



FORT DETRICK THE STANDARD

A SUSTAINABLE COMMUNITY OF EXCELLENCE



At MHSRS, MRDC's Plan to Boost Soldier Health, Resilience Unfolds

By Ramin A. Khalili, USAMRDC Public Affairs Office

Lee Margolis opened his presentation on the second full day of the 2022 Military Health System Research Symposium in Kissimmee, Florida, with a sure-fire joke – one that he'd been waiting to use since 2020. After a pair of MHSRS events had previously been cancelled due to the COVID-19 pandemic, Margolis, a nutrition physiologist at USAMRDC's U.S. Army Research Institute of Environmental Medicine, was finally able to discuss two years' worth of research to an eager crowd of attendees.



Emily Stekl, a clinical research coordinator at USAMRDC's Walter Reed Army Institute of Research, delivers a presentation on sleep-enhancement technology at the 2022 Military Health System Research Symposium, Sept. 13. (Photo by Ramin A. Khalili, USAMRDC Public Affairs)

"We've got a very diverse and unique set of data being presented today," said Margolis, the moderator for the "Advances in Warfighter Nutrition" session. "It's so good, in fact, that I've been waiting the past two years to talk about it."

That line – which did elicit laughs from the audience – in many ways underscored the importance of the information to follow. While the lengthy COVID-19 pandemic placed a spotlight on the overall health of the nation, scientists at USAMRDC also using that time period to study the health – or, in more specific terms, the overall physiology – of the nation's Service Members. The studies performed in the meantime have since borne fruit, allowing a closer look into how to make and mold a more resilient force.

"It's no secret that people in the military don't get enough sleep," said Emily Stekl, a clinical research coordinator at USAMRDC's Walter Reed Army Institute of Research, during her afternoon presentation on sleep-enhancement technology. "While a little over one-third of the civilian population gets less than the recommended seven-to-nine hours of sleep per night, that number spikes to more than 75 percent for members of the military."

While extenuating circumstances – especially when it comes to body rest – are expected byproducts of the military lifestyle, experts say sleep remains a key predictor of enduring mental and physical health. Stekl's presentation revealed, via a comprehensive review of smartphone-based sleep aid applications, that some such applications – most notably the popular Calm and Headspace apps – show at least partial evidence that support their claims of being functional sleep aids via their use of scientifically-supported techniques previously shown to reduce sleep latency. While evidence regarding the efficacy of said applications is lacking, according to Stekl's work, the information ultimately translates into immediate support for weary Soldiers.

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Brain Health Takes Center Stage at 2022 MHSRS

By Ramin A. Khalili, USAMRDC PAO

During a detailed presentation on the first full day of the 2022 Military Health System Research Symposium in Kissimmee, Florida, Capt. Travis Polk made the case for recalibrating the study of Warfighter brain health – to include traumatic brain injury – across the entirety of the U.S. military. Noting the issue's ripple-like effect across both people and communities, Polk made the case for treating brain health as a global issue – and one requiring a globally-focused solution.

"I think everyone here is familiar with the burden of TBI," said Polk, who serves as the director of the U.S. Army Medical Research and Development Command's Combat Casualty Care Research Program, to the assembled crowd, "but we have to consider, perhaps more broadly, that there are both personal and societal impacts to brain injury – and that this is an issue that has even greater impact in poorer and developing countries."

The bulk of the research designed to tackle that very issue remains rooted in U.S. military efforts, as it has for decades. With more than 282,000 Service Members diagnosed with a first-time TBI since 2007, brain health remains a top concern of the U.S. Department of Defense; an issue

that can impact both Soldier readiness and resiliency in varying degrees. The military medical community is placing substantial faith in the recently-released DOD Warfighter Brain Health Initiative Strategy and Action Plan, the tenets of which will seek to guide the synchronization of research efforts to optimize brain health and counter TBI.

"To be an adequate Warfighter, you need to have cognitive skills on par with physical skills," said Katherine Lee, a senior policy analyst for DOD's Health Affairs, who shared the stage alongside Polk during their hour-long presentation – attended by more than 150 people. "We now have a plan," she said, referencing the DOD: WBHI, "and we are now in full execution mode."

In short, the goal of the DOD: WBHI is to maximize overall brain health and function across garrison, training and deployed environments. The plan's five distinct lines of effort cover a wide swath of territory; from cognitive performance to the mitigation of brain threats to the translation of raw data into results. On this last point, Lee was most eager to discuss the plan's bedrock provision: establishing baselines of cognition for every single Service Member via cognitive tests administered every five years.

"If you don't know what cognition is, you can't repair it," said Lee. "This will help us get a clearer picture of brain health and how it is being impacted."

Polk similarly highlighted the release of the DOD: WBHI as a tool to help pull together the various strands of brain health research into a single thread – thereby establishing the kind of overarching discipline required to make strong and positive impacts in the future.

"Those who have TBIs are often also injured elsewhere, they also have polytrauma," said Polk. "This is an area – these types of concomitant injuries – that we don't understand well currently."

Moving forward, both Lee and Polk suggest the keys to unleashing the full potential of the DOD: WBHI may lay in both an increased investment in wearable technology, along with a renewed focus on how, exactly, TBI is treated within the medical profession. The former has seen increased attention within USAMRDC – and the larger DOD as well – over the past few years specifically, while the latter is viewed as an eventual beneficiary of the data collected by such wearable devices. In all, it's a bold and detailed plan – one that seeks to provide healthcare solutions for the U.S. Warfighter and, perhaps, those elsewhere, too.

MHSRS, continued from Page 1

During a presentation on the potential use of dietary supplements (i.e. ketone esters) as an alternative fuel source to carbohydrates during exercise, Emily Howard, also a nutrition physiologist at USARIEM, found that contrary to popular opinion, consuming carbohydrate-rich foods remains the key to unlocking top physical performance for certain military activities.

"Carbohydrate supplementation remains the superior fuel choice compared with ketone esters for enhancing and sustaining physical performance when consumed before and during aerobic exercise," said Howard, noting that, despite her findings, the ketone ester craze has only grown in recent years, a movement prodded along chiefly by top athletes, primarily by those in the field of endurance training.

A more comprehensive approach to Soldier fitness (and the accompanying benefits of readiness and resilience) may be found in the Army's Holistic Health and Fitness program, an effort launched in 2017 and designed to place certified trainers and health professionals within specific Army units (and now, after several years, across the Army at the brigade level as well). Given that 17 percent of Active Component Soldiers are

obese – along with 25 percent of Reserve and National Guard Soldiers – and that more than half of AC Soldiers sustain a musculoskeletal injury each year, it only stands to reason that a more dynamic approach might help provide more dynamic results.

Following a lengthy 18-month investigation across two separate groups, Maj. Julianna Jayne, a member of the Military Nutrition Division at USARIEM, found that initial data shows a connection between embedded health professionals and an increase in Soldier and unit health and readiness.

"The data we've collected shows that investments like the Holistic Health and Fitness program may have the potential to provide a positive impact across all Service branches," said Jayne, further noting that her data processing efforts, all of which was derived from both in-person observation and a battery of standard Army questionnaires, were still in the early stages.

Just as the Army remains committed to improving Soldier health and wellness as a means to further improve Force readiness and resilience, it also seeks to regularly assess efforts in these areas for the purpose of refinement and improvement.



Installation Run

Brig. Gen. Anthony McQueen, commander of U.S. Army Medical Research and Development Command and the senior leader on Fort Detrick, joined the Soldiers on post and led the installation run this month. (Photos by MRDC Public Affairs Office)



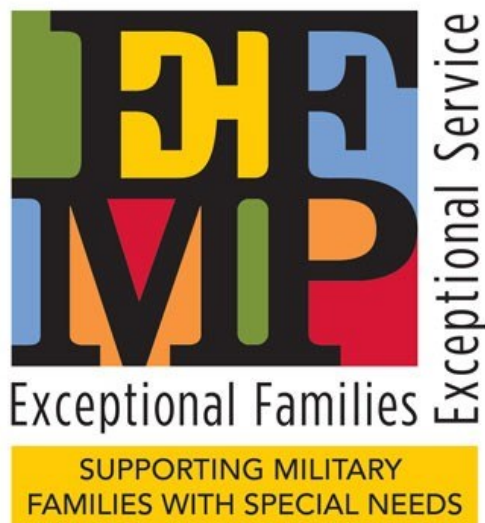
Exceptional Family Member Program is here for you

By Erickson Barnes, USAG PAO

A strong support system makes everything easier and is especially important for Soldiers who have a family member (child or adult) with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling.

If you have a family member diagnosed with a medical, mental health or special need, you probably have a lot of questions and concerns. Add in the demands of military life, and it can quickly feel overwhelming. The Exceptional Family Member Program is here for you.

The EFMP is a mandatory enrollment program, and the goal is to assist in mission readiness by providing comprehensive care and services to Army families with special needs dependents. The spe-



cial medical and/or educational needs are documented through enrollment in the EFMP utilizing the DD Form 2792 (Family Member Medical Summary). Then, the

EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services.

Enrollment in EFMP for Soldiers with exceptional family members is mandatory for active-duty Soldiers, as well as U.S. Army Reserve and Army National Guard Soldiers in the Active Guard Reserve Program. Reserve and National Guard Soldiers not serving in AGR status may voluntarily enroll in the Army EFMP before entering an eligible duty status so they have immediate access to the program once activated. The Soldier's family member must meet the special needs medical eligibility criteria in AR 608-75, appendix B.

To enroll in the EFMP, or for more information, contact Fort Detrick's Army Community Services and set up an appointment.



Army Ten-Miler

Col. Ned Marsh, commander, USAG Fort Detrick, led the Garrison race team during the installation's satellite Army Ten-Miler, Sept. 10. Marsh is pictured at right with the female and male first-place finishers: Ari Bonagofski with a time of 117.59, and Andrew Spangenberg with a time of 101.34. The race was hosted by FMWR. (Photos courtesy of FMWR)



Soldier to civilian: continuing to serve

By C.J. Lovelace, AMLC

In one of his first assignments as a biomedical equipment specialist, Jorge Magana quickly learned the importance of his job in a very personal way.

Magana, then a young enlistee with a baby on the way, was placed in the labor and delivery ward of a small military hospital at Fort Sill, Oklahoma. There, he was responsible for maintaining all medical devices on the floor, ensuring they were ready for use in the care of expectant mothers, including his own wife.

"It taught me the importance of making sure that when you touch a medical device, just imagine your family member on the other side of that device," he said. "From then on, every time I touched a medical device, I thought, 'this is going on someone's family member.'"

It was an experience Magana carried with him throughout his career as he prepared to participate in an alumni panel discussion Sept. 26, hosted by the U.S. Army 6th Medical Logistics Management Center, his final duty unit before retirement from the Army in 2020.

Among the panelists, Magana and Pete Ramos, also a former member of the 6th MLMC, have over 50 years in combined active-duty service before they retired in recent years. The panel gave current Soldiers who are approaching retirement themselves a chance to discuss their experiences, hear transition success stories and get advice on their next steps.

For Magana and Ramos, both now working at Army Medical Logistics Command, continuing to serve as Army civilians was an easy decision.

"There are a lot of opportunities to continue serving, and if you have the skillset and knowledge to do it, you really should consider it," said Ramos, who retired at lieutenant colonel in 2018. "It is still serving, even if you're no longer in uniform."

Like Magana, Ramos, too, draws on many of the experiences he had as a Soldier. He saw firsthand the challenges faced by medical logisticians in the field, and it's something that he said he is working to correct today as a logistics management specialist for AMLC.

"The thing that I knew how to do was something the Army needed at the time," Ramos said. "I still think it does."

Their stories are just two of many among Army retirees who continue to serve as civilians. Magana, a retired chief warrant officer four, emphasized that the skills and experiences Soldiers accumulate over their active-duty years often translate to successful and fulfilling careers in civilian service.

And being able to continue serving the nation and supporting current Soldiers and their families make it all the more rewarding.

"Your experience is unique," said Magana, who currently serves as director of the Medical Maintenance Management Directorate, or M3D, at the U.S. Army Medical Materiel Agency, an AMLC direct reporting unit. "When you get out and you start exploring, you'll be able to leverage those experiences to the success of the organization you join, whether that's in the private sector or through civilian service."

Magana said the opportunity to continue serving as director of medical maintenance for USAMMA was his dream job, and the



Jorge Magana is pictured over his years of service. From left, the retired chief warrant officer four is pictured as an enlisted Soldier in 1995, just before his active-duty retirement in 2020, and in 2022 as a civilian employee at U.S. Army Medical Materiel Agency.

(Photos courtesy of Jorge Magana / Graphic image by C.J. Lovelace)

timing couldn't have been better.

"To me, in my mind, that was a pinnacle position for a maintainer that still enjoys the Army, what it's about and believes in what we're doing – actually serving and saving lives," he said.

Ramos, a former deputy commander for support at USAMMA prior to his retirement, has been with AMLC since the command's creation in 2019, when the former Medical Research and Materiel Command was dissolved, and parts of the organization were split between AMLC and the current Medical Research and Development Command.

With the establishment of AMLC as the Army's premier medical logistics organization and life cycle management command for medical materiel, new policies and procedures are starting to drive change throughout the enterprise and remedy problems Ramos said he's seen since he was in uniform.

"A lot of the problems that existed in medical logistics when I was a young lieutenant still exist today," he said. "So probably, the most rewarding thing is that I feel like we're at the precipice of making differences, so those future young lieutenants won't suffer having to deal with the same issues I dealt with 20 years ago."

For many, the idea of hanging up the boots can be quite daunting. It's a time a change and many unknowns, and it can cause uncertainty and anxiety in a retiring Soldier, Magana said.

He likened it to the first time a Soldier deploys. But reminded to-be-retirees that the feeling fades and they have skills from Army service that are transferrable to their next chapter.

"You didn't know what was going to happen," Magana said of a Soldier's first deployment. "Obviously, it's not as dangerous as going into a combat zone, but the anxiety is there. It builds up."

"Just know that we all have skills that are marketable, and we will get through it," he added. "You'll find a position that's right for you, whether it's immediately after you retire or six months after. There will be something for you. Don't give up and keep looking for what you want."

Leadership Development

Teammates of the Garrison line up to participate in a helium stick exercise during a Leadership and Professional Development session held Sept. 15 in the Fort Detrick Auditorium. This most recent session focused on the importance and strategies of team building. (Photo by Lanessa Hill, USAG PAO)



Dog Days

The dogs of Fort Detrick play around in the last pool event of the year at the annual Doggie Swim, Sept. 10. This annual event gets larger each year and is fun for both dogs and owners. (Photos courtesy of FMWR)

Army medical officer passes demanding ABMM exam

By Walter T. Ham IV

ABERDEEN PROVING GROUND, Md. – A U.S. Army medical officer from the 1st Area Medical Laboratory passed the demanding American Board of Medical Microbiology exam that has a historical 20 percent success rate for non-fellowship candidates.

Maj. Mathanraj Packiam successfully completed the six-and-a-half hour, computer-based exam that has 200 multiple choice questions on clinical lab testing, administration, safety, security and consulting functions.

“The candidates must first meet the rigorous educational and experience eligibility requirements,” said Packiam. “Success in the exam was a collective effort attributable to education, experience, exam preparation and supportive leadership and colleagues.”

Packiam splits his time between the Aberdeen Proving Ground, Maryland-based 1st Area Medical Laboratory and the Fort Detrick, Maryland-based U.S. Army Medical Research Institute of Infectious Diseases.

The 1st Area Medical Laboratory is part of the 44th Medical Brigade and 20th Chemical, Biological, Radiological, Nuclear, Explosives (CBRNE) Command, the U.S. Department of Defense’s premier multi-functional all hazards formation. Soldiers and U.S. Army civilians from 20th CBRNE Command deploy from 19 bases in 16 states in support of joint, interagency and allied operations.

The 1st AML deploys worldwide to perform surveillance, confirmatory analytical laboratory testing and health hazards assessments of environmental, occupational, endemic and CBRNE threats in support of force protection and Weapons of Mass Destruction missions.

Exercise Precise Response 2022

In June 2021, a team from 1st Area Medical Laboratory and U.S. Army Medical Research Institute of Infectious Diseases travelled to the Ukrainian capital of Kyiv for a Theater Security Cooperation engagement under the U.S. Defense Threat Reduction Agency training initiative. The U.S. team trained their Ukrainian counterparts in diagnostic testing and field identification of biological threat agents.

“The training included lectures, hands-on



Maj. Mathanraj Packiam (right) passed the American Board of Medical Microbiology exam. Packiam splits his time between the Aberdeen Proving Ground, Maryland-based 1st Area Medical Laboratory and the Fort Detrick, Maryland-based U.S. Army Medical Research Institute of Infectious Diseases. (Courtesy photo)

training and field exercises,” said Packiam. “I fondly recollect the moniker ‘The Professor’ the Ukrainian colleagues conferred on me.”

In response to the COVID-19 pandemic, the 1st AML deployed diagnostic capabilities



Maj. Mathanraj Packiam briefs Ukrainian troops in Kyiv, Ukraine, during a U.S. Defense Threat Reduction Agency training initiative in June 2021. Packiam passed the demanding American Board of Medical Microbiology exam. (U.S. Army by Maj. Jang-woo Lee)

ties to five different areas of the world, including Germany, South Korea and Japan. Soldiers from 1st AML also assisted with contact tracing for the aircraft carrier USS Theodore Roosevelt in Guam and helped authorities in the Northern Mariana Islands and American Samoa to develop surveillance laboratories and testing infrastructures

Training exercise

Packiam also serves as the officer-in-charge of Bio-Surveillance at the U.S. Army Medical Research Institute of Infectious Diseases, the U.S. Army’s main institute for defensive research into countermeasures against biological warfare, where he is working to track strains of COVID-19 in the U.S. military.

“The Center for Genome Sciences sequences residual diagnostic COVID-19 positive samples submitted from various military clinics and treatment facilities,” said Packiam. “This surveillance plays a critical role in tracking the strains of COVID-19 circulating in the DoD population and it is crucial for evaluation of vaccine breakthroughs and for developing countermeasures against the predominant strains.”

Originally from Trichy, India, Packiam earned his doctoral degree in Microbiology and Immunology from Drexel University College of Medicine in Philadelphia.

Following graduate studies, Packiam completed two postdoctoral fellowships at the Uniformed Services University of Health Sciences in Bethesda, Maryland. Packiam has served in the Army for seven years and he was stationed in 121st Combat Support Hospital and Brian D. Allgood Army Community Hospital on Yongsan Garrison in Seoul, South Korea.

Col. Matthew J. Grieser, the commander of the 1st Area Medical Laboratory, said Packiam is an example of the expertise that the one-of-a-kind U.S. Army laboratory brings to the fight.

“Maj. Packiam exemplifies the high caliber of Soldier scientists serving in the 1st AML,” said Grieser, a native of Mulino, Oregon, who has deployed to Afghanistan four times and Iraq five times and served in Haiti, Panama and New Orleans following Hurricane Katrina. “We have a world class team here that is capable of working together with joint, interagency and allied forces to confront and defeat the most dangerous hazards in the most austere conditions.”

AMLC increases Army readiness through improved planning, education

By C.J. Lovelace, AMLC

Sustainment planning is vital to the readiness of U.S. Army units and medical materiel alike. And just like all other classes of supply, they require integrated logistics support.

That is why Army Medical Logistics Command, the Army's life cycle management command for medical materiel, established its Integrated Logistics Support Center, or ILSC.

A key part of the center is a new medical materiel-focused Logistics Assistance Program, or LAP, that provides a "face to the force" for sustaining life-saving medical equipment, including a known gap – maintenance management plans.

"Without maintenance management plans, units aren't able to adequately capture essential data that enables effective sustainment, provides active readiness indicators and allows commanders to make informed decisions," said Jason Acevedo, director of the ILSC's Logistics Assistance Directorate, which oversees the LAP.

Since its establishment about a year ago, the ILSC has received an uptick in the number of requests from the operating force for support through the LAP. Units are asking for more education and training on how to log and comply with maintenance management plans, Acevedo said.

"Some units weren't correctly implementing already-established Army policy and guidance, which compounds their ability to effectively maintain their medical equipment," he said. "For example, units aren't establishing required maintenance management plans for medical items in (Global Combat Support System-Army, or) GCSS-Army."

A common tendency at the unit level without maintenance managers, Acevedo said, was to just sign for an item and enter it into the property book.

Without maintenance management plans, Acevedo explained, "you won't have a true capture of asset visibility and func-



Soldiers stationed at the U.S. Army Medical Materiel Agency's Medical Maintenance Operations Division at Hill Air Force Base, Utah, work on a medical device. (U.S. Army photo by Katie Ellis-Warfield)

tionality, thus readiness becomes decreased."

"If that unit goes out the door, they don't really have a true picture of their health," he said.

Acevedo likened the situation to owning a car and not doing regular oil changes. It may not cause problems initially, but later down the road in a piece of equipment's life cycle, there will be crucial maintenance breakdowns and information gaps that would jeopardize readiness.

In addition to routine maintenance, maintenance management plans spell out calibration requirements, as well as maintenance significant devices that may need replacement parts to adequately maintain each device.

Acevedo said this information enables commanders to make informed decisions, but also captures the scheduled and unscheduled maintenance requirements so they have an understanding of the total health of the devices throughout an or-

ganization.

From the ILSC LAP perspective, education and outreach remains its primary line of support.

Leveraging technology to communicate directly with units in the field, the LAP can assist in verifying what a unit is supposed to have and see what is logged against that record in the GCSS-Army system, where items and maintenance plans are cataloged and tracked.

"We would educate them on how to make all that happen," Acevedo said.

The LAP does not provide hands-on maintenance support directly, but serves as the primary reach-back point for the AMLC ILSC to coordinate with lead system technical representatives from Army Field Support Brigades.

Units in need of support can submit requests to the ILSC's LAP by emailing usarmy.detrack.amlc.mbx.ilsc-lap@army.mil.

DOD invests extra funding in benefit to help reduce prices, help strengthen economic security of military families

By DeCA Communications

FORT LEE, Va. – Service members and their families will soon see a 3-5 percent decrease in pricing on most grocery items in their commissaries as part of a Department of Defense (DOD) initiative to bolster the economic security and stability of the military community.

DOD's "Taking Care of Service Members and Families" initiative lays out comprehensive actions to support military members struggling with the financial impacts of inflation, supply chain disruptions and the pandemic.

"The Department's added investment in our budget allows us to reduce commissary prices at the register about 3-5 percent on most items – particularly on food staples that struggling military families need most such as bread, eggs, milk and more," said Bill Moore, director and CEO of the Defense Commissary Agency (DeCA). "With this boost we can achieve at least 25 percent in overall savings for eligible patrons who shop their commissaries."

Commissary customers are expected to see price changes at most locations by mid-October. Pricing on some products and categories will vary.

Before the additional funding, DeCA was able to provide service members and their families with discounted groceries that cost on average 22 percent less than civilian grocery stores for fiscal year 2022.

"Going forward with the Department's initiatives, we want to sustain the increased savings through fiscal year 2023 and exceed the 25 percent benchmark to the extent our resources allow," Moore said.

"In addition to the savings, we provide healthy food options, clean and safe stores, convenience and premier customer service for our service members and their families," Moore said. "Commissaries are there when our military families need them most, even in disasters or pandemics or periods of inflation. We're an insurance policy to ensure food security for our



military families. With all that value and now additional savings, our patrons would be very smart to shop their commissaries!"

"Taking Care of Service Members and Families" aligns with DOD's overall campaign for economic security, first announced November 2021 when the Department unveiled its "Military Leader's Economic Security Toolkit" on Military OneSource. The webpage is a central landing spot to help leaders connect service members and their families with resources they need to help boost their economic readiness.

The commissary benefit portion of the economic toolkit is spotlighted on the DeCA website, specifically on its "We're Stronger Together" page that links military members to the following patron savings and nutritious options:

Timely sales promotions as well as specific items highlighted in the biweekly sales flyer

Private label brands and Your Everyday Savings! (YES!) programs that offer better prices on popular, core items

Healthy options with dietitian-approved recipes, meal plans and quick, ready-to-eat, economical meal options via the deli and 174 dietitian-approved fueling stations

DeCA is also expanding efforts to ensure all eligible patrons know about their benefit, particularly targeting the millions of disabled veterans (DAV) who became eligible for the benefit in January 2020, said Marine Sgt. Maj. Michael Saucedo,

senior enlisted advisor to the DeCA director.

"We are working closely with veterans' groups to reach our DAVs and with the active duty military to increase awareness of the benefit to troops earlier in their careers," he said. "And as we spread the word on this much-needed benefit to all our eligible customers, we are striving to anticipate our patrons' needs, offer premier customer service and do what it takes to be their grocery provider of choice."

Commissaries are also pushing out more initiatives to include the following to help boost the benefit for eligible patrons:

Expanding hours of operation and using technology to improve access in more convenient ways than ever before. To date, 56 stores have converted from six- to seven-day operations, seven stores have converted from five- to six-day operations and 43 stores have adjusted hours to better fit the shopping preferences of their communities.

Working with installations on piloting bulk deliveries to barracks or other specified locations with future plans to expand

Expanding online shopping and curbside pickup with online payment now available at all stores

Piloting home grocery delivery at eight CONUS locations, with agency-wide expansion planned soon thereafter

"The commissary system's commitment to saving military communities money has not wavered for over 30 years," Moore said. "We remain steadfast in our efforts to improve the quality of life of our eligible patrons by saving them at least a quarter on every dollar they spend on groceries compared to 'outside the gate' grocery stores. That's \$50 back in your pocket on a \$200 grocery bill!"

"We are a food security resource for our customers, and as such, we are doing everything we can to get our precious military families the products they need – at the lowest price possible," he added.

News - Events - Training

COVID-19

Masks and COVID-19 testing are not required to enter most facilities on Fort Detrick or Forest Glen Annex. Masks are still required inside the Barquist Army Health Clinic and the VA Community Based Outpatient Clinic. Commanders/Directors may implement more rigorous workplace mandates to meet mission requirements.

For updates and materials on COVID-19 visit:

<https://home.army.mil/detrick/index.php/covid-19-information>

Federal Holiday Gate Closures

In observance of the federal holiday, all Visitor Centers and gates, EXCEPT Nallin Farm Gate at Fort Detrick and Brookville Gate at Forest Glen, will be closed Oct. 10.

Nallin Farm Gate and Brookville Gate will remain open 24/7.

Vetting operations for Fort Detrick visitors will occur at Nallin Farm Gate 24 hours a day.

Vetting operations for Forest Glen visitors will occur at the Forest Glen Police Station 24. .

Fort Detrick Housing Townhalls

October 18 Glen Haven – 6 p.m. at the Glen Haven Community Center

October 19 Fort Detrick – 6 p.m. at the BBC Community Center

Facebook Live – <https://www.facebook.com/DetrickUSAG>

Retirement Ceremonies

USAG Fort Detrick conducts Quarterly Retirement Ceremonies honoring retiring Service Members, and Civilian employees and their families. These ceremonies take place on the second Thursday of the second month of each quarter in the auditorium, Building 1520 at 10 a.m.

Any Military at Fort Detrick or in the local surrounding community or Civilian employees who wish to participate should contact Tom Yocklin with the Directorate of Operations by calling (301) 619-2503. The deadline for participants to be included is two weeks prior to the ceremony.

Fort Detrick Exchange News

MILITARY STAR® is helping service members and their families celebrate the holidays together by giving away more than \$50,000 in the fifth annual Home for the Holidays sweepstakes.

Fort Detrick shoppers who use their MILITARY STAR card twice at the Exchange and twice at the commissary from Sept. 23 to Oct. 20 will automatically be entered in the sweepstakes.

Five first-place winners will receive \$5,000 cash and 10 second-place winners will receive \$2,500 cash. Fifteen third-place winners will win a \$100 Exchange gift card. .

Men's Prayer Breakfast & Bible Study

The Fort Detrick Chapel hosts a Men's Prayer Breakfast and Bible Study the second Saturday of each month at the Chapel. Free breakfast served at 7 a.m. and Bible Study starts at 8 a.m. Contact the Chapel at (301) 619-7371 for more information.



FORT DETRICK DIGITAL GARRISON

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STAY CONNECTED

- GATE HOURS
- TRAFFIC ALERTS
- FACILITY HOURS
- MAPS

- PHONE NUMBERS
- GPS/ADDRESSES
- WEATHER ALERTS
- ROAD CONDITIONS

ENTER FOR A
CHANCE
TO WIN!

2
GRAND PRIZE
WINNERS
RECEIVE A \$500
EXCHANGE GIFT CARD.

8
RUNNER UP WINNERS
RECEIVE A \$250
EXCHANGE GIFT CARD.

x giftcard



HOWL-O-WEEN

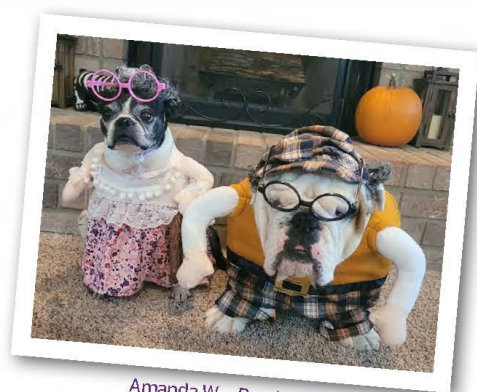
PET COSTUME PHOTO CONTEST



Monica H. • JB Andrews



2021
GRAND PRIZE
WINNERS



Amanda W. • Randolph



Enter October 1 - 31, 2022
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YOU COULD WIN UP TO

\$5,000!

Be automatically entered for a chance to WIN when you use **MILITARY STAR**.

2X at any exchange (in-store and online) + **2X** at the Commissary*

September 23 – October 20, 2022

5 First Place
shoppers will win
\$5,000

10 Second Place
shoppers will win
\$2,500

15 Third Place
shoppers will win a
\$100 Exchange gift card



PLUS EARN POINTS TOWARDS YOUR NEXT \$20 DIGITAL REWARDS CARD!**

 **PlayStation**

Hisense

 **ASHLEY**
FURNITURE

WESTPOINT
HOME

Cuisinart

 **BISSELL**

*Valid September 23 - October 20, 2022. Use MILITARY STAR two times at any exchange (Army and Air Force Exchange Service, NEX, MCX and CGX in-store and online) and two times at the Commissary to automatically be entered into the Home for the Holidays sweepstakes. No purchase necessary to enter or win. purchase does not increase the odds of winning. See official rules for alternative method to enter sweepstakes. Visit MyECP.com/CustomerAds for sweepstakes details.

**Rewards are equal to two points per \$1 spent and excludes Military clothing line of credit.

DON'T LET THE FLU GET YOU! IT'S TIME TO GET YOUR FLU VACCINE!

Tentative Fort Detrick Active Duty Influenza Vaccination Schedule

DATE	UNIT	LOCATION	TIME
4 OCTOBER 2022	<ul style="list-style-type: none"> • 6th MLMC • MARINES • NAVY • AIRFORCE • AMLC • MRDC AND USAG (others) 	Bldg 1520 2 nd Floor Classroom 5A/5B	0800-1530
5 OCTOBER 2022	<ul style="list-style-type: none"> • 114TH SC BN • START SIG BN • 53D SC BN A CO • 302D SC BN A CO • 302D SC BN HHC 	Bldg 1520 2 nd Floor Classroom 5A/5B	0800-1530
6 OCTOBER 2022	<ul style="list-style-type: none"> • 21ST SC BDE HHC (STRAT) • USAMMDA • NCMi • USAMRIID • TATRC 	Bldg 1520 2 nd Floor Classroom 5A/5B	0800-1530
7 OCTOBER 2022	<ul style="list-style-type: none"> • AD MAKE UP DAY • FIRE DEPARMENT 	Bldg 1520 2 nd Floor Classroom 5A/5B	0800-1100
31 OCTOBER 2022	<ul style="list-style-type: none"> • CYSS 	CYSS Locations	Notification will be sent for specified times

The influenza vaccine is MANDATORY for all Active Duty service members and for all Civilian Health Care Workers who provide direct patient care.

Please see your supervisor with any questions regarding medical or religious exemptions.

****Dates are subject to change due to unknown delivery date of vaccinations****

FINANCIAL READINESS CLASSES

OCTOBER | @ 9 & 1

4 | Spending Plans That Work
11 | TSP = Millionaires?
18 | Car Buying Smarts
25 | Debt Destruction

NOVEMBER | @ 9 & 1

1 | Spending Plans That Work
8 | TSP = Millionaires?
15 | Investing in the Digital Age
29 | Home Buying the VA Way

DECEMBER | @ 9 & 1

6 | Spending Plans That Work
13 | TSP = Millionaires?
20 | What's Your Net Worth?

REGISTRATION INFORMATION:

- CALL (301) 619-3455
- EMAIL USARMY.DETRICK.USAG.MBX.ACS-FRP@ARMY.MIL

*CLASSES ARE SUBJECT TO CHANGE.

*ELIGIBLE PARTICIPANTS ARE: ACTIVE DUTY, RETIRED MILITARY AND THEIR ID CARD FAMILY MEMBERS, RESERVISTS AND NATIONAL GUARD (ACTIVE DUTY) AND THEIR ID CARD FAMILY MEMBERS, SURVIVORS, AND DOD CIVILIANS.



Community Support Center
1520 Freeman Dr., Bldg. 1520
Fort Detrick, MD

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Explore the
MilSpouse Money Mission website at
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for financial resources tailored to educate,
empower and elevate military spouses.

Find helpful information to:

- ✓ Prepare for transitions throughout your military career.
- ✓ Make wise financial decisions when life events happen.
- ✓ Thrive while spending within your means.



Discover resources including:

- ✓ Money Ready curriculum
- ✓ MilLife Milestones
- ✓ Videos
- ✓ Blogs
- ✓ Resources



We've got your back. What you need to know is always a click away!

In addition to these valuable resources,
follow @DoDFINRED on:



Maryland Child Passenger Safety Law

Effective October 1, 2022

Every child:

- Under 8 years old must ride in a car seat or booster seat, used according to car seat and vehicle manufacturers' instructions, unless the child is 4 feet, 9 inches or taller.
- Under 2 years old must ride rear-facing.
- Between 8 and 16 years old must be secured in a car seat, booster seat, or vehicle seat belt.



Remember!

Children under 13 years old are safest in the back seat!

Questions About Car Seats?

Contact Maryland Kids In Safety Seats (KISS)

1-800-370-SEAT or (410) 767-6016

mdh.kiss@maryland.org

www.mdkiss.org





Diversity, Equity, and Inclusion in Science Webinar

WRAIR is pleased to welcome Dr. Gilda Barabino and Dr. Doris Browne to share their insights and expertise on Diversity, Equity, and Inclusion in Science. All of MRDC is invited.

**Wednesday,
October 12, 2022
1 – 2 pm (1300-1400)**



Dr. Gilda Barabino

Gilda Barabino, PhD, is President of Olin College of Engineering. Dr. Barabino is also an internationally recognized thought leader on race/ethnicity and gender in science and engineering, with a particular focus on creating cultures and climates that support a sense of belonging. She has led a number of initiatives in these areas, including serving as the founder and executive director of the National Institute for Faculty Equity.



Dr. Doris Browne

Doris Browne, M.D., MPH, is the President and CEO of Browne and Associates, LLC, a health consulting company that manages programs addressing national and global health disparities and the 118th President of the National Medical Association (NMA). She retired as a Colonel from the U. S. Army, Medical Corps where she was the Director for Medical Research and Development at the U.S. Army Medical Research and Materiel Command.

Join at:

<https://youtu.be/EatRBwmXGNI>



To provide assistance to military and civilian families exhibiting a valid financial need during the holiday. Nominees should be in the grade of E-5 and below, GS 1-4 or NAF 1-2, with children. Any applicant outside of the established grades will be reviewed for an exception on a case-by-case basis.

November 1 - December 3

Applications due December 3

For more information, Call 301-619-3455 or email us at usarmy.detrick.usag.mbx.acs-frp@army.mil



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FORT DETRICK FMWR PRESENTS

THE 2022 TURKEY BOWL



18 NOVEMBER 1300 (KICKOFF)
BLUE & GRAY FIELD

SIGNAL COMMAND

VS

MEDICAL COMMAND

Open to the entire community
Halftime events will include Litter Relay Race &
Tug O 'War.

For more information, call 301-619-2498

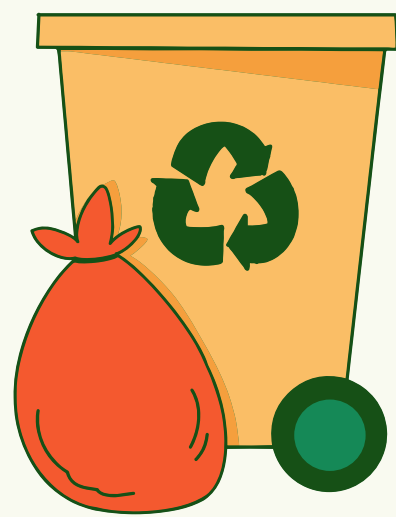


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Climate Action Bingo



Plant a Tree



Recycle



Paper Cups



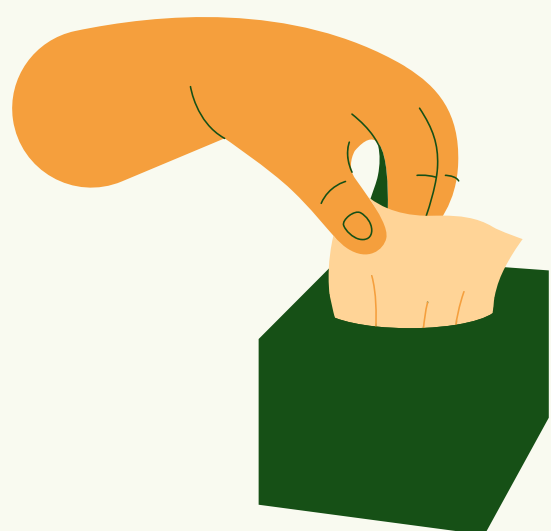
Less Meat



Eat more veggies



Compost



Less Tissues



Use Eco Bags



Save Energy