



New law to expedite Soldiers through security at airport

Army News Service

A bill signed into law by the president Jan. 3 means Soldiers in uniform and their Families may soon have an easier time moving through security screening lines at the airport.

The "Risk-Based Security Screening for Members of the Armed Forces Act" calls for development of a plan that will provide "expedited security screening services for a member of the armed forces, and, to the extent possible, any accompanying family member."

Included in that law are instructions to consider establishing standards for screening of military uniform items, including combat boots.

Only service members on orders and

in uniform will be granted access to any expedited security screening procedures that have been developed, officials said.

The new law calls for changes to be implemented within six months.

Transportation Security Administration officials say the agency is now "in consultation with DOD," and "is reviewing options for implementing

See AIRPORT, page 12

Transportation Security Administration Officer Desiree Kalin demonstrates to Spc. Victoria Grudzinski and Spc. Michael Rhoades, 229th Military Intelligence Battalion, the proposed pre-screening procedures.

Photo by Steven L. Shepard



Do's and don'ts for reserving on-post venues

For meetings, seminars, training or other gatherings on Aberdeen Proving Ground, three facilities are available for use by tenant organizations.

These presentation-support venues include the post theater, Bldg. 3245; the Ball Conference Center, Bldg. 3071; and a series of about 12 classrooms and computer lab with laptops in Billing-sly Hall, Bldg. 3147. Each of the facilities is controlled by the Garrison's Directorate of Plans, Training, Mobilization and Security.

"These facilities are provided to tenants and we want to make sure they know how to reserve them; and that additional services such as audio/visual support must be requested separately," said Phil Mackenzie, Visual Information Services chief.

Mackenzie said that contacting DPTMS operations specialist Harold (Mitch) Court is the first step to requesting the Post Theater of Ball Conference Center for a function. Court will provide customers with a copy of the request. Once completed, e-mail it back to Court for processing.

STEP 1: Call Court at 410-278-4500, or e-mail him at harold.m.court.civ@mail.mil to request a form. Customers should under-

See PRIOR, page 12

Young woman loses 84 pounds to become Soldier

Story and photos by CYNTHIA RIVERS-WOMACK

United States Army Recruiting Command

Allison Scarborough officially changed jobs Jan. 3 from retail cashier to Health Care Specialist in the U.S. Army. But the change has not been easy.

In May 2010, then 20-year-old Scarborough walked into the Gainesville recruiting station ready to become a Soldier. This was a brave move for her because before she could enlist two things had to happen: weighing 240 pounds, the five-foot, five-inch tall Scarborough had to lose 84 pounds and keep the weight off before she would be eligible to enlistment. But for the motivated Scarborough, failure was not an option.

In 2010, Scarborough belonged to the country's growing demographic of 18-to-24-year-olds considered overweight and obese. In 1998, the National Institutes of Health announced the release of the first federal guidelines to identify, evaluate

See WOMAN, page 8



Pvt. Allison Scarborough lost 84 pounds to get ready for the Army. This is her in October 2011.



Pvt. Allison Scarborough in July 2008 before losing 84 pounds to be eligible to enlist in the Army.

CECOM EO advisor thrives on challenges



Marshall

Story and photo by YVONNE JOHNSON

APG News

Focused on being "the eyes and ears of the commander," the new CECOM equal opportunity advisor is excited about adding value to the organization mission.

Tracy Marshall assumed her responsibilities in the fall of 2010 after completing her second combat tour in Afghanistan.

A master sergeant in the Army Reserve, Marshall is serving her

first assignment as a government civilian. She is responsible for 67 CECOM Soldiers, the majority serving at APG and the rest spread out at installations around the country.

Marshall said her primary responsibility is to ensure all Soldiers are treated with dignity and respect.

"My role is to provide training and guidance to Soldiers and leaders on EO matters and handle complaints and issues. My goal is to solve problems

at the lowest level, giving the leadership the opportunity to fix the problem," she said.

Prior to Afghanistan, Marshall served in Kuwait from 2003 to 2004. She said her greatest challenge was having to build an EO program from the ground up, while serving in Afghanistan with the 143rd Expeditionary Sustainment Command, a Reserve unit out of Orlando, Fla. Her service

See EO ADVISOR, page 12

Support contractors pitch in to save Soldier's life

By BRANDON POLLACHEK
PEO IEW&S PAO

While conducting routine training for the Base Expeditionary Targeting Surveillance System-Combined, two contractors supporting the Project Manager Night Vision Reconnaissance and Target Acquisition assisted in saving the life of a Soldier struck by an unseen sniper.

Greg Duran and Jamie Sturgell, BETTS-C support contractors, were en-route to the Base Defense Operations Center, or BDOC, at a forward operating base in Afghanistan to conduct a "check on learning" of the Standard Ground Station.

After exiting the checkpoint, Sturgell heard a shot and shortly later noticed a Soldier lying

face down in the rocks a short distance from them, concealed from plain view. Sturgell and Duran ran over to the Soldier to investigate and ask him if he was okay.

As the Soldier tried to push himself up to speak to them, blood spilled from his mouth,

See DEPLOYED, page 12

WEATHER

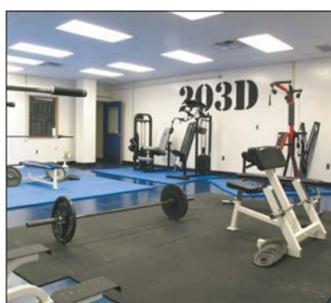
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Healthy New Year! 203d MI Bn. Soldiers renovate fitness room.

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APG Snapshot

Get a glimpse of what's going on around post.

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ONLINE

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- flickr.com/photos/usagapg/



GLACOMA AWARENESS MONTH

More than two million Americans have glaucoma, with approximately 120,000 being blind because of the condition. PAGE 8

OPINION

Commentary: Some lessons last a lifetime

We'd been there about two weeks when my 12-year-old cousin proudly showed us his father's M16 rifle.

Before handing me the rifle so I could get a closer look, my cousin took out the magazine and placed the safety lever on safe.

I raised the butt to my shoulder and aimed it outside. I had no idea how a rifle worked and I pulled the trigger, pretending to shoot targets. After watching me for a few minutes, my cousin wanted to show me how it worked. He grabbed the rifle from me, switched off the safety and pulled the trigger.

BANG! Smoke filled the room as we stared at each other in shock. Almost immediately, we heard my uncle screaming and saw him running toward us.

As it turned out, the last time my uncle fired the rifle, a round automatically loaded in the chamber. Not knowing this, my cousin thought that the rifle was safe by simply removing the magazine.

Although spared from my uncle's beating, the idea of accidentally shooting somebody -- or being shot -- stuck with me for the rest of my vacation. In fact, the incident still resonates with me today.

Now that I'm one of the "safety guys," I tend to run this scenario through my head. I try to make sense of it all and wonder what we could've done differently. We were young and didn't recognize the danger of handling a weapon.

The rifle should've been locked up and not accessible to us. My uncle also should have talked to us about the dangers associated with handling a gun.

This incident taught me a valuable lesson at a young age and made me realize the importance of educating others -- Soldiers, civilians and Family members -- on weapons handling safety. We were lucky no one was shot that day, and my experience truly made an impact on how I view and do things to this very day.



Courtesy photo

He grabbed the rifle from me, switched off the safety and pulled the trigger. BANG! Smoke filled the room as we stared at each other in shock.

I'm a firm believer in learning from life-changing events. Learning from those mistakes may one day keep us from ending up seriously injured or, even worse, dead.

No one is immune to weapons-handling accidents. In fiscal 2011, five Soldiers died because of negligent discharges. Remember to think weapons safety:

- Treat every weapon as if it is loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you do not intend to shoot.
- Keep the weapon on safe and your

finger off the trigger until you intend to fire.

The U.S. Army Combat Readiness/Safety Center developed the Range & Weapons Safety Toolbox, <https://safety.army.mil/rangeweaponssafety>, to aid commanders and leaders in the management of range operations and safe weapons handling. The toolbox provides a centralized collection of resources to establish and maintain safe and effective training programs for ranges and both military and privately owned weapons. Visit the site today!

James Arriola
Installation Safety Office,
Joint Base Lewis-McChord, Wash.

ASAP answers the question: Why alcohol and driving don't mix?

APG ASAP news release

■ The three most critical skills necessary for a good, safe driver are judgment, vision and reaction.

■ Alcohol is a depressant, which impairs a driver's judgment, vision and reaction.

■ An individual's critical driving skills can become impaired at blood alcohol levels well below the legal limit.

■ Alcohol may have a different effect each time a driver drinks depending on what (if anything) the individual has eaten, as well as their mood, metabolism, the level of fatigue and other factors.

■ A 12-oz. can of beer, a 5-oz. glass of wine and a 1 1/2-oz. shot of 80-proof liquor all have about the same amount of alcohol.

■ The body eliminates alcohol at a rate of about one drink per hour.

■ Alcohol and driving can be a deadly mix -- you might kill or injure someone in a crash; you might be arrested for and convicted of drunk driving, which can result in court costs, legal fees, higher automobile insurance rates, fines, loss of license and even imprisonment.

The U.S. Army Garrison Aberdeen Proving Ground ASAP Office reminds you to make responsible choices. For more information, contact Cindy Scott at 410-278-4013/DRUG or Cynthia.Scott1@us.army.mil.

Editorial: Celebrating MLK Day

Dr. Martin Luther King, Jr. was one of the driving forces behind the American Civil Rights Movement and remains an iconic figure in the world today as evidenced by the recent dedication of his monument so prominently displayed in our nation's capital.

To celebrate his birth, life and dream, federal offices, schools and banks across America will close to honor his teachings of nonviolence and equal rights. Over the years, this federal holi-

day has transformed into a national day of community service in which Americans come together and work to help one another.

As we celebrate the various holidays throughout the year, let us remember that this holiday symbolizes our nation's and Army's commitment to a society based on the principles of freedom, justice and equality for all people.

As our Army works to achieve our vision for diversity to be the national leader in embracing the strengths

of diverse people in an inclusive environment, let us also lift up our fellow human beings both at home and around the world to honor Dr. King's memory and reaffirm our common humanity.

We ask our entire Army Family to use this occasion as an opportunity to engage in community activities to help others in need as we encourage Army units and agencies to plan and execute appropriate commemorative activities to celebrate Martin Luther King Day.

Raymond F. Chandler III
Raymond F. Chandler III
Sergeant Major of the Army

Raymond T. Odierno
Raymond T. Odierno
General, United States Army
Chief of Staff

John M. McHugh
John M. McHugh
Secretary of the Army



APG SEVEN DAY FORECAST



APG NEWS

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

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MLK associate, activist talks about today's economy

By **RACHEL PONDER**
APG News

A former personal representative to Martin Luther King Jr. visited APG for the installation's annual MLK Day celebration Jan. 5 at the APG North (Aberdeen) recreation center.

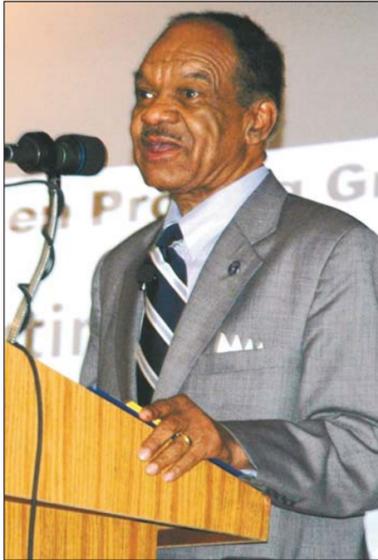
Walter Fauntroy, a minister and community activist who coordinated several marches during the Civil Rights Movement, called MLK Day a time to remember, celebrate and act.

Fauntroy, who during his tenure as the president of the National Black Leadership Roundtable campaigned to make MLK Day a national holiday, said the day is now celebrated by billions of people in 108 countries. He added that the holiday should be used to serve others and reflect on King's message of equality.

"Martin Luther King Jr. was the most important man, with the most important message in the most violent century known to mankind," Fauntroy said. "This year (in Washington, D.C.) his image was erected between Thomas Jefferson, who gave us the dream, and Abraham Lincoln who sought to preserve the dream. Martin Luther King Jr. is in the middle because of his magnificent role in redeeming the soul of America, redeeming the dream."

Fauntroy, who heads a U.S. based private sector effort to cure extreme poverty in Africa, said that if Martin Luther King Jr. were alive today he would be talking about the biggest problem facing the world today- the economy and taking care of the less fortunate.

"Having adequate income, education, health care, housing and justice are the keys to having an abundant life," he said. "Martin Luther King Jr., being a spiritually mature leader, knew that the most important actions we could do was to take care of the poor, the sick, the old and the young - the least of these."



Fauntroy

He said King believed that people should "walk the talk" and serve their fellow man, and he believed in making changes not through violence, but through love. Fauntroy also pointed out that despite King's perseverance and unwavering hope, many people during the civil rights movement actually believed that King's dream of African Americans gaining equal rights was unachievable.

"He knew that he must act to make the American dream a reality," he said. "We must pull together a coalition of conscious people of every race and creed and color to end the violence of war, the decadence of racism and the surge of poverty. We must do that by sharing income, education, health care, housing and justice to people around the world."

This year's MLK celebration, hosted by Team APG, was a standing-room only event attended by 400 community members.

203d troops renovate fitness room

203d MI Bn. news release

Army Reserve Soldiers from the 203d Military Intelligence Battalion completed renovation of a physical fitness room as part of a unit beautification initiative and to promote unit physical fitness.

"These Soldiers renovated an essentially unused, cluttered storage area in the 203d building and transformed the space into a functional fitness room," said 203d MI Battalion Commander Lt. Col. Irene Zoppi. "Not only did they design, plan and execute the renovation, but they did it with limited resources and materials, and no funding."

The effort was led by Company B Soldiers Staff Sgt. Garry Hinton, Sgt. Corey Neff, Spc. Aaron Kirmse and Capt. Michelle Horbaly and was completed during just two battle assemblies.

"The undertaking required many hours of personal, off-duty time spent planning tasks and creatively acquiring materials," said Horbaly.

She said the Soldiers put a tremendous amount of effort into refurbishing old exercise equipment, painting walls, installing mirrors, disposing unused

items, and reorganizing the room to maximize the space.

But the troops who executed the mission were not the only contributors.

"Chief Warrant Officer 1 Nate Grogan provided a large unit logo and Zoppi, donated a Bowflex machine," said Horbaly. "That made a huge impact on the room."

Zoppi said Company B Soldiers' hard work and commitment exemplified the Army Values of loyalty, duty, and selfless service.

"This project gave these Soldiers great pride in knowing they accomplished such a large undertaking in such a short period of time, and with an exceptional result," said Col. Larry M. Cruz, commander of the 208th Regional Support Group. "They have provided a clean, bright, spacious, operational fitness room that will serve the battalion as a great resource to promote the fitness, health, and readiness of 203d MI Battalion Soldiers for years to come."

The battalion marked the official opening of the fitness room for use during the December 2011 battle assembly.



Photo by Staff Sgt. Buck Brignano

203d Soldiers refurbished exercise equipment, painted walls, installed mirrors, and reorganized the room.



Robotic fun time

(From right) Elizabeth Higman, an U.S. Army Medical Research Institute of Chemical Defense employee, coaches A'merie Paylor, 7, and Jacob Fruchey, 5, on how to make a lion robot out of Legos during a Junior FIRST LEGO League meetings, held Mondays at the APG South (Edgewood) youth center for children ages 6 to 9. During Jr. FLL meetings teams of up to six children and a mentor receive a challenge. "The children all work together and stay engaged during the meetings," said Jennifer Devorak, Jr. FLL volunteer from MRICD. "They are broadening their imaginations with Legos."

Photo by Rachel Ponder

Time running out to submit employers for Freedom Award

ESGR news release

Employer Support of the Guard and Reserve, a Defense Department agency, is calling on Guard and Reserve members to nominate their supportive employers for the 2012 Secretary of Defense Employer Support Freedom Award before the Jan. 16 deadline.

The Freedom Award is the Defense Department's highest recognition for civilian employers supporting Guard and Reserve members. All employers - large, small and public - are eligible to receive the honor. Guard and Reserve members, or a family member acting on their behalf, may nominate their employers at www.FreedomAward.mil.

"Even as our nation scales down our combat missions abroad, Guard and Reserve members and their employers remain a critical component in our national security equation," said James Rebholz, ESGR National Chair. "Just as our country has heavily relied on the more than one million men and women of the Guard and Reserve, these service members have counted on their employers for support and encouragement. I encourage all Guardsmen and Reservists to nominate their supportive employers today, so our Nation may acknowledge their extraordinary efforts."

This year, ESGR's Freedom Award website provides additional guidance to make it easier and faster for Guardsmen and Reservists to submit information about their supportive employers.

Suggestions include ways for a service member to best tell the story of their employer's support. Service members

who have previously nominated their employers for the Freedom Award are encouraged to do so again.

The Department of Defense recognizes nominees, semi-finalists and finalists each year, and all employers who have not received the award in the past ten years are eligible. One Freedom Award recipient was recognized as a semi-finalist or finalist for three years prior to being honored as a recipient last year.

The 2012 recipients will be announced in early summer and honored in Washington, D.C. during a special ceremony in the fall. Past recipients have met

with the President of the United States and Secretary of Defense.

About Employer Support of the Guard and Reserve (ESGR) and the Freedom Award:

The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support from the employer community. In the years since, 160 employers have been honored with the award. ESGR was established in 1972 to develop and maintain employer support for Guard and Reserve service.

ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws and resolves conflicts between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

“Even as our nation scales down our combat missions abroad, Guard and Reserve members and their employers remain a critical component in our national security equation.”

James Rebholz
ESGR National Chair

Post Shorts

OGE 450 Training

CECOM's Office of the Staff Judge Advocate Ethics Counselor Mike Hoyle will provide OGE 450 Training for Supervisors on Jan. 13 from 1 to 3 p.m. and Jan 20 from 9 to 11:30 a.m. at the Myers Auditorium.

Free throw contest

The community is encouraged to support the Elks National Free Throw Contest Saturday Jan. 14 at the APG North (Aberdeen) recreation center.

The event is open to ages 8-13 (ages as of April 1, 2012). Registration is at 4:30 p.m. The event begins at 5. Winners advance to the sectionals. This is a free event. Bring proof of age for this free event. The top six national winners' names are inscribed in the Naismith Memorial Hall of Fame. Visit www.elks.org/hoopshoot for more info.

IEPP program halted

The IMCOM program designed to place over-hires from one installation to vacancies at another installation has been temporarily halted. Read the *APG News* and APG Facebook page for updates on the Internal Enterprise Placement Program, or call CPAC's Carolyn Russell at 410-306-0173.

Reduced gate operations for MLK holiday

There will be reduced gate operations at Aberdeen Proving Ground for the Martin Luther King Holiday Jan. 16. The Harford Gate (Route 22) in the Aberdeen Area will close at 7 p.m. Friday, Jan. 13 and the Wise Road Gate (Route 755) in the Edgewood Area will close at 6 p.m. Friday, Jan. 13. Both gates will reopen at 5 a.m. Tuesday, Jan. 17. The Route 715 Gate in the Aberdeen Area and the Route 24 Gate in the Edgewood Area will be open throughout the holiday period.

FRG Forum set Jan. 19

A Family Readiness Group Forum is set Jan. 19 in Bldg. 2503 on the second floor, CYSS Room, from 6 to 8 p.m.

The FRG Forum presents an opportunity for a team of Family support personnel to network and share information, experiences, and knowledge on the unique challenges faced in helping Family mem-

bers maintain readiness throughout the Deployment Cycle Support process.

The forum is open to all FRG leaders, support assistants, unit leadership and senior spouse advisors. Child care will be provided for children registered with Child, Youth & School Services. RSVP by Jan. 5 if child care is needed. For more information or to reserve a seat, call 410-278-2180/7572 by Jan. 16.

Change of command

Lt. Col. (P) Irene M. Zoppi will relinquish command of the 203rd Military Intelligence Battalion to Lt. Col. Jeffery P. Risner during a change of responsibility and promotion ceremony hosted by Brig. Gen. William Duffy, commander of the MI Readiness Command and Col. Stephen C. Gomillion, commander of the National Ground Intelligence Center Sunday, Jan. 29 at 1 p.m. at the Dickson Hall, Ball Conference Center, Bldg. 3074 at APG. Reception to follow. R.S.V.P. with the number of guests no later than Jan. 16. Call 410-278-5566 or email rita.hewitt@usar.army.mil. Civilian dress is business casual. Military uniform is duty.

Women in Defense Luncheon Jan. 19

Suzanne Milchling, director of Program Integration for ECBC, will be the guest speaker for the Mid-Atlantic Chapter's Women in Defense Luncheon, at the Beechtree Restaurant, 811 South Stepney Road in Aberdeen Jan. 19. Registration begins 11:15 a.m.; the buffet luncheon is 11:45 a.m. followed by the presentation at noon. Cost is \$23 for members; \$26 for non-members. RSVP to www.widmidatlantic.org by Jan. 16.

Military engineers meeting

The Society of American Military Engineers Chesapeake Post January 2012 meeting will be at the Wetland Golf Club in Aberdeen at 11:30 a.m. Jan. 19. This month's featured speaker is Tom Kuchar, P.E., Director of Public Works, Aberdeen Proving Ground. Kuchar's presentation is titled, "Aberdeen Proving Ground - NET ZERO Water Program." Register online <http://www.same-chesapeake.org> or call 410-638-9699.

ASMC PDI set Jan. 26

The American Society of Military Comptrollers Chesapeake Chapter is hosting a Mini-Professional Development Institute Jan. 26 at Bulle Rock in Havre de Grace. Themed "The Future Is Now," the chapter's first full-day training event will feature current Resource Management and Acquisition topics, the latest in professional development opportunities, and motivational speakers.

The cost of the event is \$130 for ASMC Members (\$160 non-members) and will include lunch and CPE credit. Those interested in becoming an ASMC Chesapeake Chapter member should visit <http://www.orgsites.com/md/asmc-chesapeake/index.html>. ASMC is a non-profit educational and professional organization for military and civilian personnel involved in the overall field of military comptrollership.

Exporting 101 workshop Jan. 17

Learn how to take your small business to the international marketplace with Exporting 101, a free upcoming workshop offered at the HEAT Center in Aberdeen on Jan. 17 from 9:30 to 11:30 a.m. Participants will learn how to become "export-ready" by determining a product's export potential, developing an export plan, considering export risk recognition and abatement, and working with bankers to obtain letters of credit and financing. Advance online registration is required at <http://tinyurl.com/SBA-MD-Events>. For information, contact Ginny Walker at 410-939-6709 or vlwalker@harfordcountymd.gov.

Better Buying Power briefing

In response to Secretary Gates' June 4, 2010, guidance that the DoD must significantly improve effectiveness and efficiency in acquisition and the Better Buying Power guidance issued from USD (AT&L) on Sep 14, 2010, DAU working with USD (AT&L), the SAEs and CAEs has developed a briefing to help inform the workforce of the background and intent of the Better Buying Power initiative.

DAU faculty will deliver the BBP presentation Thursday, Jan. 26 to interested members of the APG community. There will be two standalone sessions — from 10 to 11:30 a.m. and from 1 to 2:30

p.m.. The presentations will be delivered in the DAU facility at 6175 Guardian Gateway. RSVP by Jan. 19 to Vanessa Crump at Vanessa.crump@dau.mil, 410-272-9475 or Parker Bennett at parker.bennett@dau.mil, 410-272-9471.

Minority senior scholarships

Iota Nu Chapter of Omega Psi Phi Fraternity and the Iota Nu Uplift Foundation are accepting applications for high school scholarships for Harford and Cecil County seniors. The two types of scholarships recognize excellence in academic achievement and community service by graduating minority seniors.

Applications must be postmarked by April 1, 2012. For scholarship information and applications, visit www.ques-iotanu.org. For more information contact Russell Reese at 443-307-6803.

Sign up now for Talent Hunt

The Iota Nu Chapter of Omega Psi Phi Fraternity, Inc., is planning its 4th Annual Talent Hunt contest for high school performers in classical/contemporary instrumental or voice; dramatic interpretation, dance or visual arts. First place is \$400 and advancement to District Competition. Second place receives \$200 and third place is \$100. Visit the Iota Nu website at www.ques-iotanu.org to download and fill out applications (Parents must sign parental release form for applicants under 21) and return to: Iota Nu Talent Hunt, P.O. Box 373, APG MD 21005-3013 by Feb. 16; or contact Iota Nu representatives Mark Thomas at 443-752-4205 or Russell Reese at 443-307-6803.

It's Mardi Gras time

The Iota Nu Chapter of Omega Psi Phi Fraternity, Inc. will host a Mardi Gras Gala in support of its annual scholarship program for promising scholars from 8 p.m. to 1 a.m. at the Richlin Ballroom, 1700 Van Bibber Road, Edgewood, Md., Feb. 25. The formal event includes dinner and dancing. Tickets cost \$60. For tickets or information, call 443-243-9216.



MORE ONLINE

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

COMMUNITY NOTES

SUNDAY

JANUARY 15 AMERICAN LEGION HOLDS PANCAKE BREAKFAST

Breakfast is 8 to 11:30 a.m. and costs \$6 for adults and \$4 for children 10 and under. It features all-you-can-eat pancakes, bacon, sausage, juice and coffee and is open to the public. Susquehanna Post 135 300 Cherry St. Perryville. For more information call 410-642-2771.

MONTH OF JANUARY

EDEN MILL EVENTS HISTORIC GRIST MILL MUSEUM

For those who like to take a step back in time, Eden Mill is the sight that can't be missed. For more than 200 years, the mill was one of the

most significant grist mills in Harford County. Filled with milling equipment and displays along with a vintage turn of the century power plant, the Historic Grist Mill Museum is open Monday through Friday, 9 a.m. to 4:30 p.m.; Saturday from 10 a.m. to 3 p.m. (through February) and most Sundays from 1 to 4 p.m. Call 410-836-3050 or visit edenmill.org.

NATURE STORYTIME

Eden Mill Nature Center is proud to offer "Nature Story Time" at 11 a.m. Jan 26. Enjoy a children's story and craft related to a theme about nature. Pre-registration is required. Call 410-836-3050; e-mail edenmillnaturecenter@gmail.com or visit edenmill.org.

SATURDAY CRITTER FEEDING

Eden Mill Nature Center will offer feedings on Saturdays, through March

10 at 1 p.m. for Families. Take a turn feeding one of the turtles or snakes. Space is limited to 10 participants. Pre-register at 410-836-3050 or e-mail edenmillnaturecenter@gmail.com or visit edenmill.org

FAMILY CANOE TRIPS

Reservations are now being taken for Eden Mill Nature Center's Sunrise Paddle & Twilight Family Canoe Trips. These trips help acquaint the paddlers with the natural surroundings on Deer Creek. Exploration of the environment, both the land and the water, is enhanced by the use of canoes to travel along Deer Creek. During these excursions, environmental education and interpretation are provided by the naturalist accompanying the group. Basic paddling instruction is provided before the trip. Canoes, paddles, and per-

sonal floatation devices (lifejackets) are provided. All trips originate and end at Eden Mill. Saturday morning trips begin at 8:15 a.m. and end at about 11 a.m. Thursday evening paddles begin at 5:45 p.m. and end at about 8:30 p.m. Our season begins May 3 and runs through Sept. 29, 2012. The cost is \$5 per person for members and \$8 per person for non-members. Pre-registration required by calling 410-836-3050 or e-mail edenmillnaturecenter@gmail.com, or visit edenmill.org.



MORE ONLINE

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

FAMILY AND MWR

Open Mic Thursday

Are you talented? Can you sing? Play an instrument? Open Mic Thursday at Ruggles Golf Course is your time to show off your talent. This month's Open Mic event is Jan. 19 from 5:30 p.m. to 8:30 p.m. at Ruggles Golf Course. The event will be hosted by Lou Melo of Melo Times Karaoke. Admission is free.

There will be complimentary bar foods, limited snack bar operations and a beer and wine cash bar. All participants must be 18 years and older. For more information, call 410-278-3854.

Armed Forces Vacation Club

Planning a vacation? The Armed Forces Vacation Club has tons of incredible discounts on spacious accommodations all over the world. Seven-night stays at select location start as low as \$349. All active military service members and their direct dependants, retired military and their direct dependants, DoD civilian employees and their direct dependants and 100 percent disabled American veterans are authorized to take advantage of these deals. Discounts are valid for space-available inventory only. Remember to enter base code 105 at the time of the booking. If you have questions, call 410-278-4011/4907 or e-mail APGR-USAG-MWR-LeisureTravel@conus.army.mil.

Fun Time Ceramics

Children ages 6-12 will learn to paint and create ceramic projects. The class will be held at the APG South (Edgewood) Recreation Center Jan. 16, 1 p.m. to 5 p.m. Children must be accompanied by an adult. To register, visit the Aberdeen or Stark Recreation Centers. For more information, call the Leisure and Travel Office at 410-278-4011/4907 or e-mail APGR-USAG-MWR-Leisuretravel@conus.army.mil.

Family Readiness Group Meeting

The next FRG meeting is Jan. 19 at 6 p.m. on the second floor of Bldg 2503 in the CY&SS classroom. The FRG forum presents an opportunity for a team of Family support personnel to network and share information, experience, and knowledge on the unique challenges faced in helping Family members maintain readiness throughout the Deployment Cycle Support

(DCS) Process.

Open to all FRG leaders, FRG assistants, unit leadership and senior spouse advisors. Child care will be provided. Please RSVP if you require child care. Children must be registered with Child, Youth & School Services (CY&SS).

Call 410-278-2180/7572 for additional information. RSVP no later than January 16 to reserve a seat.

CWF Scrapbooking Crop

The Civilian Welfare Fund will host a scrapbooking crop at the APG North (Aberdeen) Recreation Center, Bldg 3326, on Saturday, Jan. 28 from 9 a.m. to 5 p.m. Gather your photos and enjoy a day of scrapbooking with your friends! The cost is \$25 per person and includes a full day of cropping, lunch, snacks and door prizes. Call 410-436-4467 today to reserve a seat or a table.

Driving School

The Ultimate Driving School, LLC, offers classes through June 20 at 13 N. Parke Street in Aberdeen. Classes are conducted Mon.-Thurs. 5 to 8:15 p.m.

Sessions are: Feb. 6-23, March 05-21, April 09-25, May 07-23 and June 04-20. Cost is \$335 per student. Prices subject to change without notice. Class includes 30 hours classroom instruction and six hours behind the wheel instruction.

Last day to register is one week prior to the first class. Students must be between the ages of 15.9 and 18 years old. Parents must attend first and last day of classes with students. Open to all DoD cardholders. To register, call 410-278-7571/7479 for an appointment. Email stacie.e.umbarger.naf@mail.mil or call 410-278-4589.

Tiny Taekwondo

Tiny Tigers Taekwondo runs through March 24 at the Aberdeen Youth Center, Bldg. 2522, for ages 3-5. Parent participation is required. 9-9:45 a.m. on Saturdays.

Cost is \$85 per student for a 12-week session. Class size is limited. Open to all DoD ID card holder family members. To register, call 410-278-7571/7479. Email stacie.e.umbarger.naf@mail.mil or call 410-278-4589.

Tickets for Sale

All tickets can be purchased at the Family and MWR Leisure Travel Services. For more info, call 410-278-4011/4907

Discounted tickets from Family and MWR Leisure Travel Services make great gifts for Family, friends and co-workers. Purchase these tickets at the Family and MWR Leisure Travel Office.

Regal Movie Premiere Tickets (no expiration/good for any movie)

Their price: \$10.50,
Our price: \$8.25

AMC Movie Tickets

Their price: \$10.50
Our price: \$8.75

Ski Lift Tickets to Rountop, Liberty, and Whitetail, Pa.

Their price: \$66-\$68/person
Our price: \$55/person

Cirque du Soleil Tribute to Michael Jackson May 6 at 4 p.m.

Their price: \$200,
Our price: \$175



MORE ONLINE

For a listing of FMWR activities and events, or to read the weekly MWR newsletter, scan the code.

January bowling specials

■ Early Bird Special from 7 a.m. to 10 a.m. Bowl for \$1.50 each game. Shoe rental \$1.00 a pair.

■ Every Saturday one hour of bowling for \$18.00

■ Martin Luther King Jr. Special. \$1.00 games Monday Jan. 16, 11 a.m. to 4 p.m.

■ Every Friday night after 9:30 p.m. one hour of bowling for \$12.

Rental includes up to six people and shoe rental.

Bowling rates

Bowling costs \$3 per game, Monday to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Friday, 9:30 to 11 p.m.; Cosmic Saturday costs \$3.75 per game; and \$3 per game on Sunday.

APG Bowling Center Snack Bar specials

Building 2342

Week of January 9

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

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

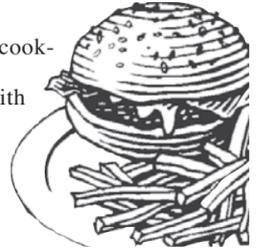
Week of January 17

Special #1: Tuna salad sandwich with chips, cookie and regular soda for \$5.50.

Special #2: Double Bacon Cheeseburger with french fries, cookie and regular soda for \$7.55.

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.



HEALTH NEWS

Take action against radon

By **KARLA SIMON**

Industrial Hygienist, U.S. Army Public Health Command

Radon is present in every geographic region in the United States. It is found in new and older homes, schools and workplaces. It can't be smelled, tasted or seen, yet it may be the most potent carcinogen in a home.

The Environmental Protection Agency estimates that more than 20,000 lung cancer deaths in the U.S. per year are caused by radon.

According to the U.S. Surgeon General, it's the second leading cause of lung cancer. Only smoking causes more lung cancer deaths.

Radon is mainly produced from the natural decay of uranium in soil, rock and water. It is a radioactive gas that moves through the ground to the air above. Radon becomes a problem when it seeps through cracks and holes

in a building's foundation and accumulates in the basement or lower levels of a home. It is often measured in picocuries per liter (pCi/L). The EPA recommends taking steps to reduce radon at confirmed levels of 4 pCi/L, or higher. Levels less than 4 pCi/L still pose a risk. Radon can build to an unhealthy level during colder months when home occupants try to conserve heat by keeping windows and doors closed. Breathing these elevated levels of radon can damage the lungs.

There are several ways to protect yourself:

- Test your home. Testing is the only way to find out if radon is present. It is inexpensive and easy, the cost is about \$20 to \$30.

- Don't forget to test the water if it comes from groundwater, including well and municipal water. Dissolved radon can be released when

water is heated and used.

- If radon is detected, fix any problems with the foundation. Seal cracks and other openings around pipes and drains.

- Cover any exposed earthen walls.

- Paint concrete floors with a sealant.

- Depending on levels of radon found after testing, have a radon reduction system installed. Consult with a professional to determine the best system dependent on the home foundation type: basement, slab-on-grade or crawlspace.

For more information about radon including how to get a test kit:

Environmental Protection Agency, www.epa.gov/radon/pubs/cons-guid.html

Radon Hotline, 1-800-sosradon (1-800-767-7236).

Glaucoma: the sneak thief of vision

By **MICHAEL D. PATTISON**

Tri-Service Vision Conservation and Readiness Program, U.S. Army Public Health Command

January is National Glaucoma Awareness Month. It was set aside to help educate people on the leading cause of preventable blindness in the world. Glaucoma is a group of diseases that damage the optic nerve in the back of the eye and result in a loss of vision. The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery or side vision and can progress to total blindness.

More than two million Americans have glaucoma, with approximately 120,000 being blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have it. The best way to prevent significant vision loss from glaucoma is early detection through a periodic, comprehensive eye examination from an eye doctor. This is especially important in African-Americans, Hispanics, the elderly, and those with a family member who has glaucoma since these people are more likely to have glaucoma. How often a person should be examined can be determined between the individual and his/her doctor. Those in higher risk groups can expect to be required to have an eye examination more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam. High pressure in the eyes alone does not necessarily mean a person has glaucoma. Also, a person does not need to have high pressure in the eyes to have glaucoma. So, when you see an eye doctor, make sure that you ask for a comprehensive eye exam.

If you have glaucoma and it is detected early, treatments such as eye drops or surgery can usually stop or slow the progression of vision loss. Currently there is not a cure for glaucoma, although a lot of research is being done to find one. One important thing to know is that the vision loss caused by glaucoma does not return with treatment. Any vision loss that has already occurred is permanent. Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor you are comfortable with also is important because glaucoma, like high blood pressure and diabetes, is a disease which needs to be treated for life. Be willing to discuss any side effects or other symptoms you may be having because of the medication, and make certain that you clearly understand and have written directions on how and when to take your medicine. Do not be afraid to ask questions if you do not understand. For example, does four times a day mean every six hours or four times a day while awake? And make certain that you take your medicine as prescribed. If you cannot get your eye drops in your eye, get someone to help you or ask to be taught a better way.

Remember, the most important thing in preventing the loss of vision due to glaucoma is you. Your sight is a most precious gift. Take good care of it.

Use caution when using minimalist running shoes

By **MAJ. ZACK SOLOMON**

*Physical Therapy Staff Officer
U.S. Army Public Health Command*

In 1974, Bill Bowerman (co-founder of Nike) created one of the first modern-day running shoes, the "Waffle Trainer" in an effort to create a lightweight shoe that would grip the road.

This shoe launched a revolution in running shoe design and probably triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running.

Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches.

These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn't lived up to runners' expectations as running injuries persisted. As well, multiple U.S. Army Public Health Command studies in basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged—the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries.

By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries.

Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, for example stress fractures.

The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and fore-foot strike.

The following are a few tips to make a smooth transition:

- Soldiers should only perform 10

percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

- No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.

- Avoid running two days in a row in minimalist running shoes for the first four weeks.

- Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an over-use injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist.

Woman says farewell to junk food to lose 84 pounds

Continued from Page 1

and treat overweight and obese adults. When the guidelines were released, 97 million Americans, or 55 percent of the population, were identified by physicians as overweight or obese.

Data supporting the guidelines was released from a Centers for Disease Control and Prevention longitudinal study (1998-2008) showing that 40-49 percent of the country's overweight or obese 18-to-24-year-olds increased from one state in 1998 to 39 states by 2008. According to the CDC, overweight and obesity are determined using height and weight calculations resulting in the "body mass index or BMI."

Using the CDC formula, a BMI over 30 (or 30 pounds) was determined to be obese. According to the guidelines, which apply to both men and women, a BMI of 30 is equivalent to 221 pounds in a 6' person and 186 pounds in a person who is 5'6. The Army also uses BMI measurements to determine weight, with different calculations for males and females.

The Army has been keenly aware of weight management issues among its active-duty and Reserve Soldiers and in 2006 implemented Weigh to Stay on-

Healthy Living

line. The initial program was designed for in-person sessions, but the on-line platform made the program more accessible and self-directed, according to a 2006 interview with Lt. Col. Danny Jaghab, site creator and past nutrition staff officer for the Directorate of Health Promotion and Wellness, U.S. Center for Health Promotion and Preventive Medicine at Aberdeen Proving Ground, Md.

Nowadays, the U.S. Army's **Hooah-4Health.com** continues to provide a platform of support to Soldiers in their goals to maintain a healthy lifestyle. The site supplies links to a list of resources that assist with Soldier Readiness including a weight management tracker, an Army Physical Fitness calculator, information about stress management, aerobic exercise, Warrior Tasks and Battle Drills for new Soldiers—as well as links to family health resources. Overall, the Army wants to ensure that

all its Soldiers have access to resources and programs that keep them healthy -- not only when serving in the military, but when they return to civilian life as well.

When Scarborough realized she could not join the Army until she lost 84 pounds, and kept it off, she changed her behavior toward food. Beginning in May 2010, she modified her lifestyle and eating habits. She began eating more vegetables and doing away with "junk foods" like high-caloric drinks, fast-foods and unnecessary snacks. In September 2011, encouraged by her recruiter, Staff Sgt. Terrance Retsch, Scarborough started physical training with the future Soldiers of the Gainesville recruiting station.

"I knew when Scarborough came into our office she would take the challenge to lose weight and would be successful. She's determined and strong-willed, plus the Army gave her a bigger purpose

that had immediate and long-term benefits: improving her health and becoming a Soldier," said Retsch.

Over the months, Scarborough began a gradual and steady transformation into the image of a healthy and fit Soldier. According to Scarborough, the transition has been good for her body and her mind.

"Weight shouldn't be something that stops you from doing what you really want. Losing weight is a lot of work but even when you hit a plateau you have to keep at it," said Scarborough. "My mother didn't think it I would follow through with losing the weight or joining the Army, but I did it and now I'm ready to go."

Visit or call APG's fitness facilities for information on exercises classes and programs, or to schedule a personal trainer. For information on local weight loss challenges, health fairs, lunch-and-learn health education, tobacco cessation, health screenings and other health promotion activities, visit the APG Community Health Promotion Council website at <http://bit.ly/pAFIKK> or contact Wendy LaRoche, Health Promotion Officer, PHC, at wendy.laroche@us.army.mil.

ECBC engineer uncovers mystery behind pyrotechnics for middle school students

ECBC news release

Joseph Domanico, chief of the Pyrotechnics and Explosives Branch at the U.S. Army Edgewood Chemical Biological Center, recently addressed more than 100 eighth-graders at Bel Air Middle School with an interactive pyrotechnics presentation.

Looking to bring light to traditional science lessons through the real-world application of subjects like chemistry and physics, Domanico's presentation—sponsored by the National Defense Education Program—was designed to encourage five separate groups of middle school students to pursue science, technology, engineering and mathematics (STEM) disciplines.

Using pyrotechnics as an example of a STEM career pathway with thrills and frills, he not only illuminated the classroom, but also students' understanding of performing this profession safely.

"It takes a multi-disciplinary team approach to develop pyrotechnics products the right way," Domanico said. "To name some of the subject matter experts in demand for this type of work, we need electrical engineers for the wiring, mechanical engineers for the structure design and chemists to create the colors."

After giving a snapshot of his personal career and the history of fireworks, he unveiled the science behind pyrotechnics. Domanico, also known as 'Pyro Joe,' conducted a special type of science lesson to turn mystery into knowledge and mastery.

Through videos and real-world demonstrations, students became familiarized with the concepts of exothermic chemical reactions and energy release as well as additive and subtractive colors.

This approach allowed middle school students to translate chemical compounds in the periodic table into colors that are emitted in pyrotechnics products through chemical reactions.

"When I look at the periodic table, it comes alive to me," Domanico said. "I see potassium as purple, barium as green and sodium as yellow. Based on this chart, we know which chemical elements to use to create an array of different colors in pyrotechnics products."

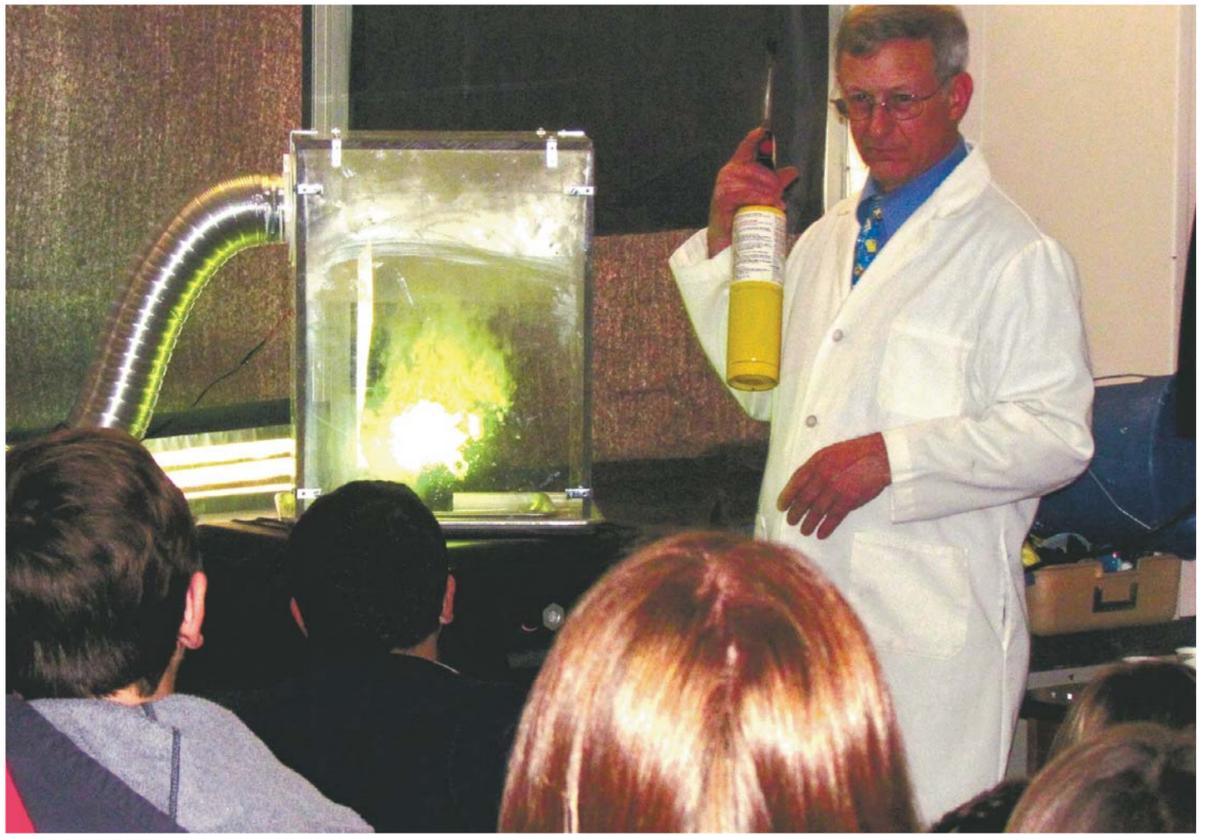


Photo by Jennifer Carroll

ECBC Pyrotechnics Engineer Joseph Domanico engages more than 100 Bel Air High School students in the science behind pyrotechnics, while intertwining chemistry with its practical application in pyrotechnics.

“When I look at the periodic table, it comes alive to me. I see potassium as purple, barium as green and sodium as yellow. Based on this chart, we know which chemical elements to use to create an array of different colors in pyrotechnics products.”

Joseph Domanico

Chief of the Pyrotechnics and Explosives Branch, ECBC

ments to use to create an array of different colors in pyrotechnics products.”

Domanico went a step further to visualize how energy and color production can be manipulated by adding different fuels and elements. By intertwining chemistry with its practical application

in pyrotechnics during his presentation, he reinforced that the acquisition of in-depth knowledge in STEM disciplines will empower them to pursue rewarding career pathways and impact the world around them.

“It was very interesting to experience

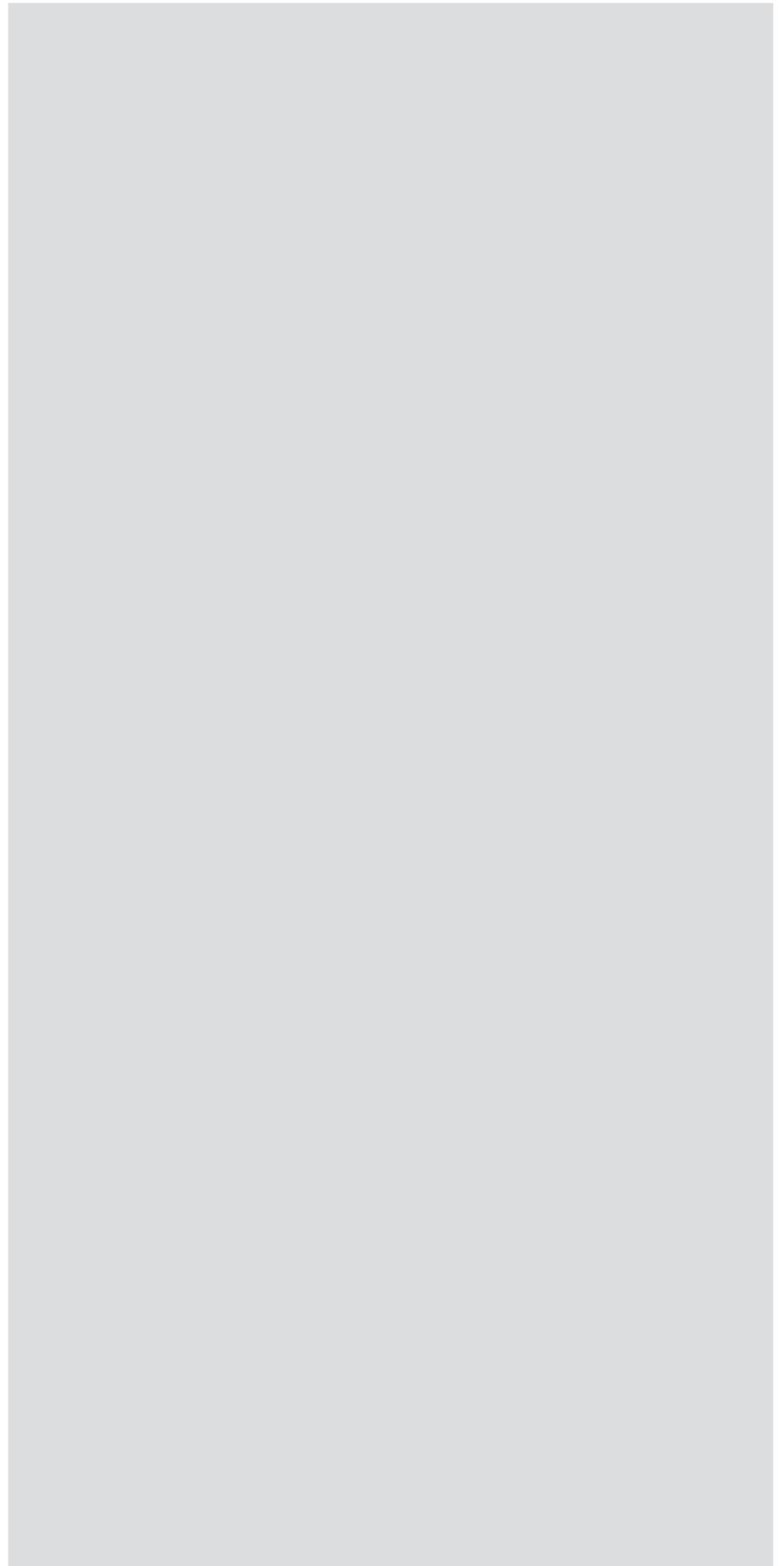
the real-world application of different chemical elements,” said Tarek Antar, eighth-grade student at Bel Air Middle School. “Mr. Domanico’s presentation was informative, entertaining and helped me understand what it takes to become a pyrotechnician.”



Photo by Rachel Ponder

A state-of-the art KUSAHC

Jason Spivey installs a suspended ceiling in a room that will be the Kirk U.S. Army Health Clinic NCOIC office, located in the primary care and pediatric area. The area, which has been undergoing renovations since last January, is scheduled for completion in April. Robert Hess, KUSAHC facility and safety manager, said that the \$4.7 million renovation project will make KUSAHC a state-of-the art facility. Improvements include a new heating, ventilation and air-conditioning system, energy-efficient lighting, an upgraded electrical system and computer equipment. KUSAHC's pharmacy is also being renovated and is scheduled to be completed by Jan. 17.





New year new eating!

(From right) Kevin Wagman, a DSCI government contractor, checks out the cookie selection as restaurant manager Jackie Hutto takes his order at the Subway in Bldg. 6008, C4ISR campus. The restaurant opened Nov. 9 and accepts phone in orders and catering requests. For information, call 443-327-7427. As APG continues to increase its healthy eating options, construction recently began on a UFood Grill that will open this year in Bldg. 6010 (C4ISR Complex). Construction on UFood Grills in the APG North (Aberdeen) PX and Bldg. 2202 (ATEC headquarters) is set to begin this spring. Read the APG News for continued updates.

Photo by Rachel Ponder

Airport

Continued from Page 1

procedures that will adhere to the new law.”

Already, the TSA had policies in place that help expedite the movement of uniformed service members through the security screening process. Soldiers with proper identification are not required to remove their boots or shoes unless the footwear sets off screening equipment.

Families of service members can obtain gate passes to go with service members to their departure gates to see them off, or to be standing at arrival gates when they get off the plane.

Additionally, the TSA has worked with DOD to make it easier for injured service members to negotiate the screening process. The Military Severely Injured Joint Services Operations Center Program ensures that any screening is “conducted by TSA screening experts with empathy and respect in order to make the overall experience for the service member as expeditious and pleasant as possible.”

EO advisor receives Bronze star

Continued from Page 1

to Soldiers in the Southern Afghanistan region for 10 months earned her a Bronze Star.

“During war time, through training and education, EO advisors help the commander maintain morale” she said. “These environments are mission-driven and sometimes Soldiers can lose focus on how they treat other Soldiers.

“Everybody brings something to the table,” she added, “and commanders can expect me to bring value to the CECOM EO table and make myself available to any EO issues that arise. I am here to help the commander and make sure we have a valid program in place.”

She said that the EO message is delivered through ethnic observances/special emphasis training and programs and that CECOM is the lead organization for the Black History Month program in February. Marshall is shouldering much of the organization responsibilities for the Feb. 29 program which features guest speaker Nevil Shed, a member of the first all-black NCAA

“During war time, through training and education, EO advisors help the commander maintain morale. These environments are mission-driven and sometimes Soldiers can lose focus on how they treat other Soldiers.

Tracy Marshall

CECOM equal opportunity advisor

basketball team that defeated the University of Kentucky Wildcats and the legendary Adolf Rupp in 1966. The historical event was made into the 2006 Disney movie “Glory Road.” Actor Al Shearer played Shed.

“Programs such as these that offer training and education in cultural awareness are keys to successful EO programs,” Marshall said.

“Like I said, everybody brings something to the table. I have a lot of experi-

ence and as a civilian and former active military and reservist, I think I bring a lot.”

Marshall is a native of Tampa, Fla. She served three years on active duty from 1989 to 1992 before joining the Army Reserve. Her two combat tours include serving as equal opportunity advisor for the 1st Sustainment Command (Theater), Camp Arifjan, Kuwait and with the Joint Sustainment Command in Kandahar, Afghanistan.

Deployed contractors save Soldier's life

Continued from Page 1

and he was unable to reply. At that moment they knew that he had been shot.

Although they didn't have life-saving equipment on them, the two men—both former Soldiers with deployments under their belt, relied on previous training to assess the situation and provide the best attention they could.

“We didn't have our kit on us because we were just going to BDOC. So, all we could do was talk to the Soldier, keep him calm, tell him to control his breathing, to not move around too much because he was bleeding out pretty bad on his left side,” said Duran.

While Duran attended to the Soldier, Sturgell ran to find someone who could call for a medic. The combination of Duran's attention to the injured Soldier and Sturgell's ability to relay critical information in a timely manner ultimately led to a successful airlift and life-saving treatment.



Army photo

Greg Duran (left) and Jamie (Matt) Sturgell, contractors deployed to Afghanistan to support the Base Expeditionary Targeting Surveillance System-Combined, recently helped save the life of a Soldier who had been struck by enemy fire.

“I found somebody with a radio to call a medic and I saw the door of the BDOC open so I ran inside and told them that

there was someone outside that had been hit,” said Sturgell. “Once the medic was notified they were on it quick. The Sol-

dier was up and airlifted within probably 15-20 minutes.”

“This is a great example of the industry and the Army standing side-by-side as we operate in hostile environments,” said Col. Edward Stawowczyk, PM NV RSTA. “These gentlemen, who every day train our Soldiers on how to operate the BETSS-C system (one of the Army's primer Force protection systems), saw a comrade in need and jumped into action ultimately saving a Soldier's life.”

Duran and Sturgell are deployed to Afghanistan to conduct training on the BETSS-C system, a top Central Command priority that provides force protection and situational awareness at more than 350 locations in Afghanistan.

The system utilizes a combination of tower-based sensors with EO/IR and FLIR capabilities to provide an envelope of protection for Soldiers operating in deployed bases.

Prior planning ensures successful reservation

Continued from Page 1

stand that requesting the building means you get just that; the building and only the building,” said VIS workflow coordinator Kim Bradley. The two categories for additional support are Presentation Support, which means sound such as a public address system, computer projection or ceremonial music and Photography Support, which could require a still-photo photographer.

STEP 2: After confirming the building reservation, customers should log onto VIOS (Visual Information Ordering Site) at www.vios.army.mil. Customers can contact Bradley at 410-306-4700 with questions about VIOS. Customers must be registered APG users with a valid e-mail to use the VIOS.

Failure to Plan

Mackenzie said there have been instances in which organizations failed to plan completely and their programs suffered for it.

“In one instance the organization

requested audio support but never requested a photographer and in another instance the customer showed up with flash dives or disks that wouldn't work on our equipment,” he said. “It's important that customers coordinate these things ahead of time. Talk to us in advance. We're very willing to convert your information to a useable format.”

He said VISC planners also must be informed if a meeting will contain secret information so they can assign only personnel with the proper clearance or request additional security.

Facility information:

- Food and drink is only allowed in the lobby or designated break area due to the cleaning contract. Customers who leave the facility a mess will be charged for clean-up.

- Rehearsals or practices for ceremonies or presentations also must be

reserved specifically on both the reservation form and in VIOS.

- Reserve only for exact hours needed. Don't reserve for whole day if only needed for four hours.

- Alert VIS personnel if reservation must be cancelled so resources can be put to use elsewhere.

- Hours of operation for all facilities are 7 a.m. to 5 p.m., Monday through Friday; any time beyond would incur overtime costs.

Additional meeting spaces on post include the Top of the Bay, the Edgewood Conference Center which is controlled by the Edgewood Chemical Biological Center (POC: Darlene Gardner, 410-436-8758) and the installation recreation center meeting rooms and ballrooms, which are controlled by the Directorate of Family and Morale, Welfare and Recreation (POC: Joyce Founds, 410-278- 2621).

Facilities:

BILLINGSLEY HALL/BLDG. 3147

Seats a maximum of 45 people per room with 10 to 12 rooms (including a computer lab with laptop computers).

POC: Fred Posadas, 410-278-9007; Sgt. Billy Falla, 410-278-9014

BALL CONFERENCE CENTER (DICKSON HALL)/BLDG. 3074

Seats 200

POC: Mitch Court, 410-278-4500

POST THEATER/BLDG. 3245

Seats 900

POC: Mitch Court, 410-278-4500

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/> or <http://www.flickr.com/photos/rdecom>.



SHARING OUR SUCCESS

(Above and at right) CBS Baltimore (Channel 13) joined APG's environmental team for the installation's annual mid-winter eagle survey at sunrise Jan. 8. The team was piloted in a Blackhawk helicopter by members of Maryland National Guard's Co. C, 1/169th Aviation Regiment. WJZ-TV plans to air a special segment profiling APG's bald eagle success story in February. Check wjz-tv.com for updates. Sunday's snapshot count of 157 was slightly above average. Continue to read the APG News for full coverage of the survey.

Photo by Terri Kaltenbacher



Photo by Connor Joyce

EDGE! TAKES A SNOW DAY

(From left) JohnAllen McKinney, 15, Sarah McKinney, 18, and Austin McKinney have fun on the slopes during a Child, Youth and School Services trip to the Blue Mountain resort in Palmerton, Penn. The EDGE! Program took three trips to the resort during winter break, Dec. 27-29. The EDGE! Program provided the trips at no cost to the teens or their Families and included transportation to and from Aberdeen Youth Center, ski and snowboard equipment, lift passes, and lessons. The EDGE! Program provides free classes and activities for youth ages 6-18, in partnership with on-post FMWR services and off-post organizations. The EDGE! Program will continue to offer ski and snowboard trips in January, and is also offering indoor climbing fitness classes, auto maintenance classes and cooking classes. Most classes are already full. Call the CYSS Central Registration Office for enrollment information at 410-278-7479/7571.



Photo by Adriane Foss

AIR TIME

Javon Chambers, 7, attempts a shot during a Jan. 7 basketball game at the APG Youth Center. Chambers is a member of Heat, one of the installation's Youth Services basketball teams. The team, coached by 20th Support Command's Chief Warrant Officer 3 Marcus James, won 12-8 against the Mavericks in the teams' first game of the season. To volunteer or for more information on Youth Sports, call 410-306-2297.