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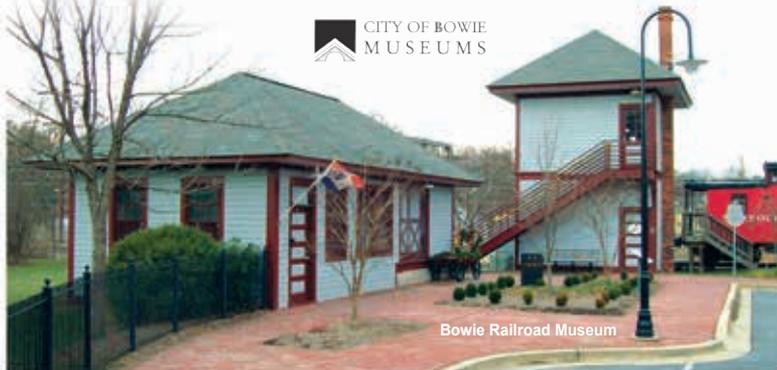




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Bowie Railroad Museum

**Bowie Railroad Museum** • Plans for a railroad from Baltimore into Southern Maryland began to develop after the Civil War. In 1872, the Baltimore and Potomac Railroad (later integrated into the Pennsylvania Railroad System) opened the Bowie Station. Developer Ben M. Plumb seized that opportunity and developed "Huntington City" around that railroad station. Shops, hotels, and comfortable Victorian houses filled the tree-lined streets of Huntington City, renamed "Bowie" in 1880 to honor Governor Oden Bowie, who was instrumental in bringing the railroad here. The station remained a busy stop until 1989.

**Belair Mansion** • Built in 1745 for colonial Governor Samuel Ogle and his wife Anne Tasker Ogle. Belair Mansion stood on 2300 acres and was under the ownership of the Ogle family until 1871. Through the Ogle residency, Belair was closely tied to the importation, breeding and racing of Thoroughbred horses. The love of Thoroughbred racing continued at Belair when James T. Woodward acquired the home (1898 – 1955). It is through the Woodward's ownership that "The Belair Stud Farm" was created and Belair became synonymous with championship Thoroughbred racing. In the 20th century, Belair Estate became the focal point of William Levitt's suburban development, "Belair at Bowie," in the 1960's. It served as Bowie's City Hall from 1964 until 1978.

**Old Town Bowie Welcome Center** • Built in 1929, the Bowie Building Association now contains local area visitor information, hands on activities for children, and exhibits on the history of Old Bowie and its past as a close-knit local railroad community.



Belair Stud Stable

**Belair Stud Stable** • The Built in 1907, "The Belair Stud Stable," one of the country's premier stables from the 1920's through the 1950's was home to Gallant Fox (1930) and Omaha (1935) – the only father/son horses to capture Thoroughbred racing's famous Triple Crown Series. In 1955, Belair's Nashua, an incomparable champion, was Horse of the Year. Other champions, including Johnstown, Fighting Fox, and Vagrancy also called Belair home.



Belair Mansion

[www.cityofbowie.org](http://www.cityofbowie.org)

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# National Military Appreciation Month

***The month of May contains more national observances in honor of the armed forces than any other month***



National Military Appreciation Month was created to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by Service members -- past and present. The declaration summoned U.S. citizens to observe the month of May "in a symbol of unity, to honor the current and former members of the Armed Forces, including those who have died in the pursuit of freedom and peace."

In 1999, Senator John McCain introduced legislation to make Military Appreciation Month an official designated date, both the Senate and House of Representatives

adopted resolutions calling for Americans to recognize and honor U.S. Service Members.

In April of 2004, more comprehensive legislation was passed by unanimous consent of both Houses of Congress as H. Con. Res. 328 solidified May as National Military Appreciation Month.

It also reminds the President of the United States to issue annual proclamations calling Americans to recognize this special month through appropriate ceremonies and events.



## Loyalty Day

**Wed, May 1, 2019**

Loyalty Day is observed annually on May 1st. in the United States National Loyalty Day was first observed in 1921 as a holiday for the reaffirmation of loyalty to the United States of America, and for the recognition of the heritage of American freedom.

Loyalty Day was made an official reoccurring holiday on July 18th, 1958, although it was first recognized on May 1st, 1955.

Loyalty Day has been honored with an official proclamation every year, by every president, since its inception as a legal holiday in 1958.

## Public Service Recognition Week

**Sun, May 5th, - Sat, May 11th**

Since 1985, Public Service Recognition Week has been celebrated the first week of May, beginning on the first Sunday of the month.

Public Service Recognition Week recognizes the contributions made by public servants, including the military, at local, state, regional and federal levels.

## Victory in Europe Day - V-E Day

**Wed, May 8**

V-E Day, or Victory in Europe Day is observed on May 8th all over the world to celebrate the acceptance of surrender from Nazi Germany on May 7th, 1945. In 1945, it was celebrated as a public holiday in the United States. V-E Day currently hasn't been observed as a public holiday since 1945 in the U.S. but many countries around the world still observe V-E Day as a holiday.

## Military Spouse Appreciation Day

**Fri, May 10**

National Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May.

In 1984, President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184.

Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently, the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as "Military Spouse Appreciation Day" to show appreciation for the sacrifices of military spouses.

## Armed Forces Day

**Sat, May 18**

The United States, Armed Forces Day is always celebrated on the third Saturday in May to honor Americans serving in the five U.S. military branches - the U.S. Army, U.S. Navy, U.S. Marine Corps, U.S. Air Force and U.S. Coast Guard.

The inception of this Armed Forces Day dates back to August 31, 1949, following the consolidation of the military services in the United States Department of Defense. It was intended to replace the separate Army-, Navy-, Air Force-, Marine Corps- and Coast Guard Days but, today, the separate holidays are still observed independently.

The holiday was first observed on May 20, 1950. The theme for that day was "Teamed for Defense" which expressed the unification of all military forces.

Armed Force Day focuses on expanding public knowledge and understanding of the role of the military within civilian life and as a day of honor for all military members.

## Memorial Day

**Mon, May 27**

Memorial Day is a United States federal holiday, commemorating those who have died in military service to their country. It is observed annually on the last Monday of May.

Memorial Day was originally known as Decoration Day - an occasion to decorate the graves of the war dead - and was created in the aftermath of the American Civil War.

Memorial Day, and the long weekend that it creates, is generally seen to mark the beginning of the summer season (Labor Day marks the end).

### Decoration Day

Three years after the Civil War ended, on May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month.

"The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country

during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

The preferred name for the holiday gradually changed from "Decoration Day" to "Memorial Day," which was first used in 1882. Memorial Day did not become the more common name until after World War II, and was not declared the official name by Federal law until 1967.

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We have 119 partner organizations located on our installation including U. S. Cyber Command, the National Security Agency, the Defense Information Systems Agency, and the Defense Information School, as well as federal agencies such as the Environmental Protection Agency Environmental Science Center.

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# Military Spouse Appreciation Day

**A day to honor military spouses with appropriate ceremonies and activities, Friday, May 10th, 2019. Military Spouse Appreciation Day recognizes the important role our military families play in keeping our Armed Forces strong and our country safe.**

## History

The first Military Spouse Appreciation Day was observed on May 23, 1984. It was established as a one-off observance through a proclamation by President Ronald Reagan.

The day was later made into an annual observance by Secretary of Defense Casper Weinberger. In 1999, the U.S. Congress declared May as National Military Month to acknowledge the service of the men and women in the military.

Military Spouse Appreciation Day, which is also sometimes known as Military Spouse Day, aims to bring national attention to the role that military spouses play in maintaining the morale of the military and in supporting their significant others while they serve the country.

A 2013 Office of the Deputy Assistant Secretary of Defense report estimates that men make up just over 7 percent of the Active Duty spouse population and the number of male spouses rising each year.

Officer's spouses were often discouraged from working back in the mid-to-late 80's. They were expected to lead and support fellow military spouses in their husband's unit or squadron. If they did work, they filled mainly school teacher or administrative roles. Spouses were discouraged from pursuing professional careers on their own.

Today military spouses work in many different professions and are often encouraged by their Active Duty spouses to climb the career ladder.

A growing number of spouses have become entrepreneurs and start businesses that can be relocated when they are moved to a new location.

## Military Spouses in the Labor Market

Council of Economic Advisers

Press release: May 9, 2018

American military spouses, who number approximately 690,000, are a diverse population. Like their active duty husbands and wives, they come from varying racial and ethnic backgrounds, and bring a diversity of skills to the labor market. But military spouses face a particular challenge: they often find their labor market activities, including choices over whether to work, how many hours, and in what occupation, to be subject to the geographic and temporal constraints imposed by their active duty spouse.



Spouses of service men and women stationed abroad are particularly disadvantaged, as foreign hosts often do not grant spousal work visas.

But even stateside assignments can bring difficulties. Military families typically move every two to three years, requiring frequent labor market adjustments for those who do not have remote work arrangements. In anticipation of frequent moves, employers may be reluctant to hire military spouses or they may offer these workers a lower wage in an attempt to recover turnover costs. Moreover, short cycles in each location may make it more difficult for military spouses to recoup the costs of occupational licensing and other fixed costs of labor force participation. Indeed, military spouses may be the quintessential "trailing spouse," their situation made even more challenging because their families encounter location assignments, rather than location choices, and the result may not be conducive to employment. Indeed, the U.S. Chamber of Commerce (2017) reports that many military bases are located more than 50 miles from an urban center.

**Read the full report:**

**[www.whitehouse.gov/wp-content/uploads/2018/05/Military-Spouses-in-the-Labor-Market.pdf](http://www.whitehouse.gov/wp-content/uploads/2018/05/Military-Spouses-in-the-Labor-Market.pdf)**



## DEPARTMENT OF DEFENSE

### About MSEP

While military spouses are well educated and highly qualified for a range of careers, they face a 26 percent unemployment rate and a 25 percent wage gap compared to their civilian counterparts. 77% of these spouses want or need work, yet frequent relocation is often a barrier to finding and maintaining a rewarding career.

The inability of spouses to obtain and retain fulfilling employment as they relocate with the military compromises the quality of life of military families and the readiness of the military force.

The Presidential Study Directive-9 Report, Strengthening Our Military Families: Meeting America's Commitment, published January 25, 2011, highlights the need for a unified Federal government approach to help develop career and education opportunities for military spouses.

Among the target activities to accomplish this goal is increasing opportunities for military spouses to obtain private sector careers.

As a result, the Department of Defense (DoD) leveraged the successful partnerships created under the Army Spouse Employment Partnership by expanding the program to Navy, Marine Corps, and Air Force spouses.

**The expanded program -- the Military Spouse Employment Partnership (MSEP) -- officially launched in June 2011 during a ceremony at the U.S. Chamber of Commerce.**

MSEP is part of DoD's broader Spouse Education and Career Opportunities (SECO) initiative, which seeks to strengthen the education and career opportunities of military spouses by providing career exploration opportunities to help them understand their skills, interests, and goals; education and training to help them identify academic, licensing, or credentialing requirements that can help them reach their career goals; employment readiness assistance to optimize their self-marketing skills; and employment connections that help them find and maintain a rewarding career. MSEP, a targeted recruitment and employment solution, creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting. MSEP currently has more than 390 partners, who have hired over 130,000 military spouses.

### About MSEP "ed"

An initiative of the MSEP program, MSEP "ed" focuses on fostering stronger relationships between military spouses and their local schools and school districts to assist in spouse employment. While MSEP "ed" primarily focuses on connecting military spouses with educator opportunities, other employment opportunities within the school are also included (e.g. counselors, nurses, administrators, food service workers).

<https://msepjobs.militaryonesource.mil/msep/home>

## VA joins Military Spouse Employment Partnership

Press release, Friday, October 26, 2018

On October 26, 2018 the U.S. Department of Veterans Affairs' (VA) Board of Veterans' Appeals (BVA) announced it is advancing employment opportunities for military spouses through by joining the Department of Defense (DOD) Military Spouse Employment Partnership (MSEP).

MSEP is a career program connecting military spouses with more than 390 affiliated employers who have committed to recruit, hire, promote and retain military spouses in portable careers.

"By developing skills, knowledge, and abilities that can be used in high-demand industry sectors, military spouses - especially those who face frequent relocations - can achieve employment continuity and increased opportunities for upward career mobility," said VA Secretary Robert Wilkie.

*...continued on page 8*



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...MSEP continued from page 7

"BVA is committed to delivering better services to Veterans and their families, and we understand that military spouses offer unique perspectives that can help us deliver on our promise to care for Veterans."

The Board's mission is to conduct hearings and decide appeals properly and in a timely manner.

The MSEP is part of the DOD's broader Spouse Education and Career Opportunities (SECO) program, which seeks to reduce the 23 percent unemployment rate experienced by military spouses and 25 percent wage gap experienced by military wives. SECO provides education and career guidance to military spouses worldwide and offers free, comprehensive resources and tools related to career exploration; education; training and licensing; employment readiness; and career connections. SECO also offers free career-coaching services six days a week.

To learn more about SECO, visit Military OneSource or call 800-342-9647 to speak to a SECO career coach.

For more information on the MSEP and the 350,327 active job postings for military spouses, visit

<https://msepjobs.militaryonesource.mil/msep/home>



## National Military Family Association

NMFA is the voice of military families because, for 48 years, we have proven that we stand behind service members, their spouses, and their children. Our Association is the "go to" source for Administration Officials, Members of Congress, and key decision makers when they want to understand the issues facing our families. They know we have "boots on the ground" with military families and understand better than anyone that "military families serve, too." Through the support and programs we provide, and our respected voice on Capitol Hill, at the Pentagon and Veterans Administration, our Association always looks out for the families who stand behind the uniform and for those who serve.

See ad on inside front cover

### Dr. Theresa M. Soto, an Air Force Veteran, is a Team Member of Center for Vein Restoration

Theresa M. Soto, MD, FACS, RPVI, was born and raised in snow country in upstate New York. The choice to place an application with the Air Force came at the recommendation of her father, an Air Force Veteran of the Korean war.

Dr. Soto attended St. Bonaventure University in Allegheny, New York (just south of Buffalo) and graduated Magna Cum Laude as a pre-med major. After graduation, she was awarded a four year Air Force Scholarship for medical school through the Health Professions Scholarship Program. Prior to attending SUNY Buffalo Medical School as a first Lieutenant, Dr. Soto completed Commissioned Officer Training at the Medina Annex of Lackland Air Force Base in Texas. During medical school, summer ADT's in Aerospace Medicine and clinical rotations were completed at Wright Patterson Air Force Base and Lackland Air Force Base, Wilford Hall Medical Center.

Her first assignment as a new physician and a Captain in the Air Force took her to Dyess AFB, 7th Medical Group in Abilene, Texas. While in Texas, she served as Chief of OB/GYN services for two years during which time she implemented a program for diagnosis, treatment and follow up of cervical dysplasia. Dr. Soto was instrumental in establishing a program of follow-up that allowed active duty women with dysplasia to participate in deployments rather than being designated medically ineligible. In 1998 she was promoted to Major and was awarded a Meritorious Service Medal. As a leader in the 7th Medical Group, she assisted in the planning of mass casualty drills that involved a coordinated response of base medical personnel and the local first responders. Dr. Soto earned a Small Arms Expert Marksman Ribbon (pistol) prior to being reassigned to Langley Air Force Base.



In her final year of active duty, Dr. Soto was transferred to USAF Hospital Langley, 633rd Medical Group in Hampton Roads, Virginia. As Chief of OB/GYN services she managed six OB/GYN physicians and four Certified Nurse Midwives; together they developed a protocol for the timely, efficient transfer of high risk patients to Naval Medical Center Portsmouth. Dr. Soto resigned her commission in 1999 to pursue private practice and raise her two children in northern Virginia.

Dr. Soto practiced OB/GYN in Fairfax County until December of 2013. Throughout residency and private practice, she had been an instructor of students, residents and physician assistants; she has been a mentor for the Physician Assistant Program at The George Washington University and remains an Associate Professor for Virginia Commonwealth University School of Medicine. In 2013 Dr. Soto was presented with the opportunity to pursue a new career after nearly 20 years in OB/GYN.

She is a Board Certified physician who has completed advanced clinical training in venous and lymphatic medicine, endovenous procedures and vascular interpretation; she is certified by the American Registry for Diagnostic Medical Sonography as a Registered Physician in Vascular Interpretation. Dr. Soto is a Fellow of both the American Congress of Obstetricians and Gynecologists and the American College of Surgeons; she is a diplomat of the American College of Phlebology. Dr. Soto has been with Center for Vein Restoration since 2014 as a practicing physician in Virginia and Director of Clinical Affairs for CVR since 2015.

After these rewarding professional milestones, Dr. Soto is proud to now serve on the team at Center for Vein Restoration, where the physicians have dedicated their careers bringing relief to patients coping with venous disease.

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**Military Spouse Scholarships  
National Military Family Association**

NMFA awards can be used for a variety of educational and employment pursuits. Scholarship funds on average are \$1,000 and can be used towards degrees, certifications, licensure, clinical supervision for mental health licensure, CEUs, business expenses and more! Any spouse eligible to hold a valid military ID is eligible.

We are running a rolling application so the application will technically be open year round. However, we will close the 2019 applications on September 30, 2019.

The 2020 application will open October 1, 2019.

<https://scholarships.militaryfamily.org/offers/nmfa-spouse-scholarship/>

**Other Education Sources**

**Military One Source**

Whether you are a service member thinking about a college degree, a military spouse wanting to connect with a network of military-friendly employers or a parent hoping for a smooth school transition for your child, Military OneSource offers practical information and resources for pursuing education goals and achieving career aspirations. Take the next steps to make your education and career ambitions come true.

[www.militaryonesource.mil/education-employment](http://www.militaryonesource.mil/education-employment)

**Fisher House Foundation Scholarship Finder**

Scholarships for Service is a free public resource for students of families with a military service background to search and access thousands of scholarship options. Every scholarship listed here is specifically tailored for active, guard and reserve military, Veterans, retired personnel or their families.

<http://search.militaryscholar.org/>

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The Lincoln family of schools was founded in 1946 with the express purpose of helping servicemen returning from World War II launch new hands-on careers in the HVAC field. Since then, thousands of servicemen and women and their families have chosen Lincoln Tech schools throughout the country for postsecondary education and training that helps them build better, brighter futures.

Lincoln schools are connected to veterans' services and programs around the country, and host career fairs, job training seminars, and other workshops dedicated specifically to veterans' needs. Training at Lincoln Tech's Columbia campus can enhance their career prospects by taking part in an Audi-specific training program. HVAC students can qualify for a highly selective partner program with Hussmann, a global leader in the commercial refrigeration industry. And hundreds of local employers across the region know the Lincoln Tech name means a candidate comes prepared with the kinds of hands-on skills necessary in today's competitive workforce.

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By 2026, it's projected that more than 60,000 jobs will become available across the region in fields you can train for at Lincoln Tech®. Career paths may include Automotive Technician, HVAC Specialist, Electrician,

Electronic Systems Technician, Chef, Baker, and more. (Visit [lincolntech.edu](http://lincolntech.edu) for a complete list of available programs.) These are rewarding, exciting careers that offer a wealth of opportunities and the chance to go to work each day doing something you really enjoy. For more than 70 years Lincoln Tech has prepared students to become in-demand professionals who are vital to our everyday lives.

### A NEW CAREER IS IN REACH

Lincoln schools across the country make millions of dollars available each year through grants and scholarship opportunities available to those who qualify, and representatives can help you use benefits like the Montgomery GI Bill®, Post 9/11 GI Bill®, and Yellow Ribbon Program. You'll be supported with career search assistance as you approach the end of your program, and that support continues after you graduate. Professional development complements your training and helps pave the way for success after graduation. Lincoln Tech's Career Services teams work with students on areas such as dressing for success, preparing for an employment interview, and making the most of technology in a job search. This kind of support can have real impact on the lives of the students training for 21st-century careers.

Lincoln Tech extends a special invitation to all veterans to visit our Columbia campus and see our real-world training facilities in person. You'll find many members of our campus teams, from instructors to administrators, are veterans as well, and will be happy to share their own experiences with you. We hold our nation's veterans in the highest esteem, and we're eager to assist you in the next chapter of your journey!

\* Source: [careeronestop.org](http://careeronestop.org) for the years 2016-2026.



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<https://cook.house.gov/media-center/press-releases/rep-cook-joins-labor-department-in-recognizing-employers-who-hire-vets-0>

## Honoring the Employers who Hire our Nation's Heroes

Nov 8, 2018 Press Release

WASHINGTON, DC – Rep. Paul Cook (R-Apple Valley) attended the U.S. Department of Labor announcement of the 2018 HIRE (Honoring Investments in Recruiting and Employing) Vets Medallion Program Demonstration Award, recognizing the meaningful and verifiable efforts undertaken by job creators to hire and retain veterans. Honorees include small businesses, community-based nonprofits, and national companies.

**In 2017, President Trump signed into law Rep. Cook's bill, H.R. 244, the HIRE American Military Veterans Act, creating the HIRE Vets Medallion Program.**

The HIRE Vets Act promotes private sector recruiting, hiring, and retaining of men and women who served honorably in the U.S. military through the voluntary participation of employers. The awards program recognizes employers who have truly demonstrated efforts to reach out and support our veterans searching for employment.

Rep. Cook said, "It's an honor to see this legislation come to fruition. Today's recipients deserve to be recognized for making significant strides toward hiring more veterans. Veterans who serve this country honorably shouldn't struggle to find employment, and this bill creates an innovative system to encourage and recognize employers who make veterans a priority in their hiring practices. I look forward to seeing full implementation of the program next year."

Recipients of the 2018 HIRE Vets Medallion Program Demonstration Award were evaluated based on a range of criteria, including:

- Veteran hiring and retention
- Availability of veteran-specific resources
- Leadership programming for veterans
- Dedicated human resources
- Compensation and tuition assistance programs for veterans

**2018 Program Demonstration Award Recipients**  
[www.hirevets.gov/about/award-recipients](http://www.hirevets.gov/about/award-recipients)

For more about the HIRE Vets Medallion Program and Award, please visit [www.HireVets.gov](http://www.HireVets.gov).

### Benefits of the Program

The purpose of the HIRE Vets Medallion Award is to recognize employers who hire and retain veterans, including their efforts to establish employee development programs and veteran specific benefits to improve retention.

Award recipients will have the opportunity to utilize the medallion in the marketing of their firm as a veteran friendly business when hiring, and in efforts to attract additional business.

### U.S. CONGRESSMAN

Col. Paul Cook (ret.), US House California's 8th Congressional District, currently serves on the House Armed Services, Foreign Affairs, and Veterans' Affairs committees.

A veteran of the Vietnam War, Col. Cook's military career spanned twenty-six years. His actions in combat earned him a number of honors, including two Purple Hearts and the Bronze Star Medal with a V for valor.

He retired from the Marine Corps in 1992 as a colonel.



**Retired Army Col.  
Gregory D. Gadson**



Retired Army Colonel Gregory D. Gadson addresses a crowd as the guest speaker for observance of Martin Luther King Jr. Day at Fort Meade.

## **Commander, Actor, Athlete Shares Life Lessons With 20th CBRNE Command Soldiers**

By Suzan Holl

20th CBRNE Command Public Affairs, February 2, 2018  
[www.army.mil/article/200053/commander\\_actor\\_athlete\\_shares\\_life\\_lessons\\_with\\_20th\\_cbrne\\_command\\_soldiers](http://www.army.mil/article/200053/commander_actor_athlete_shares_life_lessons_with_20th_cbrne_command_soldiers)

ABERDEEN PROVING GROUND, Md. -- Like a lot of American boys, retired Army Col. Gregory D. Gadson had dreams and goals of becoming a Super Bowl champion. By the time he was a senior in high school it looked like he was well on his way of making those dreams a reality.

Gadson was an all-state football player in Virginia, captain of his all-star team. He thought he was heading to the University of Virginia on a full scholarship, but the school had a change of heart.

"I gave up on my dreams of becoming a professional football player and ended up going to West Point because that was the only other place I had to go," Gadson said at the 20th Chemical, Biological, Radiological, Nuclear, Explosives (CBRNE) Command's town hall meeting Jan. 26 at Edgewood Arsenal on Aberdeen Proving Ground.

But football wasn't out of the picture entirely. He played defensive tackle for the Golden Knights for all four years at

West Point finishing his collegiate career on top with Army winning the Commander in Chief's Trophy his senior year.

Gadson graduated in 1989 and was commissioned as a second lieutenant in the field artillery. He served in several major conflicts including Operation Desert Shield and Desert Storm, Operation Joint Forge, Operation Enduring Freedom and Operation Iraqi Freedom.

On May 7, 2007 he was in Iraq serving as commander of the 2nd Battalion, 32nd Field Artillery, when his whole life changed.

"I was returning from a memorial service for two fellow service members," said Gadson. "I'll never forget that day because the lives of those two men stuck with me. I had to wonder if it was worth it - whether their sacrifice and that god-awful time in Iraq was worth it," and that's when the vehicle he was riding in hit an improvised explosive device.

"I vaguely remember hitting the ground and coming to a stop on my back," said Gadson, "I couldn't move but I knew something was wrong." He said the last thing he recalls is telling God he didn't want to die in Iraq and then he lost consciousness.

Sgt. 1st Class Fredrick Johnson, whose vehicle was behind Gadson's, performed CPR and another soldier, 19-year-old Pvt. Eric Brown, tied tourniquets on to Gadson's severely injured legs. It was Brown's quick actions that saved his commander's life.

"Brown was one of your own," he told the 20th CBRNE Command soldiers, "And the doctor's told me that it was his actions that saved my life."

Gadson's medic didn't deploy with the battalion because of a broken ankle. When Gadson asked for a replacement the Army told him they didn't have one available. Instead they sent Brown to a two-week emergency medical technician course at Kansas State University. Brown finished the course just days before deploying to Iraq.

A week after Gadson arrived at Walter Reed Medical Center in Bethesda, Md. on May 11, he was told that the blood vessels in his left leg were so badly damaged they could no longer sustain blood flow and in order to save his life, the leg would need to be amputated. Ultimately, Gadson's right leg also was amputated, and he lost the use of his right hand and arm.

"So, I was down to one functioning limb. That was the straw that broke the camel's back. I went from a strapping 210-pound lieutenant colonel to 148 pounds with one functioning limb," said Gadson. "I quit. Nobody could blame me if I quit, right?"

Or at least he tried. "But I couldn't quit because that wasn't me. As much as I tried, as much as the world would have given me a pass, I was still a husband, a father, a soldier, and I wasn't a quitter. That wasn't me, that wasn't my character, that wasn't the person I had become."

As a former athlete, quitting was not in his character. "As an athlete, I learned to grasp the concept of living up to be the best I can be."

The one thing that football taught him about life was about living in the present and up to your own personal best. Gadson's philosophy is this, "When you put effort into being your best every day, you start to build character - it becomes who you are and you know of no other way."

Gadson said that his faith in God also played a big part in accepting his circumstance.

"I mourned, I asked those questions but ultimately I moved on very quickly. Accepting that there will be things in my life that I will never have an answer for and I will never be able to explain allowed me to move forward," he said.

"True acceptance clears the lane - you're not encumbered by the invisible chains you drag around asking 'Why me?' For me, the question 'why' looks backwards, the question of 'what' moves us forward. Our lives are in front of us, not behind us."

As fate would have it, another one of his West Point classmates, New York Giants Coach Mike Sullivan, gave Gadson a call on a Monday and asked if he'd like to go to their upcoming game with the Washington Redskins. Gadson accepted. Then Sullivan called him Tuesday and asked Gadson if he would speak to the team - and he obliged.

"I talked to the team and shared with them about effort and

staying in the moment and doing the best you can every day because tomorrow is not promised."

That Sunday the halftime score was 14-3 Redskins. "Heck of talk I gave 'em, huh?" joked Gadson. But the Giants rallied and won the game 24-17 and went on to win 11 consecutive road games that culminated in Super Bowl 42 when they beat the 18 and 0 New England Patriots.

When asked by one of the soldier's in the audience if he had any Super Bowl rings and if the Giant's gave him credit for their 11 game winning streak he said, "They did! And I have two Super Bowl rings." To this day, he maintains his mentoring relationship with the Giants.

Gadson continued to move forward with life and his active duty career. In 2010 he received the NCAA Award of Inspiration as he headed up the Army's Wounded Warrior program. In 2012, film director Peter Berg gave Gadson a starring role portraying a wounded veteran in the movie "Battleship". That same year he became the U.S. Army Garrison Commander at Fort Belvoir, Va. - the Army's first double amputee commander. Gadson retired from active duty in 2014 with over 25 years of service to his country.

"It's an honor to wear the uniform so live up to it," Gadson said at the conclusion of the 20th's town hall, "Make the most of it. There's no greater satisfaction then knowing you did your best."

"It's funny how life takes you. You can have a dream or a goal and sometimes you get disappointed if it doesn't follow your path. But if you keep believing in things you never know what will happen. I'm a Super Bowl champion." 🇺🇸

## A Page in American History



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## The Deadliest Colonel

A True Story By Tim Moynihan, [www.overcomersarmy.com](http://www.overcomersarmy.com)

Carl Eifler's was a giant of a man, and intimidating. But his demeanor hid a tender heart, a cunning mind and a passion to serve. Born in Los Angeles in 1906, Eifler enlisted in the Army at 15 and was stationed in the Philippines before the Army discovered his age. Sent home, the irrepressible youth lied again to join the Los Angeles Police Department. Exposed again, he was released from the force.

By 1928, Eifler was a commissioned officer in the Army Reserve and a customs inspector on the Mexican border. In 1934, he uncovered a Japanese plot to secure Mexico's cooperation for a future US invasion. He reported this to his reserve commander, LTC Joseph Stilwell, a future Army General and Commander in Burma. It was the beginning of a long association between them.

Eifler had a knack for being in the right place at the right time. He was a company commander in Hawaii when Pearl Harbor was attacked. Because of his background, he was selected to command the notorious Sand Island internment camp. He was then recruited to command Detachment 101, an early special operations force operating in Burma under the Office of Strategic Services (OSS). He was dubbed "the Deadliest Colonel" for his exploits and this nickname became the title of his 1975 biography.

The plucky colonel survived numerous injuries and two airplane crashes before his medical release from frontline service in 1943. He continued as an OSS planner developing dossiers on NAZI officers and schemes to assassinate their most dangerous scientists. At war's

end, he returned to the Customs Service. But it was his lifestyle redirection in postwar years that set him apart, when a new passion gripped his soul.

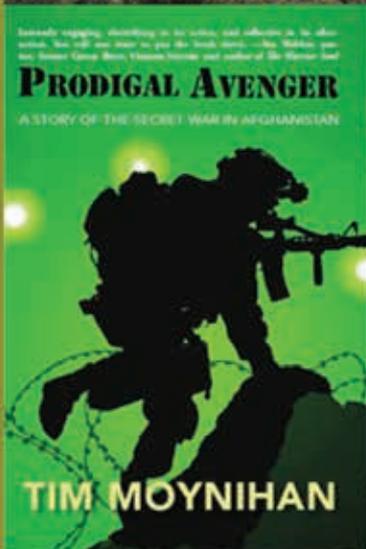
Carl Eifler opened a dossier on another famous individual which led him to embrace that person's unique claims. It was Jesus of Nazareth. The Deadliest Colonel had a spiritual awakening and committed his life to Christ. He obtained a Divinity degree and then a Masters in Psychology. For the rest of his working life, the Deadliest Colonel served as a clinical psychologist in Monterey, CA, completing his life work as a healer.

He passed away in April 2002.

Colonel Eifler earned numerous awards and citations during his life and was a 1988 inductee in the MI Hall of Fame. A well-deserved honor for his devotion to serving God, country and his fellow man.



### ENTER THE SECRET WORLD OF PRODIGAL AVENGER THE EXCITING NEW SUSPENSE-THRILLER BY TIM MOYNIHAN

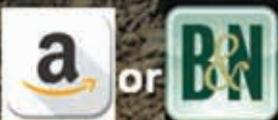


Special operator Jake Drecker is intent on a mission across borders to eliminate a brutal terrorist cell which may hold an American missionary hostage. Intelligence is sketchy. Success unlikely. Jake's boss, LTC Mike "Pancho" Sanchez, wonders at Drecker's motivations--and about a mysterious rogue unit roaming the battlespace. The CIA's willingness to sacrifice Drecker's team and the hostage only adds to the mystery, forcing Pancho to pursue the truth about the missionary's past. Time is running out as Drecker drags his team on a quixotic rescue operation into the very belly of the beast--a mission they cannot survive unscathed.

"Moynihan's polished prose is fast-paced, and his gritty descriptions are sometimes starkly poetic."

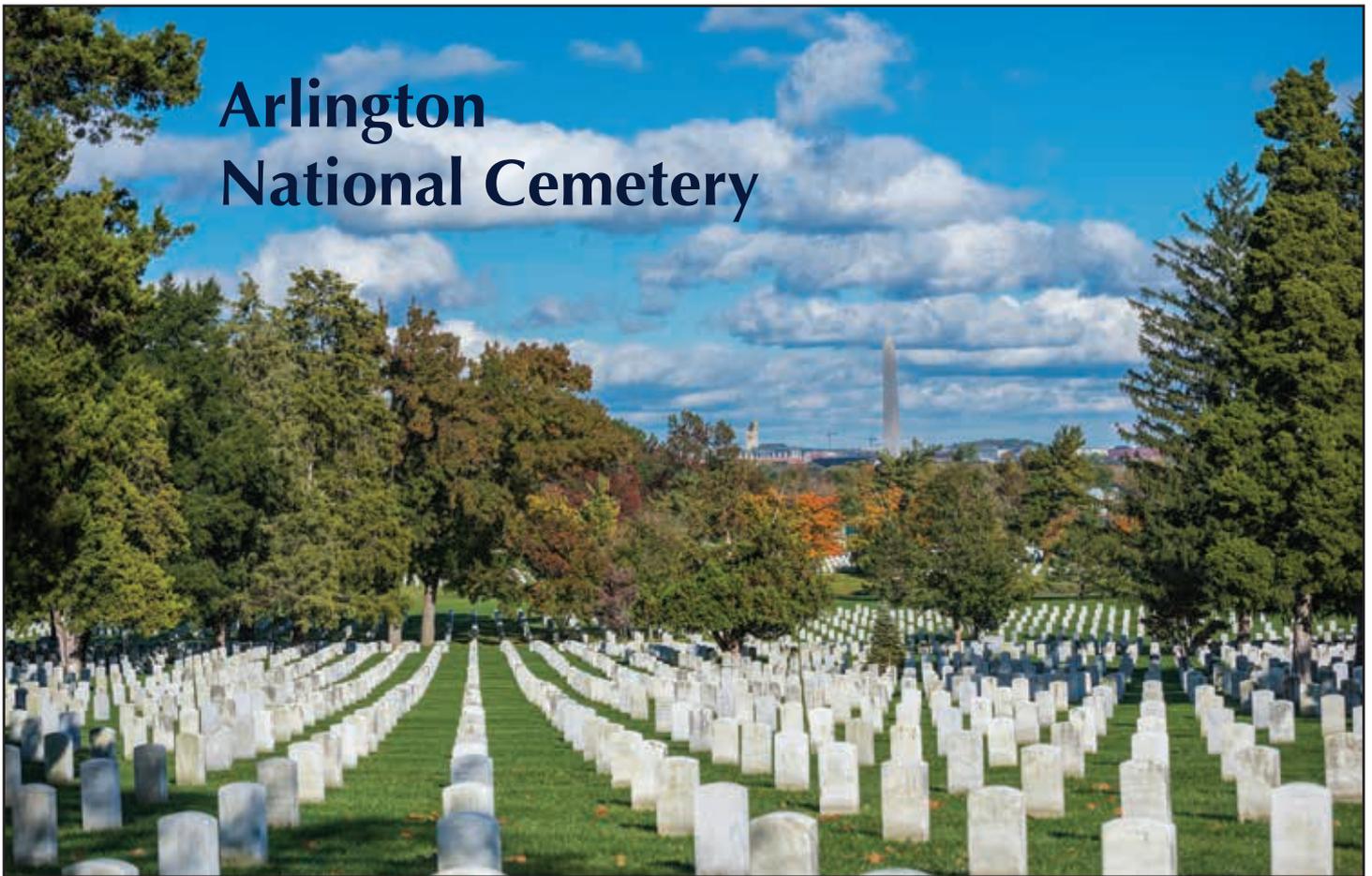
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# Arlington National Cemetery



Section 12 of Arlington National Cemetery, Arlington, Virginia, Oct. 29, 2018. (U.S. Army photo by Elizabeth Fraser / Arlington National Cemetery / released)

## Memorial Day History

### ***The Grand Army of the Republic Established Decoration Day***

#### **Memorial Day History**

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. It is believed that date was chosen because flowers would be in bloom all over the country.

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C. The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies.

After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and singing hymns.

Local observances claim the event was the first springtime tributes to the Civil War dead. Even though other observances already had been held in various places.

One of the first occurred in Columbus, Miss., April 25, 1866, when a group of women visited a cemetery to decorate the graves of Confederate soldiers who had fallen in battle at Shiloh. Nearby were the graves of Union soldiers, neglected because they were the enemy. Disturbed at the sight of the bare graves, the women placed some of their flowers on those graves, as well.

Today, cities in the North and the South claim to be the birthplace of Memorial Day in 1866. Both Macon and Columbus, Ga., claim the title, as well as Richmond, Va.

The village of Boalsburg, Pa., claims it began there two years earlier. A stone in a Carbondale, Ill., cemetery carries the statement that the first Decoration Day ceremony took place there on April 29, 1866. Carbondale was the wartime home of Gen. Logan. Approximately 25 places have been named in connection with the origin of Memorial Day, many of them in the South where most of the war dead were buried.

#### **Official Birthplace Declared**

Official Birthplace Declared In 1966, Congress and President Lyndon Johnson declared Waterloo, N.Y., the “birthplace” of Memorial Day. There, a ceremony on May 5, 1866, honored local veterans who had fought in the Civil War. Businesses closed and residents flew flags at half-staff. Supporters of Waterloo’s claim say earlier observances in other places were either informal, not community-wide or one-time events.

By the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State

*...continued on page 16*



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View of Arlington National Cemetery, WIMSA and Arlington House.  
Photo by Jennifer Lynch

...Memorial Day History continued from page 16

legislatures passed proclamations designating the day, and the Army and Navy adopted regulations for proper observance at their facilities.

It was not until after World War I, however, that the day was expanded to honor those who have died in all American wars. In 1971, Memorial Day was declared a national holiday by an act of Congress, though it is still often called Decoration Day. It was then also placed on the last Monday in May, as were some other federal holidays.

Some States Have Confederate Observances Many Southern states also have their own days for honoring the Confederate dead. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day January 19 and Virginia calls the last Monday in May Confederate Memorial Day.

Gen. Logan's order for his posts to decorate graves in 1868 "with the choicest flowers of springtime" urged: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

### American Flags

The crowd attending the first Memorial Day ceremony at Arlington National Cemetery was approximately the same size as those that attend today's observance, about 5,000 people. Then, as now, small American flags were placed on each grave — a tradition followed at many national cemeteries today. In recent years, the custom has grown in many families to decorate the graves of all departed loved ones.

The origins of special services to honor those who die in war can be found in antiquity. The Athenian leader Pericles offered a tribute to the fallen heroes of the Peloponnesian War over 24 centuries ago that could be applied today to the 1.1 million Americans who have died in the nation's wars: "Not



only are they commemorated by columns and inscriptions, but there dwells also an unwritten memorial of them, graven not on stone but in the hearts of men."

To ensure the sacrifices of America's fallen heroes are never forgotten, in December 2000, the U.S. Congress passed and the president signed into law "The National Moment of Remembrance Act," P.L. 106-579, creating the White House Commission on the National Moment of Remembrance. The commission's charter is to "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity" by encouraging and coordinating commemorations in the United States of Memorial Day and the National Moment of Remembrance.



U.S. Army photo by Elizabeth Fraser / Arlington National Cemetery / released

**The National Moment of Remembrance encourages all Americans to pause wherever they are at 3 p.m. local time on Memorial Day for a minute of silence to remember and honor those who have died in service to the nation.**

As Moment of Remembrance founder Carmella LaSpada states: "It's a way we can all help put the memorial back in Memorial Day." 🇺🇸

<https://www.va.gov/opa/speceven/memday/history.asp>

## Arlington National Cemetery to Expand



By Claudette Roulo, March 13, 2019

Work is expected to begin next year on a long-planned expansion of Arlington National Cemetery in Virginia, the cemetery's executive director told Congress.

The cemetery now occupies about 625 acres of land near the nation's capital and is the final resting place of more than 400,000 service members and their family members.

But, after more than 150 years of service, the cemetery is running out of room.

"The expansion will add 37 acres of burial space and extend the cemetery's active life," Karen Durham-Aguilera said during a hearing of the House Appropriations Committee's subcommittee on military construction, veterans affairs and related agencies.

Arlington National Cemetery lies on the former Arlington Estate — land that once belonged to George Washington Parke Custis, grandson of Martha Washington and stepgrandson of George Washington.

By the start of the Civil War, the property had passed into the family of Robert E. Lee through marriage. In May 1861, Union troops occupied the estate after the Lee family fled south.

The property served as a Union Army camp and headquarters throughout the war, and starting in 1863, as the site of Freedman's Village, a home for freed slaves that provided housing, education, training and medical care to help former slaves transition to freedom.

The first military burial at Arlington, for William Henry Christman, was made on May 13, 1864. By war's end, more than 16,000 soldiers had been buried there.

Today, the cemetery holds funeral services Monday through Saturday (except federal holidays), conducting between 27 and 30 services each week day and between six and eight services each Saturday. Information on burial eligibility and military honors is available on the cemetery's website.

<https://www.arlingtoncemetery.mil/#/>



# At The Beginning Of World War II, The Only Military Working Dogs In The Whole U.S. Military Were In Alaska.

A team of military working dogs rests outside a Douglas C-47 Skytrain circa 1945 at Ladd Field, Fairbanks, Alaska. DoD Photo: Fort Wainwright Archives

By Jack Waid, 354th Fighter Wing Historian

[www.eielson.af.mil/News/Commentaries/Display/Article/642651/alaskan-war-dogs-heroism-defined/](http://www.eielson.af.mil/News/Commentaries/Display/Article/642651/alaskan-war-dogs-heroism-defined/)

## Military Working Dogs

A monument was dedicated to military working dog teams, specifically recognizing the sacrifices of dogs in combat, a tribute to the military working dog and their handlers in 2013 at Lackland Air Force Base, Texas.

The military dog conjures up images of the Doberman on the sands of Iwo Jima or the Belgian Malinois as seen on many military installations today. It most certainly brings to mind the many images of the military working dog teams currently engaged in missions in the Middle East.

The importance of the monument at Lackland cannot be understated. It is a memorable reminder; a picture speaking a multitude of words. Its description of military working dog teams is relevant today, even here in Alaska.

In the not-so-distant past, Alaska boasted the only military working dogs in the whole of the U.S. military. In his book "War Dogs," author Michael Lemish shares that at the beginning of World War II, there were only about 50 military working dogs and they were all sled dogs in Alaska.

The use of dogs in Alaska is not a new concept. Author David Anderson said, "In interior Alaska, the history of dog team use ... can be traced to the contact period 150 years ago and before." He goes on to say dogs were used for a multitude of activities, including military applications such as exploration, accomplished primarily by the Army.

As a lieutenant in the Army, the late Maj. Gen. Joseph Castner explored the interior of Alaska. During his 1898-1899 exploration missions, he used dog teams and sleds as he

explored from the Cook Inlet region to the areas around North Pole and Fairbanks prior to heading up the Yukon River to Ft. Yukon.

During the time of the Alaskan Gold Rush of the 1890s, Army Signal Corps officer, then Lt. William Mitchell arrived in Alaska. Between 1901 and 1905, he was directed to connect Alaska by telegraph, of which previous work had been hampered by the Alaskan interior winters.

Mitchell believed he could work year round while erecting the Washington-Alaska Military Cable and Telegraph System and the big proponent of his success would come by using dogs. Thus, he sought out local dog experts who taught him the fine art of mushing.

He used his new found skills and knowledge acquired to purchase 80 dogs along with harnesses and sleds for the government. With these dogs and equipment, hundreds of miles were traversed to complete the WAMCATS within two years, well ahead of Mitchell's five year schedule.

As time passed, the renown of the variety of Alaskan sled and pack dogs became well-known throughout the world, and their importance would become cemented in the history of the military.

During World War I, the French government asked Alaska's Darling Kennels and Alaskan Scotty Allan, All Alaska Sweepstakes winner of the 1909, 1911 and 1912 races, to provide and train Alaskan sled dogs and sleds for the French war effort.

One hundred-six dogs were provided from Alaska and eventually found their way to France. While in France, these dogs provided invaluable service; they opened mountainous supply routes and communication between units in the field and headquarters not previously accessible.

Their actions were so important that in his book, "Soldiers and Sled Dogs," Charles L. Dean wrote, "Three Alaskan sled dogs in French service were awarded the Croix de Guerre, France's highest military honors, for actions in combat."

It was not long after the end of World War I that the nation was again drawn into another world war. At the beginning of World War II, the only military working dogs in the whole of the U.S. military were being utilized by Navy and Army forces in Alaska.

After the Japanese attack on Pearl Harbor, there was a real need to increase the number of military personnel in the Alaskan Territory. Gov. Ernest Gruening, Alaska Territorial Governor at the time, asked for military support and a plan was derived to create a territorial guard. Thus the Alaska Territorial Guard was formed by Maj. Marvin "Muktuk" Marston, an Army Air Corps officer.

Marston, along with Gruening, agreed to use the Alaskan native population to form this guard. Being predominately comprised of Alaskan Native Americans spread out from the Aleutians, the interior and coastal areas of Alaska, a form of transportation was needed so Marston could make contact with potential members.



Women's Army Corps members at the Ladd Field kennels. Photo courtesy of Fort Wainwright

The ATG members put hundreds of miles behind them as they used dog teams and sleds over tundra, through woods and mountain passes. These teams not only scouted, but also transferred munitions, firearms and other supplies to remote areas. For his efforts, Marston was recognized as an inductee in the Mushing Hall of Fame in Knik, Alaska.

...continued on page 20

## Alaska Territorial Guard • Eskimo Scouts

The Alaska Territorial Guard (ATG) or "Eskimo Scouts", was a U.S. Army Reserve component, organized in 1942 to patrol remote Alaska and more than 5,200 miles of Alaska's shoreline. The ATG was assembled in response to the Japanese attacks on the United States territories of Hawaii and Alaska.

Maj. Marvin "Muktuk" Marston and Maj. Carl Scheibner recruited 6,389 men and women, mostly Alaskan Natives, to defend remote Alaska in case of invasion from the Japanese. One historical account states that there were as many as 20,000 natives in the ATG during World War II. The ATG was made up of mostly men volunteers aged from just 12 to 80 years old. Nearly all of the personnel in the Alaska Territorial Guard were unpaid.

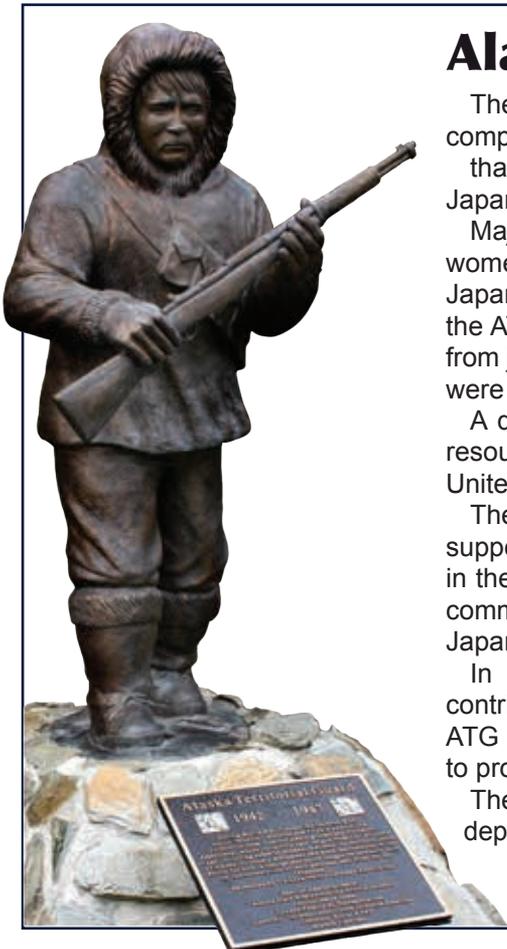
A defensive role was the main mission of the ATG. To protect strategic mineral resources and secure the land around the vital Lend-Lease air route between the United States and Russia.

The ATG was involved in enemy combat, the construction of military airstrips and support facilities, scouting remote inland and coastal areas. The ATG also worked in the distribution of emergency food and ammo, land and sea rescue and awarded commendations for shooting down air balloons carrying bombs launched by the Japanese to strike the United States.

In 2000 ATG members were granted US veteran status acknowledging the contribution of the Native Alaskans who bravely served our country during WWII. The ATG Task Force was assembled and has been searching for ATG members in order to provide them with honorable service records, including an honorable discharge.

The task force is committed to finding and assisting these veterans, their families, dependents and survivors in receiving all the benefits and rewards entitled to them.

The Alaska Territorial Guard operated from its inception in June 1942 until it was officially disbanded on 31 March 1947. ★



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...Military Working Dogs continued from page 20

One of the more colorful joint Native and white Alaskan units to come out of World War II was Castner's Cutthroats, officially the 1st Alaska Combat Intelligence Platoon, or Alaska Scouts.

Led by Col. Lawrence Castner, men of this special unit knew how to live off the land, and by the war's end they traveled thousands of miles to gather intelligence. They did so by means of boat and submarine, on foot, and by U.S. Army-owned dog teams and sleds.

Search and rescue teams were also operated throughout Alaska during World War II, often used to locate and retrieve downed pilots.

At Ladd Field, later Ladd Air Force Base, experienced Alaskan dog handlers in the Army were brought in to help train and create policies on dog care and use in the field.

During this time, all dog operations, handling and care were the overall responsibility of the U.S. Army Quartermaster Corps.

With regard to policy development, it is believed two privates at Ladd Field were utilized by the Army in particular; Pvts. George Lockwood of Unalakleet, Alaska, and Car Kawagley of Nome, Alaska, who were instrumental in the search and rescue program at Ladd.

It goes without saying that during the entirety of World War II, dogsled racing was severely interrupted. However, it was not long after the war that dogsled racing came back full swing to Alaska.

It was not long after World War II that organizations such as the Alaska Dog Musher's Association and Alaskan Sled Dog and Racing Association were established. At the same time, races such as the North American Championship sled dog derby and the Fur Rondy Open World Championship Sled Dog Race were started.

It was into this world of dogs and racing that enlisted airborne instructor and World War II veteran Joe Redington Sr., Father of the Iditarod, arrived in Alaska in 1948.

Shortly after his arrival, Redington was able to secure a government contract and served with the 5039th Maintenance and Supply Group from 1949 to 1957.

He, along with other dog team drivers such as Sgt. Eldon Bush and Tech. Sgt. Bud Nesji, took dog teams out to aircraft crash sites to help recover personnel and aircraft.



Scotty Allans famous dog team, 1912 Nome Alaska. Photo: Wikimedia Commons

*All Alaska Sweepstakes was a long-distance dog-sled race from Nome, 408 miles to Candle, then back to Nome, following a route along the Bering Strait. The first race took place in the spring of 1908 and was held annually until the final race in 1917.*

Also, members of a U.S. Air Force Intelligence unit trained with Redington as it was believed familiarization on the use of dogs and sleds may be needed in the future by the USAF Intelligence Corps.

Redington is thought to have had a strong association with the 10th Air Rescue Squadron. The 10th ARS used dog teams as part of search and rescue operations in Alaska and had jump-qualified dogs, which had to have five jumps to wear jump wings, assigned to the unit. The history of the 10th ARS is today maintained by the 210th Rescue Squadron of the Alaska Air National Guard.

In the '60s, the helicopter continued to become more technologically advanced and could reach places where only dogs could go before. The need for military dogs was beginning to fade, but not before the military found other uses for Alaskan war dogs.

Though fading, there was still a need as dogs were being studied at the Aero Medical Laboratory on Ft. Wainwright in an effort to understand the effects cold had on humans. From the lab emerged Master Sgt. Walter Millard.

Similar to Redington, Millard was jump qualified and a World War II veteran. After the war and a short break in service, Millard became a part of the Air Rescue Service and made over 250 jumps throughout his service in the military and many times with sled and dogs on rescue missions.

Millard was the first known Air Force participant in sled dog racing in the Fairbanks area. In March of 1963, he competed with huskies owned by the Aero Medical Laboratory in the preliminary heats for the North American Sled Dog Derby. Later, his Air Force "team" was invited to participate in the 1964 annual 10-mile Jeff Studdart Invitational Race.

In 1966, another big organization-sponsored team took center stage: The U.S. Army Alaska Modern Winter Biathlon Training Center dog team from Fort Richardson. At the team's head, though low in rank, was Pfc. Joe Redington Jr.

Redington Jr. was enlisted specifically by the Army to race dogs in Alaska. "They came to me and told me I was going to be drafted and then offered to enlist me and bring me back to Alaska to race for the Army on a two-year enlistment," he said.

Redington Jr., along with Sgt. 1st Class James VanHoutan, Spc. Five Larry Gibson, and Pfc. Johnny Armstrong raced and trained the dogs Redington Jr. competed with in 1966. That year, Redington Jr. won the coveted Fur Rondy trophy, bringing it back to Alaska after many years of being won by Dr. Roland Lombard from Wayland, Mass.

With things heating up in Vietnam, the military sled dog racing programs in Alaska were effectively disbanded. Redington Jr. was discharged and permitted to purchase a few of his previous military dogs and returned to civilian life, which would be the final curtain for the use of Alaskan military sled dogs in Alaska.

Whether it is pack dogs, sled dogs, sentry dogs, airborne dogs, or search and rescue dogs, the heritage of the Alaskan war dog is still seen today, specifically in the military working dog teams scattered throughout the state of Alaska at multiple military installations, our very own Eielson included. 🌟



The Military Working Dog Teams National Monument stands at Lackland Air Force Base in San Antonio, Texas, which is also home to the DOD Military Working Dog School and the Holland Military Dog Hospital. (Department of Defense photo by EJ Hersom)

JBSA-Lackland is the home to the Department of Defense Military Working Dog Program and is where the U.S. Armed Forces has been training its military working dog teams since 1958. It is the world's largest training center for military dogs and handlers and is also home to the largest veterinary hospital for military working dogs.

### 341st Training Squadron

The 341st Training Squadron provides training to military working dogs (MWDs) used in patrol, drug and explosive detection, and specialized mission functions for the Department of Defense (DoD) and other government agencies. Personnel conduct operational training of MWD handlers and supervisors and sustain DoD MWD program through logistical support, veterinary care, and research and development for security efforts worldwide.

### Working Dog Veterinary Service

The Department of Defense Military Working Dog Veterinary Service is a subordinate unit of the Army Public Health Center that is responsible for comprehensive veterinary care for all military working dogs at the Dog Center at Lackland Air Force Base, Texas, as well as providing referral services to working dogs world-wide. Additionally, the DODMWDVVS provides care for Transportation Security Administration (TSA) dogs undergoing training as part of the National Explosives Detection Canine Team Program, also located at Lackland. 🌟



The Last Great Race, the Iditarod Trail Sled Dog Race is an annual 1,049 mile long-distance sled dog race from Anchorage, Alaska to Nome, Alaska. The Iditarod began in 1973 as an event to test the best sled dog mushers and teams but evolved into today's highly competitive race.

# College Park Aviation Museum

**The College Park Aviation Museum is a top aviation destination in the Washington DC area. Only eight miles from downtown DC, the museum is easily accessible by car and public transportation. A great place to bring the whole family!**

The College Park Aviation Museum opened in 1998 and is an affiliate of the Smithsonian Institution. The museum is dedicated to preserving and promoting aviation innovations at College Park Airport and in Prince George's County while fostering research, inventiveness, and lifelong curiosity about the history and science of flight.

The museum is a 27,000-square-foot, state-of-the-art facility located on the grounds of the world's oldest continuously operating airport in College Park, Maryland. The airport was founded in 1909 when Wilbur Wright came here to give flight instruction to the first military aviators.

Visitors to the museum step into an open 1 1/2 story exhibit space, which highlights the display of unique aircraft and artifacts and tells the story of the airport's many firsts in flight to today. The museum features 10 aircraft in its main gallery with original, preserved, restored, and reproduction aircraft. Explore hands-on activities and interpretive areas for children of all ages.

Changing exhibits and new programs every month keep visitors coming back for more. The museum offers guided tours for groups of 10 or more. You must contact us a minimum of two weeks in advance to arrange a guided group tour. Tours typically last approximately 45 minutes to an hour.

## College Park Aviation Museum Offers A Variety Of Programs

Check Online to learn more about the programs!

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School Age College Park Aviation Museum is dedicated to telling the history of the airport in a way that encourages curiosity about all aspects of flight. The museum is self-guided, but structured group tours are available for schools. These tours have been designed to address the Maryland curriculum. Our tours allows students to have a hands on experience while learning about aviation and Maryland history. We are an educational resource offering teachers and students the opportunity to explore the history, science and technology of aviation. Learn about all that we offer.

[www.collegeparkaviationmuseum.com/1594/About-the-Museum](http://www.collegeparkaviationmuseum.com/1594/About-the-Museum)



The College Park Aviation Museum originated as a military airfield, and today the museum has an open 1½ story exhibit area which highlights 10 unique aircraft and objects relating the history of early aviation at the College Park Airport.

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# War Dogs: The Birth of the K-9 Corps

By Dr. Arthur W. Bergeron, Jr., U. S. Army Military History Institute

[https://www.army.mil/article/7463/war\\_dogs\\_the\\_birth\\_of\\_the\\_k\\_9\\_corps](https://www.army.mil/article/7463/war_dogs_the_birth_of_the_k_9_corps)

Dogs have been associated with the United States Army since its inception, but their role has been primarily that of a mascot or in some other unofficial capacity. Not until World War II did the Army make the connection official.

In January 1942, members of the American Kennel Club and other dog lovers formed a civilian organization called Dogs for Defense. They intended to train dogs to perform sentry duty for the army along the coast of the United States.

Aware of this effort, Lieutenant Colonel Clifford C. Smith, chief of the Plant Protection Branch, Inspection Division, Quartermaster Corps, met with his commander, Major General Edmund B. Gregory, and suggested that the Army use the sentry dogs at supply depots. Gregory gave his approval to an experimental program, and on March 13, 1942, Under Secretary of War Robert P. Patterson approved Gregory's application and created the K-9 Corps.

Beginning in August 1942, the Quartermaster Corps established dog training centers at Front Royal, VA; Fort Robinson, NE; Cat Island (Gulfport), MS; Camp Rimini (Helena), MT; and San Carlos CA. The K-9 Corps initially accepted for training thirty-two breeds of dogs.

By 1944, however, that list had been reduced to seven: German Shepherds, Doberman Pinschers, Belgian Sheep Dogs, Siberian huskies, farm collies, Eskimo dogs, and Malamutes. Approximately 18,000 dogs reached training centers after examinations by Dogs for Defense. Almost 8,000 of those animals failed exams given at the centers.

Reasons for dismissal included excitability when exposed to noise or gunfire, disease, poor sense of smell, and unsuitable temperament.

The Quartermaster Corps trained dog handlers as well as the dogs themselves. Technical Manual 10-396 (1 July 1943) outlined the doctrine to be followed in the training. Normal training time for a dog was eight to twelve weeks.

First the animals went through what might be called "basic training" to become accustomed to life in the military. Then the dogs received assignment to a specialized training program--sentry dogs, scout or patrol dogs, messenger dogs, or mine dogs.

The Quartermaster Corps established war dog platoons in March 1944 to assist American military forces conducting offensive operations in Europe and the Pacific. Of the fifteen such platoons organized, seven served in Europe and eight in the Pacific. It has been said that, in the latter theater, the Japanese never ambushed or made a surprise attack on a patrol led by one of the war dogs.

The Quartermaster Corps also experimented with training dogs to locate casualties on the battlefield. Dogs were first tested for this at Carlisle Barracks on May 4, 1944. Ultimately, the Army abandoned this program because the

dogs did not or could not make a distinction between men not wounded, men who had received wounds, or men who had died.

After World War II, the Military Police Corps took over responsibility for training military dogs. They have continued to serve with distinction in other conflicts. It is estimated that the Army employed 1,500 dogs during the Korean War and 4,000 in the Vietnam War. The Army used 578 dog teams in Iraq and Afghanistan. The courage and loyalty of these dogs have continued to save lives and prevent injuries since creation of the K-9 Corps.



Luke, a retired military working dog.

Photo by: Senior Airman Zade Vadnais

## Famous War Dogs

### Most Decorated Dog In War

Chips was a Collie-German Shepherd-Siberian Husky mix who was the most decorated dog in World War II.

Chips owner donated him for duty during World War II and was trained as a sentry dog. He was trained at the "K-9" Center Front Royal, Virginia in 1942 and was one of the first dogs to be shipped overseas.

He served in General Patton's harsh Africa campaign, then waded ashore with Patton's 3rd Division, 7th Army into Sicily.

During the 1943 invasion of Sicily, Chips broke free from Pvt. John Rowell, his handler on the beach and ran toward the machine gun fire. The gun was pinning down Allied service members of the 3rd infantry Division. Chips attacked the hidden machine gun nest, biting German soldiers and pulled a smoking machine gun from its base.

According to Rowell's account of the pre-dawn raid, Chips grabbed one of the Germans by the neck and dragged him from the pill box. His three comrades followed with their hands up. The dog suffered a bullet wound, burns and scalp wounds, but was otherwise fine. Chips also helped capture 10 enemy soldiers on the same day he attacked the machine gun nest.

Chips gained notoriety for other acts during the war, including a public meeting with Gen. Dwight D. Eisenhower in 1945. When the future president bent down to pet the service dog to thank him for his bravery, Chips bit him. The dog had been trained to bite humans he didn't know.

Chips was awarded the Silver Star, a Distinguished Service Cross and a Purple Heart during the war.

After controversy erupted over giving military service awards to animals, Chips medals were recalled. The Army's top brass stated that medals were for men and the dogs were considered equipment.

...continued on page 24

...Famous War Dogs continued from page 24

Chips was awarded the European Theater Medal and on the ribbon was an arrowhead with a battle star for each of the eight bitter campaigns in which Chips served. He also received a unit citation with a personal letter of commendation.

The Army had a red carpet welcome home for his discharge. He died seven months after coming home from complications of his war injuries at age 6.

In 1993, Disney Studios produced the TV movie, "Chips the War Dog" and in 2000, Smithsonian Magazine proclaimed him the most notable war time canine.

In January 2018 Great Britain's Posthumous honored Chips with their most prestigious medal for animal bravery.

### Smoky

The smallest hero of World War II stood only seven inches tall and weighed four pounds. She was "Smoky," a Yorkshire Terrier found in a foxhole in the jungles of New Guinea in February 1944.

After she was taken to the camp, the soldier that found her sold her to Corporal William A. Wynne of Cleveland, Ohio.

Smoky used her sharp sense of hearing to warn of incoming artillery shells. She was credited with twelve combat missions and awarded eight battle stars. Smokey also survived more than 150 air raids.

One of Smoky's most famous exploits was at a crucial airstrip in the Philippine Island of Luzon. The dog pulled a telegraph wire through a small 70-foot pipe, keeping soldiers and engineers safe from enemy fire.

When not in battle Smoky entertained troops with a variety of tricks and self-taught antics.

After the war Smoky became the world's first therapy dog, visiting wounded GIs in hospitals. She and Wynne then moved to Cleveland, where she died in 1957.

In 2005, in Cleveland Ohio, Smoky and Dogs of All Wars monument was unveiled on Veterans Day. It's a life-size bronze of a smiling Smoky sitting inside a GI helmet.



Smoky

Photo: Wikimedia Commons



Chips

Photo: Wikimedia Commons

The book Yorkie Doodle Dandy, is about Smoky's exploits written by her adoptive owner William A. Wynne.

### Vietnam War

Marine Lance Corporal Alfredo Salazar and a German Shepherd named Keisor traveled to Camp Pendleton, Calif., for final training before being sent to the Republic of Vietnam.

"D" Company was on for a search-and-destroy mission and they were ambushed by enemy forces in 1966. Kaiser was hit in the initial barrage and died. Kaiser did more than 30 combat patrols and participated in 12 major operations. Kaiser was the first war dog killed in action during the Vietnam War.

### Nemo, a German Shepherd

Nemo began his military career with the Air Force in the summer of '64. In January 1966, Keisor as transferred to the Republic of South Vietnam and assigned to the 377th Security Police Squadron. Six months later, Nemo was paired with a new handler, 22 year old Airman 2nd Class Robert Thorneburg.

On night patrol in December 1966, Thorneburg and Nemo were about a quarter mile away from the air base. Nemo alerted Thorneburg to the presence of Viet Cong soldiers in the area. The enemy opened fire and Nemo was shot under his right eye and the bullet exited through his mouth.

The wounded German Shepherd still attacked the enemy, which gave Thorneburg the time to call in reinforcements.

Thorneburg was able to kill one Viet Cong soldier before he was shot in the shoulder and knocked to the ground.

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# TRIPLE A

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A Quick Reaction Team rushed to the site and killed the remaining Viet Cong soldiers. During the fight, the wounded Nemo dragged himself to the unconscious Throneburg and crawled on top of to protect him from harm.

The dog would not let anyone touch Throneburg, it took a veterinarian to remove Nemo. Throneburg and Nemo both recovered from their wounds.

Air Force Headquarters directed that Nemo be returned to the US with honors. He was the first sentry dog to be officially retired from active service. Nemo served as mascot at the Department of Defense Dog Center, Lackland AFB, Texas until his death.

Only about 200 of the more than 4,000 heroic dogs who served in Vietnam made it out - those that did not die were euthanized or left behind when US troops withdrew from the war. Nemo, who became famous for saving his handler's life, was one of the fortunate dogs to return home.

### **Sergeant Stubby, The Most Famous War Dog**

An American Pit Bull Terrier became the most famous war dog with his exploited during World War I and was the only dog to be given the rank of sergeant

Stubby was found as a stray on the Yale campus in 1917, and smuggled to France by his adoptive owner, Cpl. John Robert Conroy.

Stubby heroic acts include participating in 17 battles, four offenses, and improving troop morale.

Stubby used his keen senses to warn of poison-gas attacks, incoming artillery fire, and to locate downed soldiers on the battlefield.

Stubby was also credited for apprehended a German spy lurking in the trenches.

Sgt. Stubby was wounded in the foreleg by retreating Germans throwing hand grenades, and was also injured in a Mustard Gas attack. After the gas attack he was issued his own, specially designed, gas mask. Stubby was smuggled back home after the war.

Stubby is remembered today: the Pit Bull-centric website, StubbyDog.org, is named after him, as is the Stubby Award for Canine Heroism. Stubby died in his owner's arms in 1926.

### **2018 Computer-Animated Adventure Film**

#### **Sgt. Stubby: An American Hero**

Sgt. Stubby: An American Hero is a computer-animated adventure film centering on the real-life Sergeant Stubby.

The film was released in North America on April 13, 2018 by Fun Academy Motion Pictures. It received generally positive reviews from critics, who praised it for its "sensitivity and charm". 🌟



**Sergeant Stubby**

Photo:  
Wikimedia Commons



## **A Service Dog is More Than a Vest**

### **Help Prevent Service Dog Fraud**

Become familiar with the current American with Disabilities Act (ADA) law around service animals. It is important to know that disabilities are not always visible and legitimate service dogs come in all breeds and sizes. We do not recommend approaching a stranger with a potentially fraudulent service dog.

### **Why This Matters**

When untrained pets posing as service dogs behave badly, people who truly need assistance dogs can face added discrimination and lose access to public places both violations of the Americans with Disabilities Act.

It's a devastating problem for people like Peter Morgan, who can't bend over without pain because of a spinal disorder. His Service Dog Echuka is trained to pick up dropped items and prevent him from getting hurt. But service dog fraud is making it difficult to keep them together.

"In the last few years, the questions and the looks I get have radically changed," Peter says. "Now wherever I go, I see fraudulent service dogs. I have been kicked out of businesses because employees think I'm an impostor."

Service dogs are more than a vest purchased for a few dollars online. They require years of expert training to perform specific commands and provide calm, reliable assistance to people with disabilities-including U.S. veterans injured while fighting for this country.

[www.cci.org/get-involved/advocate.html](http://www.cci.org/get-involved/advocate.html)

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Just 6 percent of the population at large has served in the military, but 19 percent of police officers are veterans, according to an analysis of U.S. Census data performed by Gregory B. Lewis and Rahul Pathak of Georgia State University for The Marshall Project. Mar 30, 2017

**NATIONAL POLICE WEEK  
MAY 12 - MAY 18, 2019**



U.S. Army Reserve military police Soldier assigned to the 102nd MP Company is part of a group of Soldiers participating in ongoing partnership between the 200th Military Police Command and the Military District of Washington. Through this partnership, military police Soldiers not only receive law enforcement certification, they also get real-world experience. Photo by Spc. Stephanie Ramirez.

# Civilian Law Enforcement Looks To Transitioning Military To Fill Ranks

By Mr. Ryan Thompson (Fort Leonard Wood)

[www.army.mil/article/209047/civilian\\_law\\_enforcement\\_looks\\_to\\_transitioning\\_military\\_to\\_fill\\_ranks](http://www.army.mil/article/209047/civilian_law_enforcement_looks_to_transitioning_military_to_fill_ranks)

The U.S. Army Military Police School hosted Kentucky law enforcement leaders July 18 to 19. The tour, planned by the Kentucky Commission on Military Affairs, provided law enforcement from the state a look at military police training.

“The desired end state was to bring our law enforcement to Fort Leonard Wood so that they could get an overview of the training that was going on and take that back and overlay that on their curriculum,” said Blaine Hedges, Kentucky Commission on Military Affairs executive director.

Hedges said the idea is to streamline the process so they can get veterans and service members into law enforcement as quickly as possible.

“When we have veterans or service members who are transitioning out of the Army who want to work in law enforcement in the state of Kentucky, we want to accelerate the hiring process and get them into the workforce faster,” said Hedges.

The group wanted to see how closely military police training mirrored the type of training police officers get in the civilian world.

“We have these folks coming out of the military with a certain number of training hours, a certain number of years they have served, and we want to see where that fits in to what is required to be a POPS (Police Officer Professional Standards) certified police officer in Kentucky,” said Alex Payne, Department of Criminal Justice Training commissioner.

According to Fran Root, Kentucky Law Enforcement Council executive director, there is no reason for MPs to have to complete the full extent of police academy training because of the experience and training they have already gained.

“They are not going to have to go through another 20 weeks of training before they hit the street. They are only

going to have to do about 80 hours of training before the end of their first year. They will be good to hit the streets right away," Root said.

Hedges also made it a point to showcase service members' passion to serve by asking current MPs questions. Hedges asked Master Sgt. James Havlin, Basic Military Police Training Division noncommissioned officer in charge, if he would be interested in civilian police work after transitioning from the Army.

"I came into the Army as an MP at age 17, because this was the only place I could get into law enforcement at that age," Havlin said.

"I love being an MP. I can see myself doing local law enforcement once I leave the military," Havlin added.

In addition to the training the MPs already have, Hedges said he would like to see more service members become law enforcement officers in the state of Kentucky because of who they are and what they stand for.

"The majority of the time our service members are well disciplined; they understand how to work as a team, know how to show up on time, are drug free, are of character, they come with strong values," Hedges said. ★

## U.S. Army Military Police School

The USAMPS is located in Fort Leonard Wood, Missouri and trains over 20,000 students annually in both basic and advanced law enforcement practices and processes. The USAMPS is committed to ensuring military police leaders, soldiers, and Department of the Army civilians receive top-quality, realistic training in an environment that fosters learning. The USAMPS training programs prepare these soldiers, civilians, and leaders to effectively perform their duties in MP and law enforcement units.



Practice the proper use of ballistic shields at the Army Military Police School at Fort Leonard Wood, Mo. Photo by Staff Sgt. Kathleen T. Rhem, USA.

# Transitioning Out

## Military To Civilian Law Enforcement

Servicemembers or veterans making the transition from the military to a new civilian career in law enforcement can feel like a perfect fit. The training and job experience you received during military service can provide valuable skill for civilian law enforcement and security jobs.

A large number of police departments and law enforcement agencies prioritize the hiring of military veterans and undertake initiatives that encourage the recruitment and hiring of candidates with service experience. In some cases extra points are applied on applications.

The process of transitioning from military service to civilian law enforcement is a challenging one that will require you to make considerable adjustments in both your practical training and your mindset. Be prepared to unlearn some of the tactics of aggression and occupation that apply only in military situations. You will learn new tactics specific to policing, including conduct during routine non-criminal encounters, adherence to constitutional rights, and the parameters for use of force—either lethal, less-than-lethal, or non-lethal. The need for security and protection gives military police veterans a number of career choices. Highly specialized skills and training, such as crisis prevention and investigation techniques and firearms handling are invaluable with law enforcement situations in the civilian workplace.

### **Jobs where military experience can be used:**

#### **Police and Detective Jobs**

Military and civilian law enforcement are not the same but are very similar in the training.

#### **Police officers**

Most of their time on patrol and work in public to forestall and prevent crime, intervening as soon as a situation is detected.

#### **Detective**

Investigates the crime after the incident has occurred. Police officers and detective jobs require training to react appropriately in crisis situations.

A high school diploma is all that is required in some jurisdictions, but some may require a bachelor's degree.

#### **Correctional Officers**

Experience gained during military service is particularly valuable. The job duties are to maintain order, and to insure that all rules and regulations are followed to provide the safety and security of jails and prisons.

**Other Job opportunities: Security Guards, Gaming Surveillance Officers, Forensic Science Technicians, Transportation Security Screener, Transportation Security Administration (TSA).** ★

# This Job Bites:

## Actors Visit Military Working Dogs

By Katie Lange

April 18, 2019  
<https://www.defense.gov/explore/story/Article/1817323/this-job-bites-actors-visit-military-working-dogs/>

Actors do some crazy things for their jobs, but it's not every day they choose to put on a padded dog bite sleeve and get attacked by a military working dog with 300 pounds of pressure behind its bite.

A few actors recently watched some drug-sniffing dogs in action at the 2nd Military Working Dog Detachment at Fort Meade, Maryland. They learned all about their extensive training and discipline for missions such as seeking out improvised explosive devices when the dogs are deployed to Afghanistan. Axa, a 7-year-old Belgian Tervuren, ran through the detachment's obstacle course and repeatedly, on command, attacked whoever chose to step into the dog bite sleeve and jacket.

### The visitors were impressed

"I'm lucky if we're able to get our dogs to sit," joked actor Reed Birney, who notably played the vice president in "House of Cards."

"I guess I'd been aware that dogs are deployed overseas to smell bombs and things like that, but I've never seen it this close," Birney said.

"To see the guys with their dogs and the devotion and the care and the training is fascinating."

Birney and actors Annie Golden and Noah Bean visited the post as part of Arts in the Armed Forces, a nonprofit organization founded by "Star Wars" actor



Army SFC Chris Kemp, of the 2nd Military Working Dog Detachment at Fort Meade, Md., demonstrates the skills of one of the detachment's working dogs, a 7-year-old Belgian Tervuren named Axa. Photo By: Air Force Senior Airman Jose Gonzalez, DOD

Adam Driver — a Marine Corps veteran himself — to help bridge the military-civilian divide. During Arts in the Armed Forces excursions, which include overseas installations, the actors get to see what military life is like, then perform for the installation's service members, veterans, military support staff and their families.

Golden, who plays Norma Romano in "Orange Is the New Black," said her favorite part of the trips is the question-and-answer session with military members after their performances. Her father served in World War II, and she has a nephew who served in the Marine Corps, so she understands some of the struggles service members and their families go through.

"My nephew went to the Philippines for the recovery, rescue and cleanup after the earthquakes in 2013. There were four Marines who had gone down in a helicopter and were missing for a weekend, and we were beside ourselves. So, it's very real to me, the sacrifice," Golden said.

The group was incredibly thankful to get such an up-close look at a part of American life that they don't often see.

"To be able to come and actually be with active service members and to get to know more intimately what they're doing and how they're doing it, and how proficient and incredible they are, I think it's rewarding as a citizen ... and important to have human interaction with the people who are responsible for our safety," Bean said. ★



Actor Noah Bean tests out the special padded sleeve used to demonstrate how tough the bite of military working dog is. Bean and other actors visited Fort Meade, Md., as part of the Arts in the Armed Forces program. Photo By: Air Force Senior Airman Jose Gonzalez, DOD

# Understanding Drug Use and Addiction

[www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction](http://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction)

Many people don't understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to.

In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will.

Drugs change the brain in ways that make quitting hard, even for those who want to. Fortunately, researchers know more than ever about how drugs affect the brain and have found treatments that can help people recover from drug addiction and lead productive lives.

## What Is drug addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs. These brain changes can be persistent, which is why drug addiction is considered a "relapsing" disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.

It's common for a person to relapse, but relapse doesn't mean that treatment doesn't work. As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds. Treatment plans need to be reviewed often and modified to fit the patient's changing needs.

## Military Members

Active duty and retired members of the armed forces are not immune to the substance use problems that affect the rest of society. The stresses of deployment during wartime and the unique culture of the military account for some differences between substance use in military members and civilians.

Zero-tolerance policies and stigma pose difficulties in identifying and treating substance use problems in military personnel, as does lack of confidentiality that deters many who need treatment from seeking it.

Those with multiple deployments, combat exposure, and related injuries are at greatest risk of developing substance use problems. They are more apt to engage in new-onset heavy weekly drinking and binge drinking, to suffer alcohol- and drug-related problems, and start smoking or relapse to smoking.

Like civilians, they risk addiction to opioid pain medicines prescribed after an injury. NIDA continues to examine the trends in substance use in specific populations, including

military personnel, and search for better methods for preventing and treating substance use disorders that are specific to these populations.

## Helpful Resources

Service members, veterans, and their families who need help dealing with substance abuse issues may find the following resources helpful:

- U.S. Department of Veterans Affairs, Treatment Programs for Substance Use Problems: <http://www.mentalhealth.va.gov/MENTALHEALTH/res-vatreatmentprograms.asp>
- U.S. Department of Veterans Affairs: National Center for PTSD: [http://www.ptsd.va.gov/public/problems/ptsd\\_substance\\_abuse\\_veterans.asp](http://www.ptsd.va.gov/public/problems/ptsd_substance_abuse_veterans.asp)
- Substance Abuse and Mental Health Services Administration, Veterans and Military Families: <https://www.samhsa.gov/veterans-military-families>
- SAMHSA Treatment Locator: <http://findtreatment.samhsa.gov/> or 1-800-662-HELP
- <https://www.drugabuse.gov/related-topics/military>

## Publications - DrugFacts

Check out the facts on drug and the effects such as Anabolic Steroids, Cocaine, Fentanyl, Heroin.

Go to the weblink below to learn more.

[www.drugabuse.gov/publications/finder/t/160/drugfacts](http://www.drugabuse.gov/publications/finder/t/160/drugfacts)

## Sex and Gender Differences in Substance Use

Women face unique issues when it comes to substance use, in part influenced by:

[www.drugabuse.gov/publications/drugfacts/substance-use-in-women](http://www.drugabuse.gov/publications/drugfacts/substance-use-in-women)

- **Sex—differences based on biology**
- **Gender—differences based on culturally defined roles for men and women**

Scientists who study substance use have discovered that women who use drugs can have issues related to hormones,

...continued on page 30

...Understanding Drug Use continued from page 29

menstrual cycle, fertility, pregnancy, breastfeeding, and menopause. In addition, women themselves describe unique reasons for using drugs, including controlling weight, fighting exhaustion, coping with pain, and attempts to self-treat mental health problems.

19.5 million females (or 15.4 percent) ages 18 or older have used illicit\* drugs in the past year.<sup>1</sup> \*The term “illicit” refers to the use of illegal drugs, including marijuana according to federal law, and misuse of prescription medications.

Women often use substances differently than men, such as using smaller amounts of certain drugs for less time before they become addicted.

- Women can respond to substances differently. For example, they may have more drug cravings and may be more likely to relapse after treatment.
- Sex hormones can make women more sensitive than men to the effects of some drugs.
- Women who use drugs may also experience more physical effects on their heart and blood vessels.
- Brain changes in women who use drugs can be different from those in men.
- Women may be more likely to go to the emergency room or die from overdose or other effects of certain substances.
- Women who are victims of domestic violence are at increased risk of substance use.
- Divorce, loss of child custody, or the death of a partner or child can trigger women’s substance use or other mental health disorders.
- Women who use certain substances may be more likely to have panic attacks, anxiety, or depression.

**For more information about substance use in women, read NIDA’s Substance Use in Women Research Report.**

[www.drugabuse.gov/publications/research-reports/substance-use-in-women/summary](http://www.drugabuse.gov/publications/research-reports/substance-use-in-women/summary) ☆

## How Common Is PTSD in Veterans?

### **PTSD: National Center for PTSD**

[www.ptsd.va.gov/understand/common/common\\_veterans.asp](http://www.ptsd.va.gov/understand/common/common_veterans.asp)

When you are in the military, you may see combat. You may have been on missions that exposed you to horrible and life-threatening experiences. These types of events can lead to PTSD.

**The number of Veterans with PTSD varies by service era:**

- **Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF)**  
About 11-20 out of every 100 Veterans (or between 11-20%) who served in OIF or OEF have PTSD in a given year.
- **Gulf War (Desert Storm):**  
About 12 out of every 100 Gulf War Veterans (or 12%) have PTSD in a given year.

### ▪ **Vietnam War:**

About 15 out of every 100 Vietnam Veterans (or 15%) were currently diagnosed with PTSD at the time of the most recent study in the late 1980s, the National Vietnam Veterans Readjustment Study (NVVRS). It is estimated that about 30 out of every 100 (or 30%) of Vietnam Veterans have had PTSD in their lifetime.

Other factors in a combat situation can add more stress to an already stressful situation. This may contribute to PTSD and other mental health problems.

These factors include what you do in the war, the politics around the war, where the war is fought, and the type of enemy you face.

Another cause of PTSD in the military can be military sexual trauma (MST). This is any sexual harassment or sexual assault that occurs while you are in the military.

MST can happen to both men and women and can occur during peacetime, training, or war.

### **Among Veterans who use VA health care, about:**

- 23 out of 100 women (or 23%) reported sexual assault when in the military.
- 55 out of 100 women (or 55%) and 38 out of 100 men (or 38%) have experienced sexual harassment when in the military.

There are many more male Veterans than there are female Veterans. So, even though military sexual trauma is more common in women Veterans, over half of all Veterans with military sexual trauma are men.

### **PTSD: National Center for PTSD**

To learn more go to the National Center for PTSD. [www.ptsd.va.gov/understand/common/index.asp](http://www.ptsd.va.gov/understand/common/index.asp)

### **Choosing a Treatment**

No one treatment is right for everyone. You can discuss treatment options with your health care provider, and determine which ones are best for you based on the benefits, risks, and side effects of each treatment.

Some people are uncomfortable with the idea of seeking treatment because of concerns with stigma or worries about having to talk about difficult life experiences.

However, treatment provides the opportunity to improve symptoms, personal and professional relationships, and quality of life.

### **Compare treatments using the PTSD Treatment Decision Aid.**

#### **Download PTSD booklets:**

[www.ptsd.va.gov/publications/print/understandingptsd\\_booklet.pdf](http://www.ptsd.va.gov/publications/print/understandingptsd_booklet.pdf)

### **Help Raise PTSD Awareness**

There are currently about 8 million people in the United States with PTSD. Even though PTSD treatments work, most people who have PTSD don’t get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life. ☆

[www.ptsd.va.gov/understand/awareness/index.asp](http://www.ptsd.va.gov/understand/awareness/index.asp)

# Big Changes Coming To The Future Of Army History

By Sean Kimmons

Army News Service, May 2, 2019

[www.army.mil/article/217965/big\\_changes\\_coming\\_to\\_the\\_future\\_of\\_army\\_history](http://www.army.mil/article/217965/big_changes_coming_to_the_future_of_army_history)

FORT MEADE, Md. -- The Army Center of Military History realigned under Army Training and Doctrine Command May 1 to better promote history at schoolhouses across the force, officials recently announced.

The center's mission will remain the same and its activities will continue at Fort Belvoir, Virginia; and Fort McNair in Washington, D.C.

Under TRADOC, a four-star command, the center will have further access to inspire and educate Soldiers from trainees in basic combat training to officers at staff colleges.

"It allows us to much more effectively do what we do on behalf of the Army," said Charles Bowery Jr., the center's director.

There are currently no plans to physically relocate or eliminate the center's 250 employees due to the realignment, he added.

The Institute of Heraldry, a CMH directorate for the past three years, however, will remain at the Department of the Army headquarters level under the Office of the Administrative Assistant to the Secretary of the Army.

Other key changes will mainly occur behind the scenes, such as new procedures for reporting and administrative support, funding and lines of accounting, and new rating officials for GS-15 and above employees.



The Experiential Learning Center at the National Museum of the U.S. Army, which is projected to open in 2020, will be a dedicated education space with G-STEM programs and interactives for visitors of all ages. The museum, as well as nearly 50 other Army museums, falls under the Army Center of Military History. (Photo Credit: U.S. Army photo)

The center's move is part of reforms being made by the secretary of the Army to ensure the headquarters level is focused on policy and oversight, and commanders at lower levels are properly equipped to carry out their functions.

"We're kind of the standard bearer of reform for the Army in realigning to TRADOC," Bowery said.

The modern organization of Army historical efforts dates back to World War II as the service sought to record the official history of the war, according to the center's website.

Over the decades, the center expanded that role into military history education, introduced automated data-retrieval systems, and currently manages the Army's museum system.

The museum system includes 47 Army museums and 176 other holdings, which have around 500,000 artifacts and over 15,000 works of military art.

The center is also behind the National Museum of the U.S. Army, which is under construction at Fort Belvoir and projected to open in 2020.

With 750,000 visitors expected to visit each year, the museum will serve as a "launch point" for TRADOC to engage the public about the Army.

"We look at the national museum as a premiere platform to advertise the Army to the nation and the world," Bowery said.

Other Army museums may also see changes as the center plans to look at some management reforms to ensure they run more efficiently.

"It's all about funding the secretary of the Army's priorities," Bowery said, "and we want to make sure we're good stewards of the money we receive to run the museums."

...continued on page 32



(Photo Credit: National Infantry Museum)

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...Big Changes continued from page 31

In the publishing realm, he added, the center will also embark on a new series telling the histories of the wars in Iraq and Afghanistan.

The books, which will be called the "Tan Books" after the center's "Green Books" series on World War II, will eventually be available online and in print when finished.

Army Recruiting Command, which is part of TRADOC, has also expressed interest in having the center help tailor historical content for young trainees in basic combat training.

"We've already taken some baby steps toward doing that," he said. "We're talking about things like developing apps and publications that are accessible to different audiences and are inspiring."

### Historical content is often made for a variety of audiences

Officer trainees or officers attending staff colleges, for instance, may receive more specific details on previous battles, campaigns, and strategic, operational and tactical decisions.

"You want them to learn from those past decisions, so that their critical thinking is sharpened and that they make better decisions in the future," he said.

Noncommissioned officers, he noted, may also receive that sort of information as well as history that serves to inspire.

Being a part of TRADOC, the center will be able to expand its reach to those audiences.

"It's really a golden opportunity for us to influence the Army in a much deeper way," Bowery said. 🇺🇸



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## A GREAT ARMY DESERVES A GREAT MUSEUM

The National Museum of the United States Army will celebrate over 240 years of Army history and honor our nation's Soldiers – past, present, and future – regular Army, Army Reserves, and the Army National Guard. It's a massive undertaking led by a joint effort between the U. S. Army and the non-profit organization, The Army Historical Foundation (AHF).

As the capstone museum of the Army Museum Enterprise, the National Army Museum will provide the only comprehensive portrayal of Army history and traditions. The Museum also will offer educational experiences to illustrate the Army's role in building and defending our nation, as well as humanitarian missions, public contributions, and technological and medical breakthroughs.

The U.S. Army designated the Army Historical Foundation as the official fundraisers to finance the building's construction. The U. S. Army has leased to AHF an 84-acre site on Fort Belvoir, Virginia. Between the Army and AHF, contracts have been awarded for the Museum's building and exhibit design, fabrication, and installation. Architect Skidmore, Owings & Merrill LLP and exhibit designers Christopher Chadbourne & Associates and Eisterhold Associates Inc. created the Museum's vision and design. Clark Construction Group, LLC is constructing the 185,000 square-foot museum facility. Design and Production, Inc. will fabricate and install the gallery exhibits. The Scenic Route, Inc. is designing, fabricating, and installing the Experiential Learning Center, the Medal of Honor Experience, the Army Theater, and the Army Trail visitor experiences. In total, over 30 different organizations are bringing their expertise to this monumentally important project.

When the Museum opens to the public, the U.S. Army will own and operate the Museum while AHF will manage the Museum store, café, and catering services for special events. Within the Army organizational structure, the Museum is part of the U.S. Army Center of Military History whose higher headquarters is the Office of the Administrative Assistant to the Secretary of the Army. ★



(Photo U.S. Army photo)

**Projected to open upon its completion in 2020, the National Museum of the United States Army will stand as the crowning achievement of a historical preservation effort nearly as old as the Army itself.**

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<https://thenmusa.org/about-the-museum.php>

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2018 USMC Warrior Games Trials. Around 250 athletes from a half dozen international teams vied with USMC Wounded Warrior Battalions East and West in the adaptive sports competition. (DoD Photo by T. L. Cornwell)

# Military Adaptive Sports Program

***Are you an active duty wounded, ill, or injured Service member looking for an adaptive reconditioning opportunity?***

<http://warriorcare.dodlive.mil/carecoordination/masp/>



## **Military Adaptive Sports Program (MASP)**

The Office of Warrior Care Policy oversees the Military Adaptive Sports Program (MASP), which provides reconditioning activities and competitive athletic opportunities to all wounded, ill and injured Service members to improve their physical and mental quality of life throughout the continuum of recovery and transition.

This program is designed to enhance recovery by engaging wounded, ill, and injured Service members early in individualized physical and cognitive activities outside of traditional therapy settings. The program hopes to inspire recovery and physical fitness and encourage new opportunities for growth and achievement. The benefits of physical activity for injured Service members include reduced stress, increased quality of life, lower blood pressure, weight management, and enhancement of the rehabilitative process.

Through this program, Service members also have access to the Healing Arts, which support both physical and psychological recovery and rehabilitation from visible and invisible wounds of war including traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), and others.

## **Adaptive Sports Site Coordinators**

WCP executes MASP at three major Medical Treatment Facilities. Site Coordinators facilitate daily activities, access to community-based events and resources, sports camps, and clinics

MASP offers a variety of single-sport clinics, multiple-sport camps, and mentorship opportunities to help wounded, ill and injured Service members learn new skills and promote lifelong fitness and well-being.

## **Regional Coordinators**

Regional Coordinators are available at military treatment facilities and installations across the country.

They work within the military services' wounded, ill, and injured programs including:

- **U.S. Army Warrior Care and Transition Program (WCT) <http://wct.army.mil>**
- **U.S. Navy Wounded Warrior - Safe Harbor (NWW) [www.navywoundedwarrior.com](http://www.navywoundedwarrior.com)**
- **U.S. Air Force Wounded Warrior Program (AFW2) [www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil)**

- **U.S. Marine Corps Wounded Warrior Regiment (USMC WWR)** [www.woundedwarrior.marines.mil](http://www.woundedwarrior.marines.mil)
- **U.S. Special Operations Command (USSOCOM) Warrior Care Program (Care Coalition)** [www.socom.mil](http://www.socom.mil)

**Adaptive Activities Include:**

The activities listed are examples and not an exhaustive list of MASP-approved events.

- Cross Country and Track
- Cycling
- Golf
- Hiking
- Wheelchair Basketball
- Baseball and Softball
- Field Sports such as Discus, Shotput and Javelin
- Paddling Sports such as Kayaking and Canoeing
- Rock Climbing
- Rodeo
- Sitting Volleyball
- Sled Hockey
- Snow Skiing
- Surfing
- Swimming and Scuba Diving
- Triathlon
- Air Rifle, Air Pistol, Skeet and Trap Shooting
- Equine
- Archery
- Hunting and Fishing
- Yoga

For more information on the Military Adaptive Sports <http://warriorcare.dodlive.mil/carecoordination/masp>



Team U.S. member Marine Corps veteran Sgt. Michael Nicholson during 2017 Invictus Games golf competition. DoD photo by Roger L. Wollenberg

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# DEPARTMENT OF DEFENSE **WARRIOR GAMES**

The U.S. Special Operations Command  
(SOCOM) will host the  
2019 Department of Defense (DOD)  
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DoD Photo by  
Cyrus McCrimmon

## Military Adaptive Sports Program



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[www.woundedwarrior.af.mil/](http://www.woundedwarrior.af.mil/)
- **U.S. Marine Corps Wounded Warrior Regiment (USMC WWR)**  
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Wheelchair Basketball • Baseball and Softball  
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Rock Climbing • Rodeo • Sitting Volleyball  
Sled Hockey • Snow Skiing • Surfing  
Swimming and Scuba Diving • Triathlon  
Air Rifle, Air Pistol, Skeet and Trap Shooting  
Equine • Archery • Hunting and Fishing • Yoga**

For more information on the Military Adaptive Sports  
<http://warriorcare.dodlive.mil/carecoordination/masp>

# New Mobile App Enables, Engages, Empowers Airmen



Secretary of the Air Force Public Affairs

Published April 10, 2019

[www.af.mil/News/Article-Display/Article/1810864/new-mobile-app-enables-engages-empowers-airmen/](http://www.af.mil/News/Article-Display/Article/1810864/new-mobile-app-enables-engages-empowers-airmen/)

The Air Force now has an enterprise-wide mobile app designed to provide Airmen with streamlined access to information they need for their lives and careers.

Air Force Connect was one of six ideas to compete as a finalist in the 2018 Spark Tank competition, which provided the authority and funding to launch the app Air Force-wide. The app is designed to offer Air Force organizations at all levels a way to deliver timely and relevant information to Airmen, their families and members of the local community.

The app is now available in the Apple App Store and Google Play.

Airmen can access local content by adding their unit as a "Favorite" within the Air Force Connect app. To access the Favorites portal, Airmen tap the icon at the bottom right-hand corner of the app, where they'll be presented with a list of all available units. Once added, users can swipe left and right from the home screen to access their saved local content. Currently, there are about 100 units in the Favorites portal; more are being added each week. If a desired unit is not available, contact the local public affairs office.

Each Favorite is a full-featured mobile app, or sub-app, that resides entirely within the Air Force Connect platform. This consolidation allows Airmen to download one app, regardless of where their Air Force job or career takes them, instead of downloading multiple apps for different home-station or TDY locations.

The Air Force Connect app and all sub-apps offer a variety of features designed to engage Airmen and reduce reliance on traditional computers to access career and other personnel resources. Popular features include Directory, Checklists, Groups, Polling, Events, PFT Calculator and Notifications. All features can be customized at the local level to meet specific needs.

"Airmen are constantly on the go and their computing needs are no longer tied to a desktop computer or a laptop," said Col. Minh Tri Trinh, who is leading the effort to deploy the app. "We believe Air Force Connect, and its future iterations will continue to be transformative, delivering on the promise of convenience and the power of technology, now and into the future."

A number of other Air Force entities are looking at how to leverage the app, including Air Force Services, Air Force Recruiting and the Key Spouse Program, all of which will have in-app features available at various levels throughout the app.

...continued on page 38



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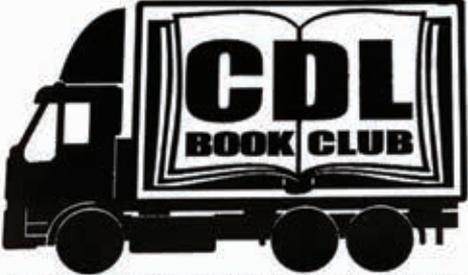
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...New Mobile App Enables continued from page 37

**Mobile Common Access Card**

In addition to the various content available within the primary app and the multiple sub-apps, the Air Force Connect team is currently beta testing mobile CAC functionality. This feature would allow Airmen to pair their device with a mobile CAC reader to access some CAC-secured sites, such as:

- Air Force Portal
- Defense Travel System (DTS)
- eFinance
- Webmail (iOS currently unable to access Air Force webmail)
- Air Force Reserve Command Network (ARCNet)
- Volunteer Reserve System
- Reserve Management Vacancy System
- Virtual Personnel Center (vPC)

Spark Tank authorized funding to purchase several thousand mobile CAC readers. The readers are being distributed across the total force as the app is deployed to individual units. Later this year, the Air Force Connect team will use information from the beta test to make a recommendation to Air Force technology leaders about long-term viability. Complete instructions on the required hardware and how to use this advanced feature are available within the CAC Feature's "Help" section.

**How can I bring USAF Connect to my unit?**

The Air Force Connect team is actively soliciting units that would like to bring mobile CAC capabilities to their location.

The app provides local organizations with a powerful tool to distribute command information without any added cost or need for contracting. All features can be customized to meet the needs of local audiences, making the app a powerful and flexible tool for delivering information to Airmen.

The Air Force Connect app is generally available to any wing-level or above organization with a public affairs office.

Those interested in adopting the platform should visit the Air Force Connect SharePoint site and fill out the "Request App" form.

**Check out more apps at the Department Of Defense Mobile App Gallery**

<https://dod.defense.gov/Resources/Developer-Info/Apps-Gallery/>



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# Fort Meade Smartphone App

News Release, March 19, 2019

## Fort George G. Meade app puts you in the right direction

FORT GEORGE G. MEADE - The Fort George G. Meade app, first launched in April, 2017, now has the ability to help you find your way around post. The new "Directions," button puts Google Maps turn-by-turn directions at your fingertips.

The "Directions" button lists locations like the ID card office, The Leisure Travel Office, the Youth Teen Center and many other locations that may be hard to find. By selecting the location you need from the list, Google Maps is opened and is preprogrammed for the desired address, saving you from having to find and input the information yourself.

"I admit, I stole the idea from Fort Polk," said Mary Doyle, chief of Media Relations at Fort Meade. "Fort Polk uses the same application platform. When I saw the way they were providing directions to public and service locations on post, I knew I had to make that available in our app."

"People get lost around here all the time, especially people who come for the first time," said Doyle. "As long as you're already on post, the Google Maps interface will help you get to where you need to go. It's just one more way we hope the app will make navigating the installation easier."



While the app has been in use since 2017, this year has seen a marked increase in downloads.

"There were 1,200 downloads of the app in February alone," said Chad Jones, Fort Meade Public Affairs Officer.

"From weather alerts, installation status and access to the 24/7 Command Line, the app is a useful tool. Now, the "Directions" button will save you from having to search for an address and get you there whether you're in a car or on foot."

Users are reminded not to program or use the app while driving. "Pull over to program your phone," said Jones. "The app puts the assistance at your fingertips, but we want you to use it safely."

News Release, March 28, 2019

## Kimbrough launches Health Connection

Kimrough Ambulatory Care Center has partnered with Fort Meade to ensure their patients get the information they need in the most direct way possible.

In a new communications partnership, Fort Meade will share the platform the installation uses to reach service members, civilians, retirees and their families. Users will now find a Kimbrough button on the Fort George G. Meade app.

Look for the caduceus icon to access KACC information.



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## DUNS OUT, SAMMI IN!



**To become a contractor for the United States Federal Government, a business needs to be registered.**

On March 18, 2019, the U.S. General Services Administration (GSA) announced that Ernst and Young LLP (EY) was awarded a one-year base and four option period, \$41.8 million contract for entity validation services for the federal award process.

Entity validation services are critical because the federal government must validate the identity of each entity (company, individual or organization) wanting to do business with the government.

Dun & Bradstreet, who established the Data Universal Numbering System, or DUNS, had held the contract for twenty (20) years. The DUNS number has been an established and unique identifier for entities doing business with the government.

With the new EY contract award, the DUNS number will be replaced. Dun & Bradstreet has agreed to continue to work with GSA and EY during the transition.

### The DUNS Number

DUNS stands for Data Universal Numbering System. A DUNS number is a unique 9-digit identifier assigned to each physical location of a business. It was developed by the Dun & Bradstreet Corporation and only offered by the company as well. To get registered in SAM a business needs a DUNS number. So basically, a private company held the keys to the federal marketplace. Many of those in the government did not like that, it was viewed as a monopoly, so a new government owned system needed to be put in place.

### The SAMMI Number

SAMMI is an acronym which stands for:

**SAM • Managed • Identifier**

Ernst and Young LLP will be picking up the contract from Dun & Bradstreet for at least 5 years.

### How will the implementation be carried out?

Well, for now, it's a bit too early to tell. One of the most recent changes that the GSA made for SAM registration requirements didn't pan out so well. In fact it caused a 74% reduction in new SAM registrations.

The best thing that contractors can do for now, as far as preparing for the SAMMI number, is to just keep a pulse on federal contracting news.

### FAQ on the GSA's website has to say about the expected date:

<https://interact.gsa.gov/blog/entity-validation-services-frequently-asked-questions-faqs>

"To enable a successful transition to the SAMMI while minimizing the impact to Government operation, IAE has planned for an extensive transition period and anticipates transition to the new UEI be completed by 2020."

**The System for Award Management (SAM) is an official website of the U.S. government. There is no cost to use SAM.**  
[www.Sam.Gov](http://www.Sam.Gov)

# Troops Urged Caution With Sharing Personal Info Online

By Tech. Sgt. Erich B. Smith | National Guard Bureau | Jan. 25, 2019  
[www.nationalguard.mil/News/Article/1740633/troops-urged-caution-with-sharing-personal-info-online/](http://www.nationalguard.mil/News/Article/1740633/troops-urged-caution-with-sharing-personal-info-online/)

In recent months several National Guard members have been victims of doxing – the practice of an outside entity making public personal or private information about an individual or organization by placing it in public areas of the Internet.

The unrelated, yet similar incidents, should serve as reminders to Guard members to be mindful of what they share online, said Jack Harrison, a division chief with the National Guard Bureau's Office of Public Affairs who oversees the NGB's social media and web presence.

"If your post is out there in social media, it's out there forever and whether you take it down or not is inconsequential to the outcome," he said. "Protecting yourself starts from moment one."

Those who carry out doxing often find the information from publicly available sources – such as social media posts, websites and other online forums – but may also use more advanced techniques such as phishing scams or hacking. Because of that, said Harrison, protecting yourself means not only watching the information shared online, but also taking note of built-in features of cell phones and computers.

"The effort to protect yourself and your information isn't only about the social media platforms," he said. "It's also about the technology in the laptop they have on their desk or the cell phone they hold in their hands, [and] it's about making sure you use the technology to protect yourself."

Harrison pointed to Bluetooth and other wireless technologies available on most cell phones and computers. When left on in a public setting they may allow others the ability to connect to the device, depending on the security features that have been enabled. That may leave the device open to hacking.

Another concern comes when uploading digital photos from a camera with geotagging features activated.



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The location information saved by geotagging is embedded in the image, Harrison said, which may allow others to track an individual's movements and location, even if that location wasn't specified in the social media post or other areas the photos were uploaded to.

"Divulging someone's exact location would not only be a personal security concern," said Harrison, "but an operational security issue relative to the units in which that person serves."

Harrison added the security concern of location tracking may allow others to determine an individual's daily routine and timeframes that may allow access to other areas with private information, such as a home or office. Additionally, it may give away details on unit and troop movements.

Maintaining an online presence isn't a bad thing, said Harrison, though Guard members should ensure their computer and cell phone are set so others cannot connect to them. And when it comes to social media and other online posts, Harrison cautioned Guard members to think twice about the information they're putting out there.

"You need to ask yourself how much of your life you want to be exposed," said Harrison, "And from a military perspective, what would your commander think? One moment of your life can easily go viral and can affect or destroy your career."

Harrison emphasized that even if social media platforms are set to "private," an individual's posts can often still be shared by followers, making them visible to those the original poster may not know.

Striking a balance is key, he said.

"At the end of the day, it's all about common sense overruling the desire to be out there [on social media]," said Harrison. "You can do both, but you have to be safe and protect yourself by taking some common sense steps at the very beginning." ❄



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# Phone Scammers Will Say Anything

[www.consumer.ftc.gov/articles/0076-phone-scams](http://www.consumer.ftc.gov/articles/0076-phone-scams)

**Every year, thousands of people lose money to telephone scams — from a few dollars to their life savings.**

Scammers will say anything to cheat people out of money. Some seem very friendly — calling you by your first name, making small talk, and asking about your family. They may claim to work for a company you trust, or they may send mail or place ads to convince you to call them.

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No thanks." And, if they pressure you about giving up personal information — like your credit card or Social Security number — it's likely a scam. Hang up and report it to the Federal Trade Commission.

## Signs of a Scam

Often, scammers who operate by phone don't want to give you time to think about their pitch; they just want you to say "yes." But some are so cunning that, even if you ask for more information, they seem happy to comply.

**They may direct you to a website or otherwise send information featuring "satisfied customers."** These customers, known as shills, are likely as fake as their praise for the company.

Here are a few red flags to help you spot telemarketing scams. If you hear a line that sounds like this, say "no, thank you," hang up, and file a complaint with the FTC:

- You've been specially selected (for this offer).
- You'll get a free bonus if you buy our product.
- You've won one of five valuable prizes.
- You've won big money in a foreign lottery.
- This investment is low risk and provides a higher return than you can get anywhere else.
- You have to make up your mind right away.
- You trust me, right?
- You don't need to check our company with anyone.
- We'll just put the shipping and handling charges on your credit card.

## Why They're Calling You

Everyone's a potential target. Fraud isn't limited to race, ethnic background, gender, age, education, or income. That said, some scams seem to concentrate in certain groups. For example, older people may be targeted because the caller assumes they may live alone, have a nest egg, or may be more polite toward strangers.

## How to Handle an Unexpected Sales Call

**Questions to Ask When you get a call from a telemarketer, ask yourself:**

The law says telemarketers must tell you it's a sales call, the name of the seller and what they're selling before they make their pitch. If you don't hear this information, say "no thanks," and get off the phone.

### What's the hurry?

Fast talkers who use high pressure tactics could be hiding something. Take your time. Most legitimate businesses will give you time and written information about an offer before asking you to commit to a purchase.

### If it's free, why are they asking me to pay?

Question fees you need to pay to redeem a prize or gift. Free is free. If you have to pay, it's a purchase — not a prize or a gift.

### Why am I "confirming" my account information — or giving it out?

Some callers have your billing information before they call you. They're trying to get you to say "okay" so they can claim you approved a charge.

### What time is it?

The law allows telemarketers to call only between 8 am and 9 pm. A seller calling earlier or later is ignoring the law.

### Do I want more calls like this one?

If you don't want a business to call you again, say so and register your phone number on the National Do Not Call Registry. If they call back, they're breaking the law.

<https://donotcall.gov/>

### Some Additional Guidelines

#### Resist pressure to make a decision immediately.

Keep your credit card, checking account, or Social Security numbers to yourself. **Don't tell them to callers you don't know — even if they ask you to "confirm" this information. That's a trick.**

Don't pay for something just because you'll get a "free gift."

#### Get all information in writing before you agree to buy.

Check out a charity before you give. Ask how much of your donation actually goes to the charity. **Ask the caller to send you written information so you can make an informed decision without being pressured, rushed, or guilted into it.**

If the offer is an investment, check with your state securities regulator to see if the offer — and the offeror — are properly registered.

Don't send cash by messenger, overnight mail, or money transfer. If you use cash or a money transfer — rather than a credit card — you may lose your right to dispute fraudulent charges. The money will be gone.

Don't agree to any offer for which you have to pay a "registration" or "shipping" fee to get a prize or a gift.

Research offers with your consumer protection agency or state Attorney General's office before you agree to send money.

Beware of offers to "help" you recover money you have already lost. Callers that say they are law enforcement officers who will help you get your money back "for a fee" are scammers.

Report any caller who is rude or abusive, even if you already sent them money. They'll want more.

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# 2019 National Veterans Golden Age Games

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The Games are open to Veterans, ages 55 or older, who receive health care from the U.S. Department of Veterans Affairs.

Registration to compete deadline was March 8, 2019.



## History of the National Veterans Golden Age Games

Celebrating its 34th year, the National Veterans Golden Age Games offer sports and recreational competitive events for Veterans 55 years of age and older. It is the largest sports and recreation competition for this age group of military Veterans in the world! The Games continue to serve as a showcase for the rehabilitation value that wellness and fitness provide in the lives of older Americans.

The National Veterans Golden Age Games are an outgrowth of the historic involvement in geriatric programs by the Department of Veterans Affairs (VA). For many years, VA has put major emphasis on health and fitness with the goal of Veterans living healthier, longer lives. Many of the events began as recreational activities at VA hospitals and nursing home care units across the country. Inspired by the health and fitness movement for America's senior citizens, the Games extend that concept to our nation's aging Veterans.

In 1985, the first National Veterans Golden Age Games took place in Albany, Georgia, with 115 competitors representing VA medical facilities across the United States.

A "fountain of youth" for the rapidly aging Veteran population, the Games provide a multi-event sports and therapeutic recreation program for eligible Veterans receiving care at any VA medical facility. It is the premier

senior adaptive rehabilitation program in the United States, and the only national seniors' program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities. This event truly reflects VA's mission - to provide quality programs and health care for America's aging Veteran population. It has become one of the most progressive and adaptive rehabilitative senior sports programs in the United States and the world.

Over the years, competitive events at the National Veterans Golden Age Games have been adapted to meet specific needs of the participants. The Games have separate age groups and gender divisions. Additionally, because many Veterans also face medical challenges, events were added for those who use wheelchairs and those who have visual impairments. To accommodate the varying degrees of physical conditioning, motor and cognitive skills of the participants, basic competition rules were adapted.

The modification of rules and use of adaptive equipment in many events allow non-ambulatory and visually impaired Veterans to participate, in separate divisions where needed and with ambulatory and sighted Veterans when possible. This has made the National Veterans Golden Age Games a truly adaptive therapeutic sports competition that has become a model for other local, state and national senior sports events.

**Since 2004, the National Veterans Golden Age Games have been a qualifier for the National Senior Games**, a member of the U.S. Olympic Committee. Through this partnership, gold, silver and bronze medalists in certain events have the opportunity to compete further, among America's elite senior athletes.

This outstanding program has grown from 115 participants its first year to more than 700 in 2010, making it the largest of VA's six rehabilitation special events. For the past several years, the aging Vietnam Veteran population has entered the Games in greater numbers each year, making up the largest group of competitors by period of service. By age group, the over-70 age categories are now the largest.

Since the Games began, Veterans have competed in cities across the United States.

[www.blogs.va.gov/nvspse/national-veterans-golden-age-games/](http://www.blogs.va.gov/nvspse/national-veterans-golden-age-games/)





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