEC give him a unique background to go into TRADOC with a test perspective as well as a defense perspective.

"He pulled together a pretty good team too," Dellarocco said, adding that Regan "had his fingers into three

See **JIMINEZ**, page 12



Photo by Sean Kief

David Jimenez, incoming director of the Army Test and Evaluation Command's Army Evaluation Center accepts the AEC colors from Maj. Gen. Genaro J. Dellarocco, ATEC commander, during the Aug. 6 Change of Responsibility Ceremony at ATEC headquarters.

### WEATHER

Thurs.



91° | 75°

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# OPINION

## STREET TALK

**What does getting your children/teens ready to go back to school mean for you?**

“For me it means not only making sure they have all their school supplies but that they’re prepared with positive attitudes.



**Denee Lake**  
PEO C3T

“I had a busy summer so it won’t be anything stressful. My kids go to a charter school and they wear uniforms. But I did buy them a few extra things and I’m pretty stocked up on school supplies.



**Spc. Francine Davis**  
Company C, 203rd MI Battalion

“It means getting them back to sleeping right. They’ve been staying up late. I try to give them things to focus on to get them ready for the classroom.



**Sgt. 1st Class Tony Crespo**  
ATEC-AEC

“It means a huge change in schedule. I’ll have to drag one out of bed before noon. They’re both seniors and they go to two different schools; one to a technical high school. But they buy their own clothes and school supplies and they drive to school. One is looking forward to it because he’s on a work-study program. You know, when people say the time goes by so quickly, it’s not a cliché, it’s true.



**Beth Brindle-Williams**  
VISC (Mother of 17-year-old-twins)

# Yoga. Peace of mind, body, spirit

Imagine sweating in 100-degree heat with every muscle in your body screaming for mercy. No, GI Joe, you aren’t in Afghanistan anymore – you’re in a hot power yoga class.

After the 90 minutes of torture is over, you feel amazingly alive and inexplicably calm. How did that happen?



The military is now looking closely at yoga as a possible alternative to medications for combat-related illnesses like depression, anxiety and post-traumatic stress disorder. Promising research by the Department of Defense suggests that along with conventional treatments, yoga should be part of the overall health and wellness program at every military installation to deal with returning veterans as well as those preparing to deploy.

Yoga uses meditation, deep relaxation, gentle stretching and breathing to reduce physical, emotional and mental tension. It has been found to be useful in helping people to deal with anxiety caused by traumatic events.

A long-standing belief among doctors and service members has been that the only effective way to deal with anxiety disorders related to deployment are conventional treatments like counseling and antidepressant drugs.

But in many cases, that isn’t working.

Some 2.3 million men and women have served tours of duty in Iraq and Afghanistan in the past decade. The Rand Corp. said as many as 300,000 veterans of those wars may have suffered PTSD or major depression.

Yoga is one of the areas that has received VA funding to look at how this ancient practice can help our returning warriors recover from traumatic experiences suffered while serving.

Yoga is grounded in many of the same principles that therapy is rooted in, and can be very beneficial in calming the autonomic nervous system which controls a person’s “fight-or-flight” response to stress, says Alison Thirkield, a clinical psychologist with Joint Mental Health Services, Moncrief Army Community Hospital, who works with soldiers who have post-deployment issues such as PTSD.

Male troops may be hesitant to take part in what is considered an unmanly endeavor, for fear of being called a wimp. After all, how many dudes want to be seen bending over in spandex?



Courtesy photo

**Capt. C.J. Keller, Marine reservist and yoga instructor, demonstrates a modified side plank pose during a community hot yoga class at Charm City Yoga in Towson.**

However, more and more male instructors are getting into the mix and changing skeptical minds by offering “Yoga for Vets” classes, like Air Force Master Sgt. Chris Eder and Marine reservist Capt. CJ Keller of Semper Fidelis Health and Wellness (SFHW) based out of Baltimore.

Eder, a volunteer with SFHW, began practicing yoga over a decade ago and found that during two deployments to the Middle East, he could give back to his military brothers- and sisters-in-arms and help them cope with the stresses of combat.

Some teachers would even change the name of the classes to “combat yoga,” trying to counter the myth that this was only the domain of women, Eder said.

Although he teaches locally in the Baltimore area, he now manages over a dozen yoga instructors around the country who are affiliated with SFHW, the non-profit organization that helps heal the visible and invisible wounds of war.

Intimidation may also play a role in men’s reluctance to give yoga a try. What if I can’t hang tough with the chicks?

While it is true that ego needs to be checked at the door, it is not true that you have to be as flexible as a pretzel. Yoga is a personal journey. It can be adapted to suit anyone, at any age, and in any shape. You also don’t need to belong to any specific religion, or be

able to chant in Sanskrit, either.

“Practicing yoga doesn’t require any flexibility at all. If you are present in the moment, aware of yourself and your body, breathing and connecting, you’re practicing yoga. In the physical practice, it is useful to have some range of motion in your limbs and spine, but the practice is easily adapted and graded to accommodate almost any portion of the population,” says Keller, who teaches at Charm City Yoga in Towson.

Yoga can be as restorative or as hardcore as you want it to be. Holding poses for 90 minutes in a 100-degree room is a challenge for the most physically fit person, male or female. Also, practicing yoga will help you perform better at any other sport you undertake.

“There remains an obstacle concerning the image of yoga and who practices it, and what it is. I was one of them, the masculine turbo-charged military guys, go to the gym and ‘pump iron’ or ‘lift weights’. I submit that there is something very masculine about yoga; it recruits the highest levels of discipline, endurance, self-improvement as well as physical challenge. It’s really a perfect vehicle for anyone looking for connection, balance and strength in their life,” says Keller.

Yoga is a “threefer.” It encompasses not only physical, but mental and spiritual fitness, as well. This is especially important in a military environment where deployment stressors can be a direct cause of depression and PTSD for service members and their families. Just about everybody, including civilian employees and contractors, can reap the benefits of yoga, too.

Yoga. Peace of mind, body and spirit.

For more information on the effect of Yoga on PTSD, go to [www.semper-fidelishealthandwellness.org](http://www.semper-fidelishealthandwellness.org)

**Terri Kaltenbacher**  
APG Public Affairs Office

“I submit that there is something very masculine about yoga; it recruits the highest levels of discipline, endurance, self-improvement as well as physical challenge. It’s really a perfect vehicle for anyone looking for connection, balance and strength in their life.

**Marine reservist Capt. C.J. Keller**  
Semper Fidelis Health and Wellness

## APG SEVEN DAY FORECAST

Thurs



91° | 75°

Fri



86° | 73°

Sat



82° | 68°

Sun



85° | 69°

Mon



87° | 72°

Tue



89° | 73°

Wed



89° | 74°

## APG NEWS

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# VA program offers vets between ages 35-60 new education opportunities

By **J.D. LEIPOLD**

*AR News*

Unemployed veterans between 35 and 60-years-old have an opportunity to begin a new career in one of more than 211 high-demand occupations by applying for enrollment in the Veterans Retraining Assistance Program launched as part of the Vow to Hire Heroes Act of 2011.

Sponsored by the Veterans Administration and the Department of Labor Veterans Retraining Assistance Program, or VRAP, offers up to 12 months of educational assistance to veterans enrolled in a VA-approved program of education offered by a community college or technical school.

The program the veteran chooses must lead to an associate's degree, a non-college degree or certificate and train the veteran in one of the labor department's list of high-demand occupations. Online courses may be approved for VRAP. Programs of study at vocational flight schools, correspondence courses, on-the-job training, apprenticeship and work-study are not approved.

Applicants to VRAP will have until March 31, 2014 to apply. After that date, the funding program ends. While enrolled in a full-time educational program, participants receive direct monetary assistance equal to the monthly full-time payment rate under the Montgomery GI Bill-Active Duty program. That rate is currently capped at \$1,473 per month. Applicants are responsible for paying tuition, fees and books.

Eligible VRAP applicants must be unemployed at the time of application and have other than dishonorable discharges. Additionally, they cannot be enrolled in a federal or state job training program or receiving VA compensation due to being unemployable. Veterans eligible for other VA education benefit programs such as the Post-9/11 GI Bill, Montgomery GI Bill or Vocational Rehabilitation and Employment are not eligible for VRAP.

For Julius Ware II, an Army veteran who served with the 82nd Airborne Division from 1977 to 1981, his application and acceptance into the VRAP came at a time when he'd just lost his job with

the Capitol Heights, Md., public works department.

Shortly after paying a visit to the Washington, D.C., unemployment office and filing necessary paperwork to get back into the working world, he received a call from his job counselor who told him about the VRAP program.

"When this VRAP program came up, she immediately called me because she thought I was well-qualified, so I was interviewed and selected to be one of the first participants," said Ware, who while in the Army was a chemical operations specialist.

After he left the Army, Ware used his VA educational bill to become an electrician and member of the International Brotherhood of Electrical Workers. He also co-founded the Electrical Workers Minority Caucus, a national organization that represents the interests of minority electricians.

"I think it's a good time to be a veteran," Ware said. "Those of us in the 35-60 age range often fall through the cracks, so I think it's wonderful the government has come up with this program to address our needs. Oftentimes, between 35-60, if you're out of a job, it's a lot harder to get retraining. I think this a great opportunity."

Ware begins classes in construction management next month at Prince Georges Community College in Maryland. After he earns his associate's degree, he wants to work with a construction company or government agency which is devoted to identifying local residents and veterans and putting them into entry-level positions in the building trades.

"Helping people get jobs is important to me, so my goal upon graduating is to be in a position where I can assist myself but also reach out and help veterans in advancing their positions," Ware said.

While many might consider 53 on the downhill side of a working life, Ware has no intention of retiring.

"People don't necessarily retire when they love what they do and enjoy the rigorous atmosphere of going to work, doing fulfilling things, getting gratification from a job-well-done and seeing the fruits of their labor," he said. "I don't think I'll retire; I'll just slow down."

# HIRED! teens gain cataloging experience at the Museum Support Building

Story and photo by  
**RACHEL PONDER**  
APG News

Two high school students are learning more about history and gaining work experience as apprentices at the Museum Support Building.

Sam Stubing, 15, a Harford Technical High School sophomore, and Brian Levine, 16, a Patterson Mill High School junior, are in the Family and Morale, Welfare and Recreation's HIRED! program. HIRED! provides paid apprenticeships for 15 to 18-year-olds. During the summer term, apprentices work eight hour shifts, two days a week, assisting with basic duties that are appropriate for their age and level of experience.

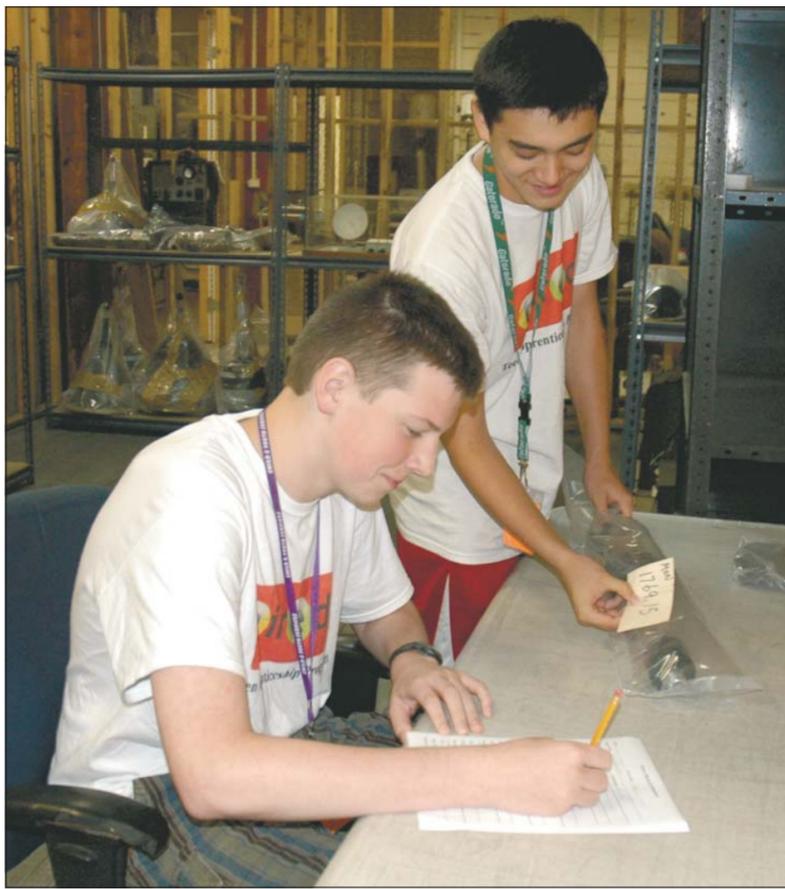
During their apprenticeship, Stubing and Levine are cataloging and resizing historical photos for the museum's database. They are also assisting in unloading, unpacking, and cataloging artifacts from Fort Monmouth, N. J. that will eventually go in the APG Museum.

This collection of artifacts came to APG after the U.S. Army Communications-Electronics Command relocated to APG and Fort Monmouth closed as a result of base realignment and closure. The artifacts will be displayed in the new APG Museum, projected to open next year.

Ed Heasley, acting APG Museum director, said that he wanted to work with apprentices this summer because he needed the extra help.

"They are helping me do an inventory," Heasley said. "Making sure that everything came down from Fort Monmouth that was supposed to come down. I believe that if teens get an opportunity to work or volunteer at a museum, they should take it. It looks good on a resume, and they will get an experience that not too many people get. And, they are learning to work together as a team."

Heasley added that working for the APG Museum requires background knowledge in a variety of subjects like history, mathematics, technology, science and engineering.



**(From left) Brian Levine, 16, and Sam Stubing, 15, catalog an artifact that will be displayed in the new APG Museum, projected to open next year. Levine and Stubing are two of 47 teens currently participating in the APG Family and Morale, Welfare and Recreation's HIRED! program, which provides paid apprenticeships for 15 - 18 year olds.**

Stubing and Levine said that they were eager to get some work experience under their belt before graduating high school.

"Working at APG I thought was special, a good opportunity," Levine said. "I felt like I would learn more working here. Most teens don't get the opportunity to work on a military base. Maybe I will work here someday."

"The HIRED! program gives you job experience, I feel like now I can make

better decisions," Stubing added.

Levine and Stubing added that the HIRED! prerequisites prepared them for future success, covering topics like resume writing, interview techniques, and money management.

"Most teens don't discuss these kind of things until it's too late," Levine said.

#### **About HIRED!**

The HIRED! program offers a variety of job placements for teens of mili-

tary and government civilians assigned to APG. To secure an apprenticeship, candidates must achieve and maintain a 2.0 grade point average or higher before completing a pre-assessment and interviews with facility managers. Depending on the skills and interest teens show in these interviews, they are placed under the direct supervision of a designated onsite mentor who is responsible for tutoring their individual apprentices.

Career options in the HIRED! program include: education, child and/or youth development, marketing or graphic design, library and information science, food and beverage management, pet care education, information technology, sports studies and sports management. Students may participate in the program twice a year between the ages of 15 and 18.

Additional requirements for the students include participating in other career preparation enrichment activities such as workshops and classes where students learn how to complete financial aid forms and scholarship applications. Students will also be expected to keep a journal of their experience.

Teens will receive experience that will make them competitive in future job opportunities and college applications." Jay McKinney, APG'S HIRED! coordinator. "Students will develop work and life skills, like customer service, and resume writing, that will be applicable to any job they might pursue in the future."

The HIRED! program is accepting teens for the fall term, which starts Sept. 10. During the fall term, teens will work three hours a day, five days a week. On Aug. 16 teens will be able to earn five prerequisite credits by attending the "Preparing Teens for the Workplace" workshop held at the Child, Youth and School Services Bldg. 2522, from 9 a.m. to 2 p.m. To register or to find out how to become a mentor, contact McKinney at [jay.a.mckinney.naf@mail.mil](mailto:jay.a.mckinney.naf@mail.mil), or call 410-278-3250.

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# 'Pockets of excellence' across Army, but work still needs to be done on health of force

By **C. TODD LOPEZ**  
Army News Service

Vice Chief of Staff of the Army Gen. Lloyd Austin capped off a week-long series of visits to several Army bases, with a final visit to Fort Riley, Kan., July 27. The series of visits was part of an effort to develop a better understanding of the "health of the force."

During the trip, the vice talked to installation senior leaders and brigade and battalion commanders about issues involving the Integrated Disability Evaluation System, sexual assault and sexual assault prevention, suicide prevention and wounded warrior care.

Army leaders Austin talked with during the visit are concerned with taking care of their Soldiers, and are also concerned about having the right resources to do so. Finding ways for the Army to provide those resources was one of the goals of the visits, Austin said.

When Austin and the senior leaders who accompanied him on the trip return to Washington, D.C., they will consolidate their observations, analyze the needs of commanders in the field, and find better ways to provide them with what they need to take care of their Soldiers, the general said.

"The policy changes that need to be made, we'll endeavor to make those policy changes -- to speed up processes, to improve the quality of delivery of service," Austin said. "And where there are resources that need to be applied we'll look at getting more resources out to the field as well. We'll also endeavor to share best practices."

Austin said that getting resources to the field, including more behavioral health providers, is something that he suspected was going to be seen as a challenge. He said his trip to the field has shown that to be true.

What the general also said was that during his trip, he learned that installation commanders are concerned about taking care of their Soldiers and that many are already working on solutions for suicide, sexual assault and sexual harassment prevention, for instance, that warrant a further look for use across the force.

"We've had the opportunity to meet with and talk with leaders and commanders and health professionals and others," Austin said. "And what these discussions have confirmed for me is that we've made progress in a number of areas. Indeed, there are pockets of excellence at every installation."

Still, Austin said, the Army has a way to go to achieve its goals. The purpose of his visit was to identify "best practices" already in place and decide how to implement them across the force and identify friction points in delivering services to Soldiers and their families.

"We will do what is necessary, because this is about tak-



Photo by Amanda Kim Stairrett

**Lt. Gen. Michael Ferriter, commander of Installation Management Command, speaks to 1st Infantry Division company commanders during a sensing session July 27, 2012, at Fort Riley, Kan. Ferriter was one of eight senior Army leaders who spoke with Fort Riley Soldiers and personnel about everything from programs, services, resources and best practices pertaining to the health of the force. The stop was the last in a six-installation tour to assess the "health of the force."**

ing care of our most precious asset, and that is our people," Austin said.

## **Suicide prevention**

A key goal of Austin's trip was to address efforts being made in suicide prevention, and to also ask commanders what tools they need to help fight back the suicide trend in the Army. The general said suicide "is the toughest enemy I've ever faced."

The suicide problem in the Army is a "complex problem set," he said, that requires a "sophisticated solution."

The solution will require a number of agencies working together to build resiliency into Soldiers and families.

Brig. Gen. Donald M. MacWillie, the commander of Fort Riley, said at his installation he is attacking suicide on "four fronts." The first of those is to simply engage with Soldiers.

"We're letting them know that life is good," he said. "And with that, it takes courage and strength when you come forward and say you need some help. If we can break through that -- that very bottom level -- we see success."

MacWillie also said that at Fort Riley, educating and empowering leaders is part of the solution. There, he said, he wants his leaders to know their Soldiers, to know the indicators of suicide, and to also know the stressors that may cause suicide. He also said that they are educating Soldiers to know how to identify in other Soldiers the signs of suicide, and emphasizing the need for Soldiers to take care of one another.

The Fort Riley community is also working with academia, such as at Kansas State University, and also with professionals locally to learn more about the suicide problem and to learn ways to combat it.

Finally, MacWillie said, Fort Riley has integrated 214 behavioral health providers on post who are "integrated down to the lowest level, down to where the Soldiers see that behavioral

health provider."

Surgeon General of the Army Lt. Gen. Patricia Horoho, one of those who accompanied Austin on the trip, said increasing the number of behavioral health providers is something the Army has been "working really aggressively" at since 2007. Since then, she said, the Army has increased behavioral health providers by 83 percent, and is now working to embed those providers into brigade combat teams, as well as to make behavioral health a part of a Soldier's primary care experience.

"It's making sure that behavioral health -- the mental and the spiritual, the total aspect of our Soldiers and our family members -- is in the fabric of who we are and it's one component of wellness," Horoho said.

## **Keeping Soldiers connected to the Army**

A difficult time for Soldiers, and one potentially at the center of the very problems Austin is investigating now, is when they transition from one installation to another. Making that transition is something the Army is working to get a handle on, said Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command, and assistant chief of staff for installation management.

"A lot of the issues that we have today occur in those first couple months of that transition," Ferriter said. The general also accompanied Austin on the installation visits.

As Soldiers move around the Army, Ferriter said, it's important for them to stay connected to the Army, and to retain a sense of belonging. The Army, he said, has a sponsorship program that helps make that possible. In November, the Army published a requirement that all Soldiers transitioning to a new installation must have a sponsor that will help them integrate into their new unit.

Additionally, Ferriter said, about two-thirds of military families live in the local com-

munities off base. The Army is working to make stronger connections with those communities, with community groups, and with sports teams, for instance, to ensure that military families stay engaged.

Finally, Ferriter said, the Army is working, from headquarters-level in Washington, to further efforts that help keep military spouses employed when they move from state to state as part of the transition process. Continuity, Ferriter said, is critical. To that end, the Army has worked to develop a program where credentials that military spouses might need to do their jobs can be transferred from state to another during a transition. About 23 states now participate, he said.

The Army is also making a similar effort that will allow the children of military families to transfer school credits from one school to another.

"What we offer is a full layer cake of opportunity to create stability and certainty during this time of a lot of movement," Ferriter said.

## **Commanders are engaged**

Following the visit around the force, at installations chosen both for their size and their diversity, Austin said he came away with one clear picture of the Army's health.

"The overriding piece of feedback is that commanders are engaged and are very concerned about taking care of their troops and are very focused on building a better force," Austin said.

Lt. Gen. Howard B. Bromberg, deputy chief of staff, Army G-1, another participant in the visits, said he was impressed to have found that commanders are already engaged with their Soldiers to tackle the very problems that the senior leader team visited to address.

"What I was really encouraged with on this trip was the open dialogue amongst commanders and young Soldiers about our increase in behavior-

al health, our increase in willingness to talk about suicide, to talk about the challenges of military life," Bromberg said. "We talked to several family members as well and talked about their challenges. I think as we go through and we increase our numbers of trainers and resiliency, increase our number of people who understand the challenges our Soldiers face -- I think that's how we are going to attack (it)."

Sgt. Maj. of the Army Raymond F. Chandler III, who also participated in the six-installation tour, said it was important for Soldiers to see leadership from the highest levels of the Army -- leaders they don't often interact with -- tackling the problems that affect them.

"Soldiers really want to know their leaders are doing everything they can -- including from a Department of the Army level, who they really don't hear too much from -- and that they are working on these issues diligently and aggressively as can be," Chandler said. "I think they wanted to hear from the folks here that we are engaged, we are working this and we are going to help them in many of the areas we talked about."

Austin said if the Army is going to tackle the problems it faces with suicide, sexual assault, behavioral health issues, and Soldier care, it must continue to do what he and his team have already done.

To really get at the problem, Austin said, requires getting down to the lowest levels "and take a knee beside that commander, and say tell me what's going on specifically and what resources do you need to better fight that fight. That's worked for me in every fight I've been in, never failed me, and every time I've seen us get our leadership focused on a specific issue, we're successful."

During the week, Austin and his team visited Fort Bragg, N.C.; Fort Hood, Texas; Fort Benning, Ga.; Fort Stewart, Ga.; and Fort Gordon, Ga. They concluded their trip at Fort Riley.



## 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.

# MARK YOUR CALENDAR

## SATURDAY

### AUG. 11 CONCERT – BOSTON WITH KANSAS AND GRAND FUNK RAILROAD

APG MWR and Army Entertainment present Boston with special guests Kansas and Grand Funk Railroad Aug. 11 at the Aberdeen Proving Ground Shine Sports Field. Advance tickets are \$30. Tickets can be purchased online at [www.apgmwr.com/events.html](http://www.apgmwr.com/events.html), the Leisure Travel Office in the APG North (Aberdeen) recreation center and the APG South (Edgewood) recreation center. For information, call 410-278-4011 or 410-436-2713.

### VOLUNTEERS FOR SUMMER CONCERT NEEDED

APG MWR is looking for volunteers to work the Aug. 11 Boston with Kansas and Grand Funk Railroad concert. If interested, please send name to [APGR-USAG-MWR-Leisuretravel@conus.army.mil](mailto:APGR-USAG-MWR-Leisuretravel@conus.army.mil).

### BUTTERFLIES AND BLOOMS KAYAK

Search for butterflies among the native flowers during the peak of the summer wildflower season in the marsh. This program will be held 1:30 - 4:30 p.m. for ages 8 to adult. The cost is \$10 and online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

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

### WHITE TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth and not just with humans. Come help determine if the deer population of Leight Park is a healthy size. Come conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This program will be held 9 - 11 a.m. for ages 16 to adult. The program is free but online registration is required at [www.otterpointcreek.org](http://www.otterpointcreek.org).

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

## MONDAY

### AUG. 13 SKEET AND TRAP LESSONS FOR AGES 14-18

Learn about shotgun safety and proper use from 9 a.m. - 1 p.m. at the APG South (Edgewood) skeet and trap range, Bldg. E4737. Lessons are free. Transportation is not provided. The range has shotgun shooting opportunities for all skill levels. Contact [connor.j.joyce.naf@mail.mil](mailto:connor.j.joyce.naf@mail.mil), or call 410-278-1399.

### PROFESSOR WIZARD, WONDERS OF SCIENCE

An entertaining science show for the entire family!

Open to the APG Community at the post theater, Monday, Aug. 13. Show starts at 2:30 p.m.

## WEDNESDAY

### AUG. 15 JOB FAIR AND EXPO

Meet with top companies seeking active duty, guard, reservists, transitioning veterans and college students at the American Legion, 44 North Parke St., Aberdeen from 10 a.m. - 3 p.m. Maryland Department of Labor and Licensing representatives will be there to help you with your job search. The Maryland Department of Veterans Affairs will also be there to answer questions concerning Medical, VA services, education benefits and more.

For more information, call 301-363-8533 or go to [www.vetopps.com](http://www.vetopps.com).

## SATURDAY

### AUG. 18 NEW YORK CITY TICKETS

The APG MWR Leisure Travel Office has tickets to New York City Aug 18, Sept. 22 and Oct. 13 for only \$48 per person. Don't miss out on these eight-hour do-it-yourself trips to experience one of the most famous cities in the world. Transportation departs from Mountain Rd Park and Ride in Joppa at 7:55 a.m., drops off passengers in Times Square and returns at approximately 11 p.m.

To purchase tickets, visit the MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, building 3326. For questions about purchasing tickets, call 410-278-4011, or email [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil). For more information about NYC, visit [www.nyc-tour.com](http://www.nyc-tour.com).

## YOLANDA ADAMS CONCERT

APG, in partnership with Ames United Methodist Church will host a gospel concert featuring Grammy and Dove Award-winning artist Yolanda Adams at 3 p.m. at the Post Theater. The concert pays tribute to Wounded Warriors in Maryland. Tickets are \$30 and can be purchased at the APG North and South recreation centers. Tickets for active duty Soldiers are \$25 and must be purchased over the counter. To purchase tickets online, visit <https://webtrac.mwr.army.mil/webtrac/apgrectrac.html>. For more information, call the APG Leisure Travel Office at 410-278-4011.

## MONDAY,

### AUG. 20 FREE – INCOME TAX COURSE FOR MILITARY SPOUSES

FREE! H&R Block Income Tax Course for Military Spouses. For the registration phase of this course you must attend the H&R Block briefing at the ACS Employment office, 6:30 pm-8:30pm., Army Community Service, Bldg. 2503 Highpoint Rd. Registration is required.

Full scholarships are now available to Military Spouses for the H&R Block Income Tax Course at no charge! Learn how to prepare taxes now. Upon successful completion of the course, you could potentially become a tax professional, and earn extra income. Flexible course times and convenient locations fit your schedule. Bilingual courses are available. Contact your Local ACS Employment Readiness Program Manager for eligibility and Scholarship Information. Partnership ACS Employment program and H&R Block.

For more information, call Marilyn Howard, Army Community Service Employment manager, 410-278-9669/7572.

## TUESDAY

### AUG. 21 FWP HOSTS WOMEN'S EQUALITY DAY PROGRAM

The Aberdeen Proving Ground Federal Women's Program (FWP) is hosting their annual Women's Equality Day Program, Tuesday, Aug. 21, 2102, 10:30-11:30 a.m., Ball Conference Center, Building 3074. The program will recognize the Woman of the Year, Supervisor/Manager of the Year, and the Most Supportive Organization of the Year. For additional information, contact Teresa Rudd, [teresa.d.rudd.civ@mail.mil](mailto:teresa.d.rudd.civ@mail.mil), 410-436-5501 or Carmela R. Wilson-Styles, [Carmela.r.wilson-styles.civ@mail.mil](mailto:Carmela.r.wilson-styles.civ@mail.mil), 443-395-4771.

## WEDNESDAY

### AUG. 22 APG'S SENIOR MANAGERS ASSOCIATION LUNCHEON

The Senior Managers Association is a newly created association established as a networking forum for GS 14/15s (and other pay system equivalents.)

Guest speaker will be Monique Ferrell, (SES) Deputy Auditor General, U.S. Army Audit Agency, speaking on the topic "Can you hear me now?"

R.S.V.P. by August 20 to POC: Eugene L. Vickers, 410-436-0807. Alt POC: Cecilia Magee, 443-395-8165

### VETERANS JOB FAIR & EXPO

APG Army Community Service Employment Readiness Program, in partnership with DLLR Veterans Unit will hold a job fair at the Aberdeen Recreation Center, Bldg. 3326, Erie Street. 11 a.m. - 1 p.m. Open to all active duty, retired, former service, Reserve/National Guard service members & spouses! For more information, contact: Jack Charles at 410-306-2354 or 410-836-4635, ACS Marilyn Howard 410-278-9669

## WEDNESDAYS

### AUG. 22 - SEP. 26 TOBACCO CESSATION CLASSES

Learn how to quit and stay quit, noon to 1:00 p.m. at the APG-North Recreation Center, Room 102. Each week a different topic will be discussed, to include: Tobacco cessation strategies, medication support options, life-style change management, diet & nutrition, stress management, and staying quit. Free to all APG DoD employees, contractors, active duty, dependents, and retirees. For additional information, contact Ann Laughton, [ann.laughton@us.army.mil](mailto:ann.laughton@us.army.mil), 410-278-1774. Sponsored by Kirk US Army Health Clinic/Public Health Nursing and the APG Community Health Promotion Council.

## THURSDAY

### AUG. 23 FALLING BRANCH HIKE

APG's EDGE program is hosting a trip for high school students to Falling Branch, near Rocks State Park, Aug. 23. The trip will include an afternoon of light trail walking, sun bathing and swimming. Participants are encouraged to bring a swim suit, towel, sunscreen and at least two friends. Transportation will depart at 12 p.m. from the APG North (Aberdeen) Youth Center and return at 5 p.m. Teens will also be picked up from the APG North (Aberdeen) archery range. Cost is \$5 per person. Registration deadline is Aug. 16 at 4 p.m. Register at CYSS Central Registration offices in building 2503, rooms 210 or 211. Walk-in registration is 7:30-10:30 a.m., or call for an appointment at 410-278-7479/7571. For more information, contact [connor.j.joyce.naf@mail.mil](mailto:connor.j.joyce.naf@mail.mil), or call 410-278-1399.

## FRIDAY

### AUG. 24 ENVIRONMENTAL ASSESSMENT REVIEW

The Army has prepared an environmental assessment (EA) for the Privatization of Army Lodging at Aberdeen Proving Ground. The EA identifies, evaluates, and documents the effects of obtaining private-sector funding for maintenance, management, renovation, replacement, rehabilitation, and development of transient lodging facilities. That is the Army's Preferred Alternative. A No Action Alternative is also evaluated. Implementing the Preferred Alternative would not be expected to result in significant environmental impacts. The draft EA and Finding of No Significant Impact (FNSI) are available for review at <http://www.apg.army.mil/apghome/sites/directorates/dpw/> until August 24, 2012.

Comments can be addressed to USAGAPG, ATTN:IMAP-PWE (Carol Young); 4304 Susquehanna Avenue; 3rd Floor, Wing B; Aberdeen Proving Ground, Maryland 21005-5001.

### WOMEN VETERANS MEETING

The VA Maryland Health Care System (VAMHCS) and the Advisory Committee on Women Veterans will host a Women Veterans Town Hall Meeting from 10 a.m. - noon at the Renaissance Baltimore Harborplace Hotel, 202 East Pratt Street in Baltimore.

The Women Veterans Town Hall Meeting is being held to give women Veterans in Maryland, and those who serve them, an opportunity to address concerns on women's issues. Invitees will include women veterans as well as representatives from Veteran Service Organizations. The meeting will include a Q&A session, with subject matter experts available for response.

For more information contact the Center for Women Veterans at 202-461-6193 or e-mail [VAMHCSPublicRelations@va.gov](mailto:VAMHCSPublicRelations@va.gov).

## SUNDAY

### AUG. 26 CIRQUE DU SOLEIL'S DRALION

APG MWR's Leisure Travel Office has discounted tickets for sale to Cirque du Soleil's newest acrobatic show Dralion Sunday, Aug. 26 at 1 p.m. at the 1st Mariner Arena in Baltimore. Tickets in section 223 are \$55 each.

To purchase tickets, visit the MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, building 3326. For questions about purchasing tickets, call 410-278-4011, or email [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil). For more information about the show, visit <http://www.cirquedusoleil.com/En/shows/dralion/default.aspx>.

## MONDAY

### AUG. 27 MWR SOCCER AND FLAG FOOTBALL LEAGUE REGISTRATION

Registration for the APG MWR soccer and flag football leagues is open now through Aug. 27 for the upcoming season, Sept. 10 through Nov. 7. Registrations fees are \$250 per team, \$20 per individual on military teams and free for all active-duty military.

For more information, contact the Leisure Travel Office in the APG North (Aberdeen) recreation center at 410-278-4011/4907, the APG North Athletic Center at 410-278-7933/7934, the APG South (Edgewood) Gym at 410-436-3375/7134, or email [usarmy.APG.imcom-fmwr.list.usag-mwr-sports@mail.mil](mailto:usarmy.APG.imcom-fmwr.list.usag-mwr-sports@mail.mil).

## WEDNESDAY

### SEPT. 5 THRIFT SHOP HOLDING \$.25 SALE

Starting Sept. 5, get select items for just \$.25 each in the APG Thrift Shop clearance room. The sale runs through the entire month of September. Thrift Shop hours are Wednesday, 11 a.m. to 6 p.m.; consignments 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m.

Thursday, 10 a.m. to 2 p.m.; consignments 10 a.m. to 1 p.m.

The store is no longer open first Saturdays.

For more information, or to volunteer, call the Thrift Shop during business hours at 410-272-8572.

## SATURDAY

### SEPT. 22 FAMILY FUN DAY VOLUNTEERS NEEDED

SARC is looking for volunteers to assist with the nonprofit's biggest fundraiser of the year— The 3rd Annual Rising Above It Hot-Air Balloon Festival Family Fun Day on Saturday, Sept. 22, at the Harford County Equestrian Center, 608 North Tollgate Road in Bel Air.

Volunteers are needed to help with admissions/registration, main stage entertainment, exhibitors, vendor hall, food vendors, hot-air balloon interactive demonstrations, horse ring and feinting goats, activity areas and overall festival operations.

For more information, go to <http://sarcfamilyfunday.eventbrite.com>, email [volunteer@sarc-maryland.org](mailto:volunteer@sarc-maryland.org) or call 410-836-8431.

## TUESDAY

### SEPT. 25 HCC OFFERS ROMETRIP

Experience an arts-centered trip to Rome with Harford Community College Jan. 3-12, 2013. The registration deadline is Sept. 25; instructor permission is necessary prior to registration.

This winter, Creative Photography, History of Furniture and Decorative Arts, Drawing I, II, III, & IV, Sculpture I, II, III, & IV, and Creative Writing are being offered as part of the travel/study experience. The price (including gratuities & tour guides) is \$3,750 per person plus tuition. The first 20 students to register will receive a \$250 discount. Contact Dr. Ellen Avitts at [drellenav@yahoo.com](mailto:drellenav@yahoo.com) or any of the instructors for enrollment application.

## THURSDAY THRU SUNDAY

### SEP. 27 - 30 APG OKTOBERFEST

APG will celebrate Oktoberfest Sept. 27-30 at Shine Sports Field. For the first time at APG, this famous German festival will be celebrated with lots of food, music, children's activities and German beer. For more information, call 410-278-4011.

## ONGOING

### APG THRIFT SHOP NEEDS VOLUNTEERS

Are you a retiree, empty-nester or stay-at-home-wife or hubby looking for something to do? With just two hours a week to spare, you can serve your community as a volunteer at the APG Thrift Store. Located in Bldg. 2458 behind the Main Post Chapel, the Thrift Shop offers quality, gently-used items featuring clothing for babies to adults including military uniforms, appliances, electronics, furniture, luggage, kitchenware, toys, knick knacks, books, jewelry and collectibles. And its dollars go right back into the community. So come spend an hour or a day, making new friends while helping your community.

Thrift Shop hours are:

- Wednesday, 11 a.m. to 6 p.m.; consignments, 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m.

- Thursday, 10 a.m. to 2 p.m.; consignments, 10 a.m. to 1 p.m.

- The store is no longer open first Saturdays.

For more information, or to volunteer, call the Thrift Shop during business hours at 410-272-8572.



**MORE  
ONLINE**  
More events  
can be seen at  
[www.apgnews.apg.army.mil/calendar](http://www.apgnews.apg.army.mil/calendar).

# JSC edges Pulaski 40s, 11-10

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

The hits just kept on coming during the intramural softball game between JSC and Pulaski 40s on Shine Sports Field #2 July 30. Batters on both teams chipped away into the double digits with mostly singles and doubles before the game ended with JSC just one run ahead, 11-10.

Teams in the competitive division are jockeying for position in the upcoming post-season tournament.

Brian Bosmans, Pulaski 40s coach, said the third-year team is from the Army Contracting Command.

“We had a rough start to the season but we’re now about 500 and hoping for the playoffs,” he said. “This is our third year together and we’re starting to jell. They’re a good group of guys.”

John Huebner of CECOM SEC coaches JSC which stands for Jim Seward Consulting, LLC, the team’s sponsor. Huebner said the team lost its first three games but won its last 14 and was tied for first place.

“We just grabbed a bunch of guys and ended up with a bunch of veterans and young pups,” he said when asked how



**Pulaski 40’s first baseman Alex Garcia (20) watches as JSC’s Ray Schulze (44) slides safely into second base. View more photos on the APG Flickr site at [www.flickr.com/photos/usagagg](http://www.flickr.com/photos/usagagg).**

the team was put together. He added that his strategy for winning is simple.

“I just tell them to swing for base hits, we don’t need home runs,” he said. “All I know is we’re headed to the finals and

we like our chances.”

The post-season tournament begins after make-up games conclude during the week of Aug. 20. For more information contact Rosie Stewart at the APG

Athletic Center at 410-278-7934, [rosita.c.stewart.civ@mail.mil](mailto:rosita.c.stewart.civ@mail.mil); or Jeff Pettitway at Hoyle Gym in APG South (Edgewood) at 410-436-3375, [jeffrey.d.pettitway.civ@mail.mil](mailto:jeffrey.d.pettitway.civ@mail.mil).

# R.A.T.S. research may teach rodents to detect explosives

*U.S. Army Research Laboratory Public Affairs*

A rat may never be man’s best friend, but the Rugged Automated Training System research sponsored by scientists with the U.S. Army Research Laboratory, in collaboration with engineers at West Point and the Counter Explosives Hazards Center, will determine if and how these animals can be trained to save Soldiers’ lives.

In July, Barron Associates Inc., Charlottesville, Va. was selected for an award under the Small Business Technology Transfer, or STTR, program to develop and test a rugged, automated and low-cost system for training rats to detect improvised explosive devices and mines, said Micheline Strand, chief of the Army Research Office’s Life Sciences Division, which manages the program.

“The automated system we’re developing is designed to inexpensively train rats to detect buried explosives to solve an immediate Army need for safer and lower-cost mine removal,” said William Gressick, senior research engineer and the project’s principal investigator at Barron Associates. “Beyond this application, the system will facilitate the use of rats in other search tasks such as homeland security and search-and-res-



Photo by Staff Sgt. Lindsey Kibler

**Air Force Staff Sgt. Brandon Chism, explosive ordnance disposal technician with the 466th Air Expeditionary Squadron, talks with Afghan National Civil Order Police Sgt. Nasrullah Mohammad Sharif, also an Explosive Ordnance Disposal technician, about how he uses zip ties to mark a simulated improvised explosive device, Oct. 23, 2011. Chism and his teammates set up weekly training sessions with the AN COP, in order to validate their technical skills in detecting, extracting and safely clearing improvised explosive devices.**

cue operations. In the long-term, the system is likely to benefit both official and humanitarian organizations.”

“If we can demonstrate that rats can be trained inexpensively to be reliable detectors, then this method would not

only lower costs for the Army but would also create new opportunities for using animals to detect anything from mines to humans buried in earthquake rubble,” Strand said.

It is well established that animals are capable of identifying explosives at lower concentrations than abiotic systems. The Department of Defense currently relies on dogs as the animal of choice for explosives detection. The goal of this STTR program is not to replace the use of dogs, but to expand the Army’s detection capabilities.

“Training dogs is very expensive. If we can significantly reduce the cost of a trained animal, then we could provide more animals to protect soldiers,” Strand explained.

Trained rats would also create new opportunities; rats can search smaller spaces than a dog can, and are easier to transport.

Landmines kill between 15,000 and 20,000 people a year, and continue to kill adults and children decades after a conflict ends. An automated system to train rats to find mines could accelerate worldwide efforts to clear mined areas and return mined land to farming or other productive uses.

# Deployed service members from 24 countries become U.S. citizens

By **JASON NELSON**  
*Army News Service*

After rigorous interviews, background checks and testing, 44 Soldiers representing 24 different countries of origin completed the process of naturalization and stood together in Afghanistan to take the oath of U.S. citizenship.

“What is so honorable to me is that before being granted the benefits, you accepted the cost,” said Stephen G. McFarland, the U.S. embassy’s coordinating director for rule of law and law enforcement.

The process to become a U.S. citizen is not an easy one. There are many applicants throughout the military. In southern Afghanistan, there are two ceremonies for service each year.

One of the new citizens is Pfc. Berald Escribano, a 22-year-old infantryman from Kodiak, Alaska, who is currently attached to Provincial Reconstruction Team Zabul. Escribano immigrated to the United States from the Philippines in 1999 with his family and completed his schooling in Alaska.

“I’ve already done so much in my life, like joining the National Guard, but I know that this will make a big difference,” Escribano said. “I will have more opportunities for work and education and, most importantly, I will finally get to have a voice during the election.”

The desire to vote is what pushed Escribano to pursue his citizenship more vigorously.

“During elections, my friends would ask who I was supporting and I would just defer or avoid the question,” he



Photo by Joshua Turner

**Pfc. Berald Escribano (third from the left), Zabul Provincial Reconstruction Team Security Force, recites the Oath of Allegiance to become a U.S. citizen, June 29, 2012, during a Naturalization Ceremony at Kandahar Airfield, Afghanistan. Escribano and more than 40 other service members became U.S. citizens.**

reflected before the ceremony. “But now I can answer truthfully and cast a vote in the upcoming election.”

For Escribano, he had a mentor and guide, his company first sergeant, 1st Sgt. Stephen Blair.

“We started the process during mobilization, and it was a lot of paperwork and following up,” said Blair. “But it

was well worth it, to be able to get this done for him.”

Both Soldiers are members of Bravo Company, 1st Battalion, 143rd Infantry Regiment (Airborne) based in Alaska. Escribano has been a part of the unit for just over a year and knows that his decision to serve was as important as his decision to naturalize.

“My family already looks up to me because of my education and then my status as a U.S. Soldier,” Escribano said. “But now, I feel like I will be a model to both my siblings and my parents, for them to move forward and become citizens of the only country we think of as home.”

When asked what his favorite part of the process was, it wasn’t the oath or ceremony.

“I loved preparing for the test,” Escribano said after the certificate was already in hand.

“Studying with the guys, learning more about our government and our country, and knowing I had the whole team pulling for me, this feels more like a group celebration than it does an individual accomplishment. So many people put hard work into making sure I was ready.”

Escribano said his first sergeant who helped him with the paperwork, and his teammates who helped quiz him for the citizenship test.

“I think this is an accomplishment for us all,” he said.

Naturalized June 29, 2012, just before Independence Day, Escribano rejoined his team with roughly four months until they begin their rotation home. The opportunity and ceremony was an achievement for the service members who worked so hard to achieve their goal of citizenship, which also means a vote in the upcoming election.

As the ambassador said, “a benefit they had already paid the price for.”

# Distracted driving and distracted walking

CECOM Safety Office

Remember a time when someone would say, "You can't walk and chew gum?" Well, it is official. Society has far exceeded that expectation and with that achievement, came Distracted Walking and Distracted Driving.

Everyone knows what Distracted Driving is because we all have been guilty of at least one of the common "take my attention away from the road" activities which include:

- Texting
- Using a cell phone or Smartphone
- Eating and drinking
- Talking to passengers
- Wearing headphones while driving
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

The same activities apply to Distracted Walking, just at a much slower pace! Both activities, when driving OR walking while distracted, have the same result.....Injury to self and/or others or sometimes even death.

Accidents caused by Distracted Driving and Distracted Walking continue to rise with the most alarming being the use of cell phones; especially texting, surfing the internet and sending e-mails because those activities require visual, manual, and cognitive attention from the driver/walker.

Suggested ways to modify this hazardous behavior:



Courtesy photo

- Keep the cell phone in your pocket/purse/bag until you reach your destination!
- Stop to send the text/e-mail/surf the web!
- Stop and make that call!
- If wearing Headphones (WALKING ONLY), keep one out of the ear and keep the volume low enough to hear the activity around you! (NOTE – use of headphones while walking on APG is strictly prohibited, unless on a controlled path.)
- Do not cross the street, even in a Crosswalk; while talking on a cell phone, texting, e-mailing, surfing the web or viewing a video.
- Set the GPS and stereo before taking off and if adjustments are needed, STOP.
- Avoid intense conversations while driving: KEEP IT CASUAL!
- Groom before you leave the house.
- If you think you are lost and need to check the map, PULL OVER!
- Breaks are life savers and this is the time to grab a bite.

Remain focused while in MOTION; STOP when your FOCUS needs to be shifted to your electronic device. Keep the volume on the tunes low enough to hear the world around you. If you do, in most cases, you will no longer be the hazard. You will arrive alive!

# National immunization awareness month

Centers for Disease Control and Prevention

National Immunization Awareness Month is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots. Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness. Everyone age 6 months and older needs a seasonal flu shot every year. Here are some other shots people need at different ages:

### Young children:

■ Children under age six get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

### Pre-teens and teens:

■ Pre-teens need shots at age 11 or 12 to help protect them from tetanus, diphtheria, whooping cough, meningitis, and HPV (human papillomavirus).

■ Teens need a booster shot at age 16 to help protect them from meningitis.

## Healthy Living

[www.apg.army.mil/apghome/sites/local/](http://www.apg.army.mil/apghome/sites/local/) click on Well Being

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage <http://www.apg.army.mil/> and click on the Community Health icon at the bottom right, or scan the QR code (at right) with your smart phone or enabled device. To suggest health-related topics for the Health Living series, email [patricia.g.beauchamp.civ@mail.mil](mailto:patricia.g.beauchamp.civ@mail.mil) or call 410-278-1150.



### Adults:

■ All adults need a booster shot every 10 years to protect against tetanus and diphtheria.

■ People age 65 or older need a one-time pneumonia shot.

■ Talk to your doctor or nurse about which shots you and your family need.

We all need immunizations (also called vaccines or shots) to help protect us from serious diseases. To help keep our local community safe APG Community Health Promotion Council is proudly participating in National Immunization Awareness Month, August 2012.

For more information, visit the website for the Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases at <http://www.cdc.gov/vaccines/events/niam/default.htm>

For more information, visit the Health and Human Services website at <http://www.hhs.gov>.

# HHS grants to help vets get jobs as physician assistants

Department of Health and Human Services

On Aug. 2, Health and Human Services Secretary Kathleen Sebelius announced \$2.3 million in grants to train primary care physician assistants and help veterans transition from the military to civilian physician assistant careers when they return home.

Funded under the Physician Assistant Training in Primary Care Program, the five-year grants aim to increase the number of physician assistant graduates who become primary care clinicians and teachers, officials said. Funding priority was given to grantees that have strong recruitment, retention, and education programs for veteran applicants and students, including academic recognition of medical training and experience gained during military service.

Administered by the Health Resources and Services Administration at HHS, the grants are part of the administration's initiative to increase the supply of primary care practitioners in the United States.

"If you can save a life on the battlefield in Afghanistan, you can save a life here at home," Sebelius said. "These grants will help ensure veterans who served our country can use their military medical training and get good jobs serving patients."

The grants, awarded to 12 institutions, support educational programs that train physician assistants to practice in primary care settings, and help individuals who will teach primary care in physician assistant training programs, preparing trainees to enter practice in primary care settings.

Awards were granted to the following institutions:

- Eastern Virginia Medical School, Norfolk, Va.
- University of South Alabama, Mobile, Ala.
- Georgia Health Sciences University Research Institute, Inc., Augusta, Ga.
- Bay Path College, Longmeadow, Mass.
- Midwestern University, Flagstaff, Ariz.
- Northern Arizona University, Glendale, Ariz.
- Baylor College of Medicine, Houston, Texas
- University of Texas Health Science Center of San Antonio, San Antonio, Texas
- University of Nebraska, Omaha, Neb.
- University of North Dakota, Grand Forks, N.D.
- Pacific University, Forest Grove, Ore.
- University of Washington, Seattle, Wash.

For more information, visit the Health and Human Services website at <http://www.hhs.gov>.

Meet Ann Laughton, a public health nurse from Kirk U.S. Army Health Clinic. Some of the services and programs provided by Laughton include over-the-counter medication classes, communicable disease prevention and investigation, Child Development Center and Youth Center inspections, lactation consultation for new and expecting mothers, blood pressure monitoring, HIV testing, sexually transmitted disease counseling and more. Community Health Nursing supports the Community Health Promotion Council and provides assistance to organizations conducting slim down challenges and health fairs. In addition, APG organizations can request health presentations and "lunch and learn" sessions.



## Ann Laughton

Public Health Nurse, Kirk U.S. Army Health Clinic

Laughton will lead the upcoming tobacco cessation classes, which are open to all Department of Defense employees, contractors, Soldiers, Family members and retirees. These free classes will be held noon to 1 p.m. each Wednesday from Aug. 22 to Sept. 26 at the APG

North (Aberdeen) recreation center, Bldg. 3325, Room 102. Topics will include tobacco cessation strategies, medication support options, diet and nutrition support, stress management strategies and more. Walk-ins are welcome.

Laughton is also involved in planning APG Great American Smokeout events which will be held Nov. 15. This event encourages people to give up smoking for one day and celebrates those who have successfully quit smoking.

"There is a greater impetus on this installation to get information out to all of the community," Laughton said. "Community health at [KUSAHC] is primarily focused on making sure that we meet the needs of our TRICARE population, but with the new demographics of this installation we are being tasked to be involved in many other external programs."

KUSAHC is located at 2501 Oakington Street. Hours of operation are 7:30 a.m. to 4:30 p.m., Monday through Friday. For more information call Laughton at 410-278-1774.

For more information, visit the Community Health Promotion Council website at [www.apg.army.mil/apghome/sites/commander/CHPC/healthpromotion.cfm](http://www.apg.army.mil/apghome/sites/commander/CHPC/healthpromotion.cfm).



Want to make a difference in how services are rendered at APG? Tell us how we are doing.

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

# Jimenez assumes leadership of AEC

Continued from Page 1

Network Integration Evaluations in one year.”

“He provided superb leadership in that regard in getting things squared away.”

Interestingly, Regan replaces his counterpart at his new assignment with the U.S. Army Training and Doctrine Command in Joint Base Langley-Eustis, Va., Dellarocco added.

He called Jimenez the best of the best as an SES candidate and said “he didn’t disappoint at all.

“I should have known that he’d absolutely love that job. He helped stand up AEC and laid the foundation for Brig. Gen. Regan to come in. This will become yours to shape, he told Jimenez. “A lot of the initiatives that made [Regan] successful were yours,” he added.

“You will do absolutely fabulous in this job; you were the right person at the right time and I thank you.”

Regan thanked attendees for “coming to share in this ritual.” Citing him and his family’s appreciation of the Chesapeake Bay area, he called it “a time of mixed emotions.”

Additionally, he thanked Dellarocco for the opportunity to command, calling it “an awesome gift.”

“To Team AEC, you excelled through every challenge throughout my tenure,” he said. “We’ve built collaborative teams and relationships with customers.”

**“We are an organization built on principles that will be longstanding. As the Army continues to transform we will be right there with them.”**

**David Jimenez**

Incoming director of the Army Test and Evaluation Command’s Army Evaluation Center

In a special thanks to the AEC leadership, customers and partners, Regan said, “we remain committed to serving you and ensuring our force gets the best capabilities as quickly and efficiently as possible.”

He said he feels fortunate that Jimenez is retaking the leadership of AEC.

“You are in very good hands,” he said.

Jimenez announced that his wife’s phone remained on “vibrate” during the ceremony because they were awaiting word on the birth of their granddaughter.

He said it was an honor to serve with Regan.

“You left a mark on this center that will be long lasting and you will be missed in this community.”

He said the AEC touches almost every program the Army has as well as a lot of DOD programs.

“I can’t think of any other command

that does so much,” he said. “We give insight to senior leaders on product performance and reliability with a keen sense of responsibility and pride and DOD partners can continue to count on us and on me to be even better partners in our relationships.

“We are an organization built on principles that will be longstanding. As the Army continues to transform we will be right there with them. Thank you all for your continued support.

The 392nd Army Band from Fort Lee, Va. provided the program’s music. Sgt. 1st Class William Benjamin, ATEC chaplain assistant offered the invocation and the AEC salute battery fired a howitzer salute. Bryan Shinholt of ATEC G-5, was the program narrator.

## U.S. Army Evaluation Center

Plans, integrated development and operational testing and conducts independent evaluations and assessment for

acquisition and directed programs to provide essential information to Soldiers, Department of Defense decision-makers and other stakeholders.

Develop the evaluation strategy, test design and pursue evaluations addressing operational effectiveness, suitability and survivability.

Conduct continuous evaluation throughout the acquisition life cycle of systems.

Provide evaluation information to key DOD decision-makers.

Provide rapid response analysis for hundreds of Rapid Equipping Force and Rapid Acquisition initiatives.

Satisfy Warfighter and Overseas Contingency Operations (OCO) requirements.

Provide military utility assessments for Warfighter needs in Iraq and Afghanistan.

Chair over 95 percent of Army Test and Evaluation Command (ATEC) Systems Teams (AST), which guide the initial test and evaluation effort.

Host COCOM major training exercises in assessing information assurance.

Develop safety documentation needed for Soldier testing, milestone reviews, materiel release and fielding decisions.

Work in harmony with the materiel acquisition community to best achieve the evaluation mission.

## Upcoming events, improvements discussed at town hall

Continued from Page 1

Tom Johnson from the Plans, Analysis and Integration Office, encouraged the community to use the Interactive Customer Evaluation comments to provide feedback to APG leadership. The APG community can submit comments by computer, kiosk, hard card, or QR code. Customers can submit an ICE comment by visiting <http://ice.disa.mil/>.

Tom Kuchar, from the Directorate of Public Works, said that DPW is working to resolve heating ventilation and cooling issues as quickly as possible, and DPW employees will work overtime, if needed, to resolve these issues. To report an HVAC problem, call 410-306-1400.

**Use the Interactive Customer Evaluation comments to provide feedback to APG leadership. The APG community can submit comments by computer, kiosk, hard card, or QR code. Customers can submit an ICE comment by visiting <http://ice.disa.mil/>**

Kuchar added that grass cutting and water issues on APG South (Edgewood) are also a priority for DPW.

Other topics during the meeting included new dining options on APG North and APG South; Kirk U.S.

Army Health Clinic’s new Primary Care Clinic; free flu shots for active duty, Family, retirees and civilians; a housing update from Picerne Military Housing; and upcoming fall activities from the Directorate of Family

and Morale, Welfare and Recreation. For a comprehensive list of upcoming FMWR activities, visit [www.apgmwr.com](http://www.apgmwr.com).

The end of the meeting was reserved for questions from the audience, which included HVAC improvements, on-post housing for single Soldiers and child care options. A transcript of questions and answers from the event will be available on the APG website, <http://www.apg.army.mil/>. The presentation from the event is available at <http://www.apg.army.mil/installationtown-hall.cfm>. For more information about the next installation town hall meeting, call the APG Public Affairs Office, 410-278-1147.

## Fans can expect a ‘really good time’ during concert

Continued from Page 1

Steinhardt on violin for good in 2006. He was given his first violin at the age of three and then turned his attention to guitar in his teens.

He said at around the age of 18 it became apparent how competitive that was.

“A lot of great guitarists had set a high bar of competition so I learned to play the violin again,” he said.

Ragsdale has recorded with The Smashing Pumpkins, Jason Bonham and Queensryche as well as with Kansas on “Live at the Whisky” and “Freaks of Nature,” on which he was a contributing writer. His solo CD “David & Goliath” debuted in 1997 and was reissued in 2006.

Ragsdale says he doubts he’ll try going solo again.

“I’m tempted sometime but you have to take a year off to write, release, record; and recording time is extremely expensive.”

He said that fans can expect a “really good time” this weekend.

“Anyone who has ever enjoyed Kansas will have a great time. We may be a little older but we can still rock with the best of them.”

### Boston

Centered on guitarist, keyboardist, songwriter and producer Tom Scholz, the band Boston is a staple of classic rock radio playlists. Boston’s best known works include the songs “More Than a Feeling,” “Peace of Mind,” “We’re Ready, Foreplay/Long Time,” “Rock and Roll Band,” “Smokin’,” “Don’t Look Back” and “Amanda.”

They have sold more than 31 million albums in the United States. Distinguished for their ability to perform live with no pre-recorded materials, Boston concerts are celebrated for their crowd-pleasing showmanship and high energy. The lineup features Boston founder on lead and rhythm guitar, Tom Scholz. The debut album “Boston” released in 1976 was an instant success; spawning three singles, “More Than a Feeling,” “Long Time,” and “Peace of Mind,” all of which made the national charts. Additionally, the album peaked at #3 on the Billboard 200 and remained on

the charts for 132 weeks. It ranks as the second best-selling debut album in U.S. history (after Guns N’ Roses’ “Appetite for Destruction”) with more than 17 million copies sold. The band’s second album “Don’t Look Back,” released in 1978 also did well, eventually selling more than seven million records. The band has gone through many member changes over the years but remains the same band under Scholz’s leadership. According to [Wikipedia.com](http://Wikipedia.com), Boston’s genre is considered by most to be hard rock while combining elements of progressive rock into their music. Scholz’s blend of musical styles, ranging from classical to 1960s English pop has resulted in a unique sound, most consistently realized on the group’s first two albums. Other successful projects include the group’s third album, “Third Stage,” in which the lead single “Amanda” went to #1 on Billboard and singles “We’re Ready” and “Cantcha Say” was Top 10 and Top 30 respectively. The compilation album, “Boston: Greatest Hits,” debuted in 1997 followed by “Corporate America” in 2002.

### Grand Funk Railroad

Grand Funk founder and lead singer Don Brewer still leads the group through their famous hits during 30 to 40 concerts a year along with co-founder Bassist Mel Schacher. Joining them are veteran entertainers.

Singer Max Carl from 38 Special, penned and sang 38’s biggest hit, “Second Chance. Brewer refers to Carl as “the best blue-eyed soul singer on the planet.” Then, there’s lead guitarist Bruce Kulick; best known for his 12 years with KISS, and keyboardist Tim Cashion “Dr. Tim,” whose credits include stints with Bob Seger and the Silver Bullet Band.

Grand Funk laid the groundwork for such bands as Foreigner, Journey, Van Halen and Bon Jovi with its signature hard-driving sound, soulful vocals, muscular instrumentation and forceful pop melodies. The fact that the Grand Funk legacy still reigns over the classic rock landscape more than 40 years after its birth is a testament to the group’s influence and staying power. Megahits “We’re

an American Band,” “I’m Your Captain/Closer to Home,” “Locomotion” and “Some Kind of Wonderful” still receive continuous airplay on classic rock radio, in movie sound tracks and in television and radio advertising.

The band has had 19 charted singles, eight Top 40 hits and two #1 singles, both selling more than \$1 million each. The group has accumulated 13 gold and 10 platinum records with record sales in excess of 25 million copies sold worldwide.

### Gate & access information

The Harford Gate (Route 22) opens 4

p.m. to 8 p.m. for concert-goers as well as DOD ID card holders.

The Maryland Boulevard (MD 715) gate will operate as normal with all lanes accessible to concert-goers.

Non-DOD ID card holders ages 18 and older must be in possession of a current photo ID to access the installation. Drivers must be in possession of a valid driver’s license, registration and insurance.

All hand-carried possessions will be examined prior to entering the concert grounds. Food, beverages and weapons of any kind are prohibited.

## Tickets and post info for Boston, Kansas, Grand Funk concert

### DAY OF SHOW SALES

Day of Show tickets for the Army Entertainment Concert featuring Boston, Kansas & Grand Funk Railroad are available at Ruggles Golf Course Pro Shop and at the concert gate. Ruggles golf course is off post; no gate access is required. Tickets will be available even after the Ticketmaster website stops sales. Call 410-278-4794. Tickets will be available at the concert venue main entrance at 3 p.m. Directions to APG can be found at: [www.apgmwr.com/resources/useful\\_resources.html](http://www.apgmwr.com/resources/useful_resources.html)

### INSTALLATION ENTRY INFORMATION

This event is open to the public. All adults 18 and older must present a valid photo ID to enter APG. The Harford Gate (Route 22) opens 4 p.m. to 8 p.m. for concert-goers as well as DOD ID card holders. The Maryland Boulevard (MD 715) gate will operate with all lanes open and accessible to concert-goers.

Drivers must be in possession

of a valid driver’s license,

Those with no photo ID or expired ID will be refused entrance.

All persons and their possessions to include vehicles are subject to inspection by APG Police Officers. All hand-carried possessions will be examined prior to entering the concert grounds.

Any and all types of weapons are strictly prohibited.

### PARKING

Once in the gate, follow signs to designated parking areas.

Handicap parking is available; as well as a handicap entrance.

### DO NOT BRING:

Pets, food, beverages, coolers, glass, cameras or recording devices. Raingear is permitted. Lawn chairs and blankets are permitted; there are no seats on the field.

This event is rain or shine; no refunds.

### TICKET LOCATIONS DAY OF SHOW

Concert Venue Main Entrance tickets available 3 p.m.

# APG SNAPSHOT

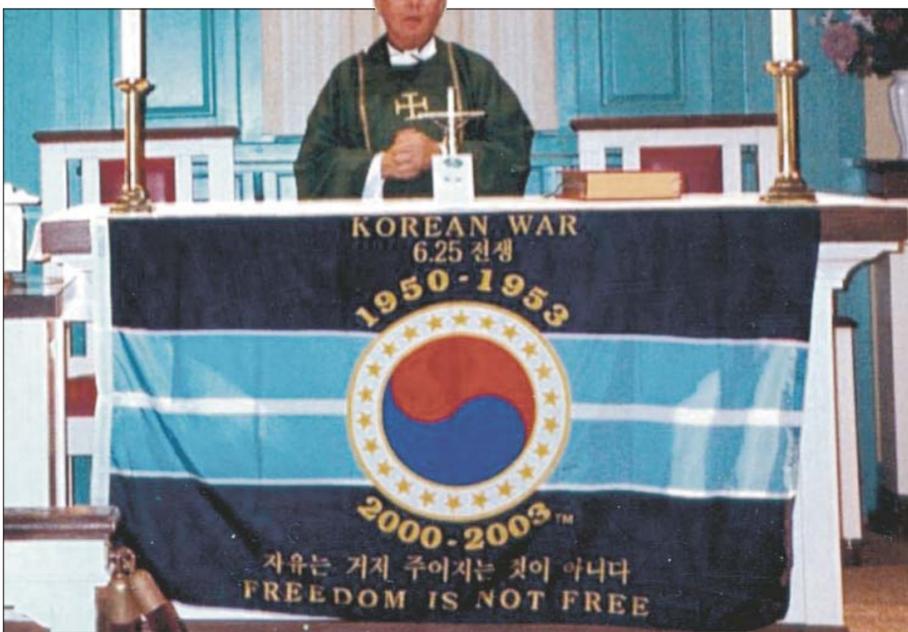
A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>



Photo by Rachel Ponder

## KAYAKING 101

(From left) Cynthia Caban, from the U.S. Army Communications-Electronics Research, Development and Engineering Center, learns how to kayak from American Canoe Association Kayak Instructor Mark Sargable during an Adult Introduction to Kayaking Class at the Swan Creek Boat Dock July 26. Patrons who complete the class receive a certificate of completion from Family and Morale, Welfare and Recreation and one free kayak rental from the Outdoor Recreation's Equipment Resource Center. The next session will be held on Aug. 16 and 23; from 6 to 7:30 p.m. Cost is \$35 per person. For questions call the Leisure Travel Office at 410-278-4011/4907 or email [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).



Courtesy photo

## KOREAN WAR ARMISTICE ANNIVERSARY OBSERVED

Chaplain John Abrams leads the service celebrating the 59th anniversary of the Korean War Armistice in the All Faiths Chapel at Perry Point VA Medical Center July 27. The 50th Anniversary of the Korean War Commemoration Flag on display is symbolic of the unified effort of the United States, the Republic of Korea and United Nation allies to halt Communist aggression on the Korean Peninsula. The flag is in both the English and Korean (Hangul) languages. The light blue and white streamer that runs through the center of the flag is the UN Battle Streamer. The 22 stars represent the 22 allied nations that participated in the war. In the center is the "Tae Guk" symbol, which stands for peace and harmony, from the South Korean flag. The words "Freedom is not Free" is the slogan of the Korean War Veterans Association. The Institute of Heraldry assisted the 50th Anniversary of the Korean War Commemoration Committee with the design of the flag. The Armistice agreement ending the war was signed at Panmunjom, July 27, 1953.



Photo by Nikki Bass

## GARDEN LIFTS SPIRITS

A small courtyard nestled in U.S. Army Public Health Command's building E-1675 on APG South (Edgewood) is now an oasis of peace and plenty. Thanks to members of the USAPHC Health Risk Assessment Portfolio, the neglected and overgrown space has been revitalized. "Bringing this garden back to life was our effort to help maintain and improve overall health by creating a bright spot in our work environment," Nikki Bass, the garden project organizer, said. The transformation took about four weeks of effort using employee-donated materials. Tomatoes, sweet peppers, jalapeños, watermelon, cantaloupe, squash, annual and perennials have been planted. Inaugurated with an ice cream social, the finished garden is a haven for people and birds.



Photo by Rachel Ponder

## JUNIOR GOLF PROGRAM WRAPS UP

(From left) Diane and Calvin Thomas, watch as Bryson Keithley, 5, competes during the 2012 APG Junior Golf tournament held at Ruggles Golf Course July 31. Fifty-nine children competed in the tournament, held for children who participated in the summer Child, Youth and School Services Sports Junior Golf program. For more information on upcoming CYSS Sports events, visit [www.apgmwr.com/family/youth/](http://www.apgmwr.com/family/youth/), or call Kegley, 410-306-2297.



Courtesy photo

## RECOGNIZING EXCELLENCE

Lt. Cmdr. John Schofield, military chair at Public Affairs Leadership Department at the Defense Information School at Fort Meade, Md., presents Ms. Terri Kaltenbacher, Community Relations Officer at Garrison Public Affairs, with the Joe Galloway award on July 27. This award is presented to the outstanding civilian graduate of the 60-student, nine-week course who demonstrates academic excellence, effective leadership, a positive attitude and a winning spirit.