



Readiness thru Health

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

The Sentinel

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Cover collage by: Carolyn Colburn

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A Message From The Secretary and Chief of Staff of the Army

On the morning of 11 September, our nation sustained a horrifying attack against our people, our property, and our sovereignty. In its assault on our freedom and liberty, this brutal act of war is an attack against all who embrace the principles of peace, freedom, and democracy. In New York, in Washington, in Pennsylvania, this terrorist attack on humanity has cost us the dearest of our friends and colleagues, our loved ones both military and civilian.

We do not yet know the full extent of our losses, but we know already the strength of our resolve – the dedication of the thousands of our men and women who are working together to deal with this crisis, the unfaltering sense of duty, of honor, of sacrifice of those countless numbers who – in many cases – have risked their own lives to save the lives of others.

Along with the rest of the nation and our sister services, the Army is still calling the roll, accounting for the missing, assessing the damage, and moving rapidly to full operational capability.

But let us assure you: attacks of this nature – indeed any attack against our country and its people wherever they serve – may stun momentarily but, as history shows, this nation will prevail. It will absorb the blows of the threatened and paranoid who fear our principles of freedom and democracy and the fundamental dignity of each man, woman and child to enjoy peace and the right of self-determination. It is not the U.S. that threatens these terrorist agents; it is our way of life and our celebration of individual human dignity.

We will emerge from this attack strong – with greater resolve to prevail against the forces of hatred and darkness.

Our nonnegotiable contract with the American people remains the cause of peace and the alleviation of suffering, but when called, we will fight and we will win our nation's wars as we have for over 226 years. And the legacy of our nation's most esteemed institution remains the American soldier – the centerpiece of our formations.

We are strong: we are ready: and we will keep faith with our fallen comrades and their loved ones. And we will fulfill our contract.

God bless you, God bless the Army, and God bless America.

Erick K. Shinseki
General, United States Army
Chief of Staff

Thomas E. White Jr.
Secretary of the Army

(Soldiers Magazine October 2001)

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Commander...BG Lester Martinez-Lopez

Public Affairs Officer...Evelyn B. Riley
Editor...Anne Gibson
Asst. Editor...Linda D. Patrick

Commentary

Deployment Medical Surveillance

By: LTC Timothy Mallon
Director, Clinical Preventive Medicine

We recognize there are shortfalls in deployment medical surveillance for occupational and environmental health risks. Our challenge is to make the needed improvements.

Pre-deployment OEH threat assessment is done, and countermeasures are identified to maximize force protection. The current medical surveillance scheme envisions conducting pre-deployment health assessments for medical conditions and other risk factors for injury and illness related to life style choices.

Deployment medical surveillance is designed to identify disease and non-battle injuries. Sick call visits are analyzed, and the number of occupational illnesses or injuries is tracked. However, soldiers are seen by health care providers who receive little to no education regarding OEH threats nor is there a deployment OEH exposure clinical practice guideline to assist providers to medically manage and assess the health impact of OEH exposures. Health care providers are asked to record the clinical encounter on a Standard Form (SF 600) (Chronological Record of Medical Care) for subsequent filing in the medical record. However, the information is not routinely being captured in the Deployment Medical Surveillance System.

Our medical surveillance during deployments is not designed to link occupational and environmental exposures to health outcomes. One major problem with the deployment medical surveillance program is that we lack the capability to perform necessary environmental and occupational exposure sampling because real time sampling capability is not always available nor is there sufficient personnel to perform the necessary sampling. As a result, we lack information needed to assess whether soldiers are at risk from exposure, to determine protective measures, and to target people for medical surveillance. Soldiers may

not receive a medical evaluation post exposure to assess the need for medical intervention, health impact of the exposure, and need for enrollment in long-term medical surveillance.

Post-deployment soldiers are asked to complete a medical surveillance questionnaire. The pre- and post-deployment assessment forms are not consistently completed.

Further, the post-deployment questionnaire lacks sufficient depth to assess the details of an occupational or environmental exposure. We have developed a supplemental questionnaire that can be used during deployment, or afterwards, if there is some indication of an OEH exposure. The supplemental questionnaire includes questions that identify the duties performed during deployment and assesses the potential for OEH exposures. Soldiers are also asked about the results of any OEH sampling.

The operational impacts of uncontrolled OEH exposures include observed decrements in soldier performance and significantly increased risk of developing occupational illness. Soldiers in Bosnia were exposed to lead, welding fumes, and asbestos. If real time monitoring of OEH exposures occurs, health care providers can determine the health risk associated with these exposures and recommend appropriate countermeasures to protect soldiers.

In summary, we must advocate for better identification and control of OEH exposures facilitated by making sampling results and analysis available during deployments. Countermeasures must be put in place prior to deployment and adjusted as breakdown in controls are identified. Further, our health care providers must be trained about OEH threats to soldiers so appropriate medical interventions are made, health outcomes are identified, and the results better documented in the medical record and in the DMSS.

Military News

ARRIVALS

CPT Ellsworth Ansell - CHPPM-North
 SPC Joseph Buterbaugh - DCSOPS
 SPC Maurice Bowman - CHPPM-Europe
 SPC Ernesto CheeChong - DOHS
 COL Brian Commons - CHPPM-Europe
 MAJ Michael Dell'Orco - CHPPM-Europe
 PFC Paul Ebohon -DLS
 SPC John Flores - CHPPM-Europe
 CPT Niholas Henegan - CHPPM-Europe
 LCDR William Michael Henderson – COS
 SGT Chadwick Johnson - CHPPM-South
 SGT Walter Krantz - DCSOPS
 LTC Corpus Layao - OCO
 SGT Eric Newton - CHPPM-North
 COL Kotu Phull - DEHE

DEPARTURES

COL Linda Pierson - CHPPM-Europe
 LTC John Wempe - CHPPM-Europe
 MAJ Alex Stubner - CHPPM-Europe

PROMOTIONS

Art Onwan, DOHS, to CPT
 Maung Myat, DEHE, to CPT
 SFC Robert Carpenter, DLS to MSG

ARCOM

MAJ Newton Foster - DTOX
 CPT Stephen Spellman - DOHS
 LCDR Ken Whitwell - DCPM
 CPT Brian Paulus - DLS

Army Achievement Medal

CPT Ricardo Reyes - DOHS
 MSG Luis Grillasca - DCSOPS

FORSCOM

Mr. John Resta - DHRM

MEDCOM Journalism Award

COL Paul Little - OTSG

Letters of Commendations - Pentagon Post Disaster Health Risk Assessment

CPT Thomas Timmes - DEHE
 CPT John Larson - DOHS
 1LT Michael Terry - OCO
 SSG Freddie Polite - MILPO

The Order of Military Medical Merg

LTC Don McDuffie - DCPM

Civilian News

ARRIVALS

Joseph Balancier - CHPPM-Pacific
 Mae Crouse - DEHE
 William Ferry -OCO
 Eugene Goddard - DOHS
 Rachel Hartford - CHPPM-Europe
 Pamela Holoway - CHPPM-Europe
 David Kurk - DLS
 Jamie Machenzie - CHPPM-Europe
 Anjeanetta Roberson - OCO
 Alexandra Spring - CHPPM-North
 Henda Temini - CHPPM-Europe
 Maurice Wooden - CHPPM-Europe

DEPARTURES

Walter Long - CHPPM-Europe
 Robert Starks- CHPPM-Pacific

RETIREMENTS

Carole Wolfe - DCSIM
 Nelson Lewis - DEHE
 Roy Metker - DTOX
 Myrmath Fortune - DOHS

Service Certificate & Pin

Creighton Jacobson - 35 year
 Stephen Kistner - 30 year
 Robin Tarbert - 20 year
 Brenda Clayton – 20 year
 Janet Silver - 15 year
 Dr. Coleen Weese - 15 year
 Terry Hanna - 10 year

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New faces at CHPPM



Deborah Steelman is a Nurse Educator for the Directorate of Clinical Preventive Medicine, Disease and Injury Control Policy Program. Prior to joining CHPPM, Steelman worked for the Upper Chesapeake Health System, as the manager of the Intensive Care Unit and Patient Care Unit. Prior to that,

she was a Clinical Manager with the Visiting Nurses Association. Steelman has a Master's degree in Community Health Administration and Wellness Promotion. She lives in Havre de Grace with her husband Sidney and three children, Rebecca, 14, Zachary, 13, and Grant, 11. Her interest and desire to pursue the area of Health Promotion led her to CHPPM and DCPM.



Cynthia Martinez is the secretary for the Deputy Chief of Staff for Operations. Prior to joining the CHPPM family, she worked for U.S. Army Medical Research Institute of Chemical Defense, in the Biochemical Pharmacology Branch. Martinez is married to Saul, and

they have two children, Letisha, 20, attending Towson University and Saul Jr, 18, a senior at Aberdeen High School.



Erin Chaney joins the CHPPM family as the newest member of the Laser/Optical Radiation Program. Chaney is a graduate of the Physics program at the College of Notre Dame of Maryland, for Science and Education. She has been very busy since her arrival. The

Laser/Optical Radiation Program is the Army's authority on protecting soldiers and DA civilians from hazardous light sources. The Forest Hill native attended a two-week international meeting in Italy on environmental ultraviolet radiation, and her current projects involve eye safety of light emitting diodes and eye exposure to ultraviolet light in the outdoors. Chaney is working on these projects directed by CHPPM Master Consultant, Wesley Marshall and Program Manager, David Sliney. Her time spent at the international meeting in Italy has easily been her favorite experience so far.



COL Kotu K. (KK) Phull is the new director for Environmental Health Engineering. Prior to joining the CHPPM family, he worked at the Pentagon in the Office of the Deputy Assistant Secretary of the Army for Environment, Safety, and Occupational Health. He has spent

well over 50 percent of his Army Career at Army Environmental Hygiene Agency (AEHA)/CHPPM, to include the commands at AEHA-North from 1993-1995 and CHPPM-Pacific from 1998-2000. Phull received his Bachelor's degree in Civil and Municipal Engineering from Benares Hindu University in India. He and his wife Neelam have two sons Anil, 28 and Atul, 25 and they live in Odenton, Maryland. He enjoys meeting people, traveling, and international foods!

(continued on page 15)

Firefighters' Appreciation Day

By: Jane Gervasoni



Poe, the Baltimore Raven's mascot, stands with Rosalyn Durant, ESPN network; Jane Gervasoni, CHPPM; and Hermond Palmer, Director of Sales and Marketing for Comcast.

The U.S. Army Center for Health Promotion and Preventive Medicine sent a representative to The Avenue, White Marsh Mall, Baltimore, to receive an award for the work performed by CHPPM during the days following the terrorist attacks on September 11.

Hermond Palmer, Director of Sales and Marketing, Comcast Cable Company, and Rosalyn Durant, ESPN sports network, presented awards to local firefighters who

assisted at the disaster sites in New York and Pennsylvania and to CHPPM for its efforts at the Pentagon.

Jane Gervasoni, public affairs specialist, accepted the flame shaped Lucite trophy on behalf of the CHPPM and LTC Laurie Cummings, Commander, CHPPM-North and Officer-in-Charge of the Pentagon Special Medical Augmentation Response Team – Preventive Medicine.

The trophy was engraved with the following:

Comcast and ESPN The Truck
Honor the U.S. Army Center for Health
Promotion and Preventive Medicine
Environmental Hazards Assessment Team
During the Pentagon Rescue and Recovery
Effort

September 11, 2001
For their Heroism and Courage

Gervasoni thanked the two companies for the trophy on behalf of CHPPM and praised the efforts of the Preventive Medicine Team and over 180 people at the Center who were involved in the project.

Maryland Senate Productivity Awards



CHPPM's Color guard presented the colors at the opening ceremonies for the Maryland Senate Productivity Awards, hosted by the University of Maryland on October 29. Senators Sarbanes and Mikulski were in attendance. The following soldiers represented CHPPM; SGT Terrance Blackwell, Color guard NCOIC, SPC Michael Plunkett, SPC Samnang Top, SPC Daniel Turner, SPC Michael Luttrell and SPC Ernesto CheeChong.

CHPPM Anniversary Ball

By: Jane Gervasoni

The sixth CHPPM anniversary ball was held on a beautiful fall evening at the Top of the Bay on October 20. BG Lester Martinez-Lopez and his wife Lydia hosted the annual event that attracted over 200 attendees. Dressed in formal attire, the attendees were ready to enjoy an evening of fellowship and celebration after the stress of the recent world events.

The celebration began with a receiving line and time for socializing on the patio overlooking the Bush River while guests were treated to the music of the 389th Jazz Combo.

Mr. John Resta, acting director of the Health Risk Management Directorate, served as Master of Ceremonies for the event. He recognized Ms. Lovetta Britton for her outstanding efforts in coordinating the event.

The CHPPM Color Guard was led by SGT Terrance Blackwell and members were: SGT Jason Krantz; SPC Michael Plunkett; SPC Jacques Acloque; SPC Christopher Buterbaugh; and SPC Ernest Chee-Chong.

SPC Dixie Albro brought tears to many eyes as she sang a beautiful and moving a cappella rendition of the National Anthem.

The ceremonial cake was cut by MG Patrick Sculley and BG Martinez-Lopez, 1LT Michael Terry, SGM Brian Carter, PFC Paul Ebohon, and Ms. Evelyn (Bell) Riley.

MG Sculley addressed the attendees with a moving speech of reflection on the past and a perspective on the future. In speaking of the organization, he said, today, nobody giggles when they hear "The CHPPM." Instead the name immediately conjures up an image of professionalism and competence deriving from a matrixed team of scientists, health care providers, and other distinguished colleagues. Everyday from my perspective at the Office of The Surgeon General, I see the value you add to the AMEDD and the treasure you are for our nation. Your services are known and appreciated across the DOD, the country, and around the world. And those services will continue to grow across all four of our axis of service—Operation Noble Eagle, Operation Enduring Freedom, Homeland Defense, and Peacetime Health Care."

He concluded, continuing to praise the CHPPM, by saying, "As I said 6 years ago, you will be famous and you are. You have acquired the busyness and outstanding reputation that comes with such fame. Your service to the nation as always will be a legacy of which you should be very proud. I know that Peggy and I are very proud of you. Being a part of the CHPPM family continues to inspire and delight us."

Tears and a standing ovation rewarded the former commander.

Two awards were presented at the conference. MG Sculley presented the Order of Military Medical Merit to LTC Don McDuffie for his work with the Tri-Service Vision Conservation Program. McDuffie has spent the last three years supporting this program throughout the services.

The Quality Advocate of the Year Award had two winners. MG Sculley presented the award to Mrs. Jane Gervasoni, a public affairs specialist in the marketing team of the Strategic Initiatives Office, as BG Martinez-Lopez looked on. The co-winner, Mr. Thomas Smith, an occupational nurse in the Clinical Preventive Medicine Directorate, was unable to attend the ball and will be given his award at a later date.

After the awards and speeches, the colors were retired and the attendees were treated to an evening of dancing to the music of Fran Webb, "Now You See It – Now You Don't Promotions."

Distinguished guests included MG John C. Doesburg, Commander of the U.S. Army Soldier and Biological Defense Command and Aberdeen Proving Ground and his wife Denise; COL Mardi Mark, Commander of the Garrison, APG, and her husband, retired LTC Ed Fallon; COL Michael Dunn, Commander, Walter Reed Health Care System and his wife Grace; and COL Lairie Stabler, Commander of Kimbrough Ambulatory Care Center, Fort Meade Medical Activity and his wife Katie. Also in attendance were the commander and deputy commander of Kirk Army Health Clinic, and the deputy commander for nursing, Kirk Army Health Clinic.

The evening provided a bright spot in the light of the tragedies of the recent past and gave attendees an opportunity to experience a shared sense of camaraderie and heightened patriotism.

(photos on pages 19-20)

Early Detection of Breast Cancer

By: BethAnn Cameron
Directorate of Health Promotion and Wellness

Breast cancer is the most common cancer among women. Early detection of breast cancer is the most important defense for reducing deaths from this disease.

Do you know these facts about breast cancer?

- All women are at risk. A woman's risk increases with age, by age 20, the risk is 1 out of 2,187; by age 30, the risk is 1 out of 258; by age 40, the risk is 1 out of 67; by age 50, the risk is 1 out of 38; and by age 60, the risk is 1 out of 29.
- Breast cancer has a high cure rate of around 90 percent when detected early. Early detection gives women more treatment options.
- There is no definite way to prevent breast cancer. For good overall health, it is important to exercise, eat right, and manage stress. What we do know is that the early detection of breast cancer reduces the risk of other serious illnesses and death.

The American Cancer Society supports a combination of three techniques for early breast cancer detection. These techniques are breast self-examination, mammography, and a physician's examination. Women, not physicians, find most breast lumps. According to the ACS, only 22 percent of women practice regular BSE. Some of the common reasons given for not practicing BSE are a lack of knowledge about technique, lack of self-confidence in ability to perform BSE, lack of motivation, and a lack of knowledge of recommended breast health guidelines. Learning and using the three techniques can help women detect breast cancer.

A BSE is a health habit that involves looking at and feeling both breasts with your fingers to check for lumps. A BSE is recommended once a month, every month after age 20.

- Perform 7-10 days after menstrual period, and if no longer having periods, pick a date that will be easily remembered.
- Do BSE in each of these three positions: lying down, standing in the shower or tub, or standing in front of a mirror.

Look for these signs and symptoms when examining your breasts:

- Lump or thickening that is noticed over a period of time.
- Change in the size or shape of the breast.
- Nipple discharge, dimpling or scaling of the skin or nipple.

Use a set pattern when performing BSE: circular, wedge, strip pattern.

- Feel under arm and around collarbone.
- Use pads of middle three fingers.
- Keep fingers flat.
- Have firm compression.



Mammography is a specialized set of x-rays of the breast in which the breasts are placed between two plastic plates and pressed slightly to get a picture of the inside of the breast. It detects 90-95 percent of all breast cancer. Recommendations for having a mammogram are:

- Have a baseline mammogram by age 40.
- Repeat the mammogram every year after age 40.

A physician's examination is an in-depth examination by a doctor or health care provider in which the breasts are thoroughly examined for lumps, discoloration, dimpling, scaling, and other irregularities. This examination is recommended every 3 years between ages 20 and 40 and every year after age 40.

Learn more about BSE and breast cancer prevention from the following organizations:

National Cancer Institute: 1-800-4-CANCER
National Alliance of Breast Cancer Organizations (NABCO): 212-889-0606/1-888-806-2226
National Breast Cancer Coalition: 202-296-7477 or 1-800-622-2838
Susan G. Komen Breast Foundation: 1-800-IM AWARE
Y-ME National Organization for Breast Cancer Information and Support: 1-800-221-2141
American Cancer Society: 1-800-ACS-2345



Hispanic Heritage Celebration, “Paving the Way for Future Generations”

By: Linda D. Patrick

On September 27, CHPPM held their first Hispanic Employment Program Celebration in recognition of Hispanic Heritage Month. CHPPM’s HEP committee chairs Eleonor Gordon and Carmen Adrover, both physical scientist technicians with the Directorate of Laboratory Sciences organized the festive event, which took place at the conference center annex on Edgewood.

BG Lester Martinez-Lopez, commander of CHPPM and a native of Puerto Rico, welcomed the audience and guest speaker Juan Lopez, chief of staff of the Office of the Federal Environmental Executive. In his opening remarks Martinez said that people from all countries of the world have something of worth to add to the melting pot of the United States. “The strength of this country results from the contributions of those from different countries, working together. We celebrate diversity; everyone contributes a piece of what we are as a people.”

Ms. Erica Martinez, an up and coming new musical artist and a 2001 graduate of Aberdeen High School, invited the audience to join in as she sang the national anthem. She also sang two songs by the late great Hispanic singer, Selena.

Rather than give a speech, guest speaker Juan Lopez, a native of Cuba, asked and answered questions of the audience about Hispanic facts and history. Emphasizing reaching out and getting along, Lopez suggested that everyone try to learn from those of different backgrounds. “The reason we hate is because we have fear,” he said,



Ms. Erica Martinez sang the national anthem and invited the audience to join in.

suggesting that fear is what keeps our differences alive he quoted a scripture “you cannot love what you don’t know.” “Lopez continued, “Celebrations like this help to break the barrier of fear. Get to know one another, get to know your neighbor, accept one another. That way we can build a world community of liberty and justice for all.”



BG Martinez-Lopez enjoys a conversation with guess speaker Juan Lopez.

During the program, the aroma of Hispanic delicacies filled the room. After the ceremony, the audience was invited to view table displays and sample some of the delicacies from a variety of Spanish-speaking nations. Hot off the grill, guava paste over Puerto Rican-style cheese, fried plantain, an entrée of chicken-flavored rice, cheese and meat filled empanadas, small fried pies, and yucca fritters, were prepared and served by committee members: Linnette Martinez, CPT Michael Desena, Gloria Morales and Carmen Adrover. Desserts included dulce de leche (a milk-based dessert), coconut custard, and flan (a pie topped with caramel). The HEP committee wishes to thank Ms. Josephine Piedra, SFC Iris Cruz-Story, Ms. Lydia Lopez, and Ms. Mary Huertas for their contribution to the Hispanic Heritage celebration.

Editor's note: Sheila Little, APG News, provided information and photos for this article



HEP committee members, from left, Linnette Martinez, CPT Michael Desena and Gloria Morales prepare Hispanic dishes for participants.



COL William Chambers and Mr. Gary Herr enjoy a taste of Hispanic delicacies while gazing upon Hispanic artifacts.



LTC Timothy Mallon looks at a Hispanic photo album.

APG Hosts German-U.S. Day Road March

By: LCDR Ken Whitwell
Tri-Service Vision Conservation and Readiness
Program



On October 4 the Edgewood Area of Aberdeen Proving Ground hosted a German – United States Day Road March. Over 150 service members from APG and the Military District of Washington marched in this event, including eight from CHPPM.

The German Armed Forces Command, United States and Canada sponsored the march, which is one of eight events required to earn the German Troop Duty Proficiency Badge. BG Atzinger, Commander of the German Armed Forces Command, spoke to the participants before they began and wished them good luck. Representing CHPPM's Commander, BG Martinez, was COL William Chambers, Chief of Staff. COL Chambers welcomed all participants and presented CHPPM Commander's coins to several members of the German Armed Forces for their hard work and dedication in putting on this event.

As a result of unfolding national events, the annual German – U.S. Day Road March to take place in Reston, Virginia was originally cancelled. Urging from participants, who needed the march to complete the requirements for the German Troop Duty Proficiency Badge, caused the German Armed Forces Command to reconsider. SPC Tony John, Material Research Institute of Chemical Defense and LCDR Ken Whitwell, CHPPM, worked with German Army Lt. Mirko Boehm and SSG Ray Stull, the Old Guard, to hold the march within the secure boundaries of APG.

Despite the heat, most participants were able to finish the flat 18 – 30 kilometer course within the designated time and earned their badge. CHPPM personnel earning the German Troop Duty Proficiency Badge this training cycle were LTC John Campbell, MAJ Tamra Barker, CPT Scott Newkirk, CPT Ricardo Reyes, Navy LT Cody Wilson, SPC Laura Williams, and SPC Brian Bryan.

The German Troop Duty Proficiency Badge consists of eight athletic and military events. They are a 3000-meter run, 100-meter sprint, long jump, shot put, 200-meter swim, 18 – 30 kilometer road march (age dependent) with 25 lb ruck-sack, 9 mm weapons qualification, and first aid training. All the events have a minimum time or distance requirement that is age dependent.

The German Armed Forces Command has made competing for this badge more accessible to local APG service members.



They have graduated several military personnel at APG from their Train-the-Trainer course, which authorizes them to train and test local service members in the events for the badge. Local trainers include:

SPC Tony John, U.S. Army Medical Research Institute of Chemical Defense; LCDR Ken Whitwell, CHPPM; SSG Jonathan Muniz, 520th Theater Army Medical Laboratory; PFC David Doran, Kirk U.S. Army Health Clinic; and Lt. Erick Stone, Directorate of Law Enforcement and Security.

There are two training and testing cycles a year to compete for the German Troop Duty Proficiency Badge.

Results for each of the events are required to the German Armed Forces Command 1 month before the road marches scheduled for October and April. Contact your local trainer for more details.

Editor's note: Yvonne Johnson, APG News, provided information and photos for this article.



Service members from APG and the Military District of Washington marched in this event.



The flat 18 – 30 kilometer course is just one of eight events required to earn the German Troop Duty Proficiency Badge



CPT Ray Vazquez, MRICD, congratulates a soldier upon completion of the road march while 1Lt Boehm from the German Armed Forces Command records the time .



SGT Tony John, MRICD, catches some rest in the shade after a long march.

Duty Calls

By: Linda D. Patrick



Angela Conlon, a secretary for the Directorate of Environmental Health Sciences, retired U.S. Army Staff Sergeant and member of Post 128 was recently accepted as the first female member of Aberdeen's Bernard L. Tobin American Legion Post 128 Honor Guard.

As the first female in the history of the honor guard, when duty called, Conlon answered. She participated in her first public ceremony to honor a fallen veteran when she helped pay honor to the Harford County victim of the terrorist attack on the U.S.S. Cole. In that attack engine fireman, Joshua L. Parlett of Churchville, Maryland was one of 17 sailors who were killed.

The ceremony held on the first anniversary of the attack, was held at Harford Memorial Gardens in Bel Air, Maryland. The honor guard led by Honor Guard Captain Harry Brown, consisted of a seven-man rifle team and two escorts. The members said they were honored to participate in the ceremony and are very excited to have SSG (Ret) Conlon as the first female member of the team. At the gravesite, Conlon provided armed escort while the American Legion Post 128 Commander placed a wreath of white roses on the grave and the honor guard team fired a salute. The ceremony closed with the playing of TAPS as Parlett's father and family members wept softly and misty-eyed guard members, made their way back across the quiet field to the parking area.

Conlon is married to LTC William Conlon, who is also a member of Post 128. They are both actively involved in Legion programs. The Conlon's live in Belcamp, Maryland, with their four children, Thomas, 17, Sean, 14, Patrick, 13 and Shannon, 3.

Answering the call to duty and joining the Honor Guard was just another extension of Conlon's commitment to veterans and the veterans programs. Conlon said joining the post and the guard was just something she was compelled to do. "I served on honor guards when I was on active duty," Conlon added that she believes "you should be actively involved in anything you choose to be a part of. This is just one way I and my husband can support the post." She is also thankful to her boss COL Kotu K. Phull for supporting her participation in Post 128 and her call to duty as an Honor Guard.

Editor's note: Yvonne Johnson, APG News, provided information and photos for this article.



Honor Guard members, left to right, MSG (Ret) Tony Ranieri, SPC Fred Savadge, and SSG (Ret) Angela Conlon.

New Faces...

(continued from page 5)



Tabitha Tucker joins CHPPM as an Environmental Health Specialist for the Agency for Toxic Substances and Disease Registry. Prior to coming aboard, Tucker worked for Mississippi State Extension Services Bright Futures program as a Family Support Worker. Tucker has a Master's degree in Environmental Health. She lives in Bel Air and serves in the United States Army Reserve.

WELCOME

Civilian News...

(continued from page 4)

AWARDS

Performance Awards

Dr. Donald Ciliax - DCPM
Dr. Marianne Cloeren - DCPM
Leeann Domanico - DCPM
Laveda Durbin - DCPM
Anne Gibson - DCSIM
Terrence Lee - DCPM
Dr. Vivian Rush - DCPM
Felix Sachs - DCPM
Joanne Schmith – DCPM
Thomas Smith - DCPM
Dr. Coleen Weese - DCPM

The Order of Military Medical Merit
Ken Williams - DLS

Quality Advocate of the Year

Jane Gervasoni - SIO
Thomas Smith - DCPM

Quality Advocate of the Year

Honorable Mention

Dr. George Luz - DOHS

QSI Award

Mark Johnson - DTOX

CONGRATULATIONS:

Dr. Glenn Leach on his new position as Program Manager, Toxicity Evaluation, Directorate of Toxicology.

Dr. Michael Major on his new position as Program Manager, Health Effects Research, Directorate of Toxicology.

CHPPM's Retirees are not so retired...

By: Linda D Patrick

According to Dolores Huff, a retired writer/editor from the old Technical Review and Production Branch (now known as Publication Management Division), the group started way back in October 1987 with only four people; Marilyn Mischke, Frances Stepp, Kaye Raup and Dolores Huff. One day after a wonderful lunch at the Williamsburg Inn with old friends, a commitment was made to keep in touch, which expanded to lets invite other retirees to join us. So on the third Thursday of every month, the retirees of Army Environmental Hygiene Agency (AEHA)/CHPPM meet at a restaurant in the surrounding areas of Bel Air and Edgewood, Maryland. The luncheons usually run between 1-½ to 2 hours.

Today the group has over 26 members and is still growing with Huff and Pam Doner heading the volunteers' list to seek out new CHPPM retirees.

Huff and Doner usually suggest where the luncheons will be held. Once the arrangements are made, they contact the members by phone or email with the plans. Doner handles the finances for the group.

What does the group do at these luncheons? "Chatting mainly," said Huff, "everything and anything imaginable." They enjoy seeing other retirees and reminiscing about the good old days at AEHA/CHPPM. At a recent luncheon, the group got a surprise visit from CHPPM's former commander, COL (Ret) Frank McDermott.

CHPPM's retirees are not so retired; for them, there's not enough hours in the day. So if you are wondering what the group does in their spare time, I sure hope you have your running shoes on because the list goes on and on. In their spare time, the group members enjoy volunteering for Meals on Wheels, being a member of The Ma & Pa Heritage Trail, a chairman of the State Forest Conservancy District Board for Harford County, a member of the Local Community Council, a member of the Steering Committee, a benthic invertebrate taxonomist for the Stream Keepers Program, and a Master Gardener for the University of Maryland's College of Agriculture. They also bowl on leagues, travel (especially to Atlantic City), sightsee, surf the net, run a taxi service for grandkids and their many school and after school sport activities, work in the garden, take pictures, publish pictures, make and sell crafts, drive a truck for the son's business, practice hiding from the wife and that dreaded honey-do-list and much, much more.

All future retirees are welcome to join. Please call Dolores Huff, 410-679-1718 or Pam Doner, 410-838-4069.



CHPPM's retirees enjoy a luncheon at Giovanni's in Edgewood, Maryland.

Recent Retirees



Dr. Nelson Lewis arrived at the AEHA/CHPPM in March 1976 with a Ph.D. in acoustical engineering from the University of Massachusetts. Already an expert in sound barriers, he developed computer-programming skills to support Program 52's

unique approach to environmental noise assessment - high quality computer simulations combined with validation of computer predictions through onsite noise measurements. In his retirement, Lewis works with his church to support the needs of Native Americans living on reservations.



Dr. LeRoy Metker retired on March 31, as Manager for the Toxicity Evaluation Program, Directorate of Toxicology. Metker's career first began in 1959 at the then U.S. Army Biomedical Laboratory in capacities ranging from a medical

biology technician to a pharmacologist and later with CHPPM as a Supervisory Pharmacologist.

Metker's accomplishments and dedication to service have been invaluable to the Directorate of Toxicology and CHPPM.



Carole Wolfe started at AEHA/CHPPM in May 1973 as a Clerk, Dictation Machine Transcriber, Administrative Division. Wolfe retired on September 30, as a Contract Monitor with the Deputy Chief of Staff for Information Management, with 31

years of Federal Service. Blaine Plummer, DCSIM, presented a Certificate of Retirement and a Federal Retirement Pin to Wolfe upon her retirement.



Dr. Wilfred McCain, Toxicologist for the Toxicity Evaluation Program, Directorate of Toxicology, retired on October 31. McCain first came to Toxicology in July 1994. He received his B.S. in 1980 from Radford University, his M.S. in Veterinary

Medical Science in 1991, and his Ph.D. in 1994 from Virginia Polytechnic Institute and State University. He will be residing with his wife Carolyn and their daughters Kathy and Jennifer in Blacksburg, Virginia.

The Toxicology family will surely miss Dr. McCain's expertise and good sense of humor!

Information Corner

Thrift Savings Plan - As of October 9 TSP, a retirement savings and investment plan, is open to the Uniformed Services. Contact your Army Community Service financial readiness coordinator for more information.

Use or lose leave extended for Soldiers - In a memorandum dated September 18, the Department of Defense directed all services to allow the special leave accrual of up to 80 days. Normally, service members could only carry over 60 days leave from year to year. But due to increased military tempo created by the September 11 terrorist attacks, soldiers may carry up to 80 days of leave into the new fiscal year.

In Memory Of



Dan Barron

A valued member of the CHPPM family, Dan Barron, passed away Sunday November 4. Since August 1990, he worked for the Directorate of Laboratory Sciences as a physical scientist. A full time employee for most of his career, he recently transitioned to a part-time contract position under Senior Environment Employment Program.

Dan graduated from Johns Hopkins University in 1949 and attended graduate courses at Temple, Tulane, and other universities. For more than 20 years, he worked for the U.S. Navy as a physicist in the fields of acoustics, optics, and oceanography. Later he moved to Louisiana where he worked for the University of New Orleans and Tulane as a microscopist. Over the years, he was responsible for 13 patents and more than 30 papers.

During his years with DLS, he analyzed air, water, and bulk samples for asbestos using transmission electron microscopy. He also performed elemental analysis of bulk materials using TEM/ X-ray elemental spectral analysis (EDAX), scanning transmission electron microscopy, X-ray diffraction, and X-ray fluorescence. Following Desert Storm, he studied particle size distribution on air samples from Kuwait. For the Nuclear Biological Chemical program, he used electron microscopy to evaluate air samples.

Above all, Dan loved his work. When confronted with new ideas and developments in the field of microscopy, he soaked up the information like a sponge. Energetic and persistent, Dan never gave up on difficult tasks. We will miss him and his endless enthusiasm.

