



# The Fort Detrick Weeklies

U.S. ARMY ANNOUNCEMENTS, EVENTS AND TRAININGS



15 May – 15 June 2025

Please note: The Weeklies are also on <https://home.army.mil/detrick> under “Weeklies”

**FORT DETRICK IS CURRENTLY AT FPCON BRAVO.  
FOREST GLEN ANNEX IS CURRENTLY FPCON BRAVO.**

**If you have any article submissions, you would like considered for the Fort Detrick website please send them to [usarmy.detrick.usag.mbx.pao@army.mil](mailto:usarmy.detrick.usag.mbx.pao@army.mil).**

**USAG Fort Detrick on social media - You can follow USAG Fort Detrick on social media for daily updates and information. On Facebook go to [www.facebook.com/DetrickUSAG](https://www.facebook.com/DetrickUSAG) and “Like” us or follow us on Twitter: @DetrickUSAG.**

As a reminder, all Army social media sites must be registered with the U.S. Army. For more information, contact the Public Affairs Office.

The Trusted Traveler Program is suspended until further notice. All visitors without Department of Defense ID or Personal Identity Verification (PIV) cards are required to be vetted at Nallin Farm Gate. This gate is open 24/7.

## ANNOUNCEMENTS AND EVENTS

- **To view our job openings, please visit USAJOBS or click on the link below:**  
<https://www.usajobs.gov/Search/Results?l=Fort%20Detrick%2C%20Maryland&d=AR&a=ARBA&p=1&s=agency>
- For FMWR News and Events, visit [www.detrick.armymwr.com](http://www.detrick.armymwr.com), Instagram us at #DetrickMWR, and like us on Facebook at [www.facebook.com/DetrickMWR](https://www.facebook.com/DetrickMWR).
- **A construction project for ongoing asbestos abatement will impact pedestrian and vehicle traffic near Beasley Drive lasting until mid-June 2025. Please treat all areas with posted signs as off limit areas. Please see the attached map for details and plan your routes accordingly. We apologize for any inconvenience this may cause.**
  - **Pedestrian Closures:**
    - The Beasley Drive exercise and walking path will be closed 24/7 for the project duration.
    - The sidewalk and area behind Building 375 will be closed for approximately three weeks (exact dates will be announced later).

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- **Road Closures:**

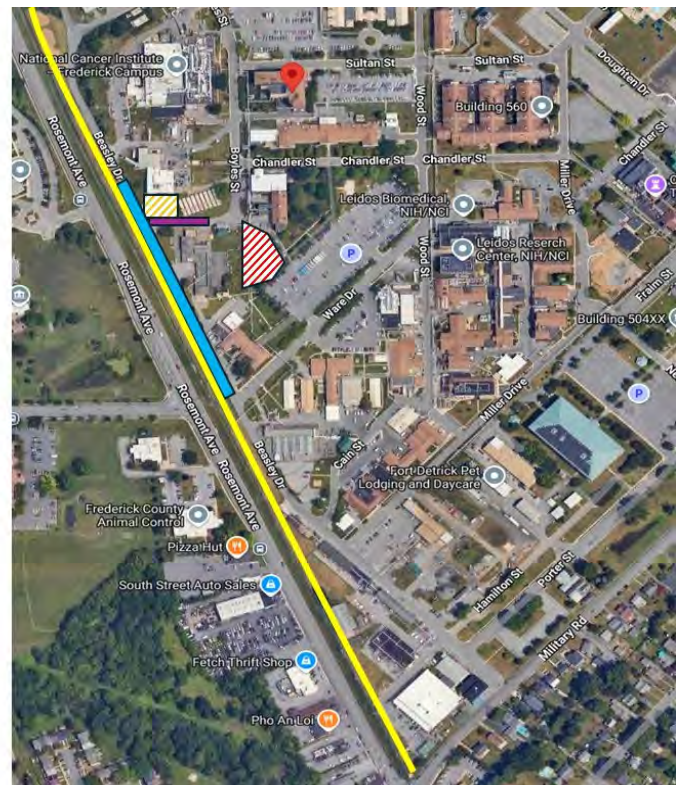
- Davis Drive: Fully closed for the project duration.
- Beasley Drive: Closed Mon-Fri, 0700 – 1500 hours.
- Doughten Drive & Ditto Avenue – Ongoing water line replacement - intermittent lane closures.
- Asbestos / Steam line Removal- Beasley Dr. between Ware Dr. & Davis St. will be closed while contractors are working, approximately between Monday – Friday, 7a.m. – 3 p.m.

- **Other Path Closures:**

- May 23, 2025, a portion of the installation walking path that is adjacent to Building 11 (former Thrift Shop) along the Porter Street fence line will be closed for the day to seal asphalt patches. Pedestrians are asked to pay attention to the signs that are posted in that area and do not cross any barricades/cones/caution tape, etc.

## Map Legend

-  Pedestrian exercise path  
Closed 24x7 from 21 April – Mid June
-  Beasley Drive  
Closed Monday thru Friday 0700-1500 from 21 April – Mid June
-  Sidewalk Closure (zero through traffic)  
Closed 24x7 beginning 21 April until completion of this phase of the work (approx. 3 weeks)
-  Bldg 393 Parking lot  
Closed 24x7 from 21 April – Mid June
-  Davis Street  
Closed 24x7 from 21 April – Mid June



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- **Barquist Reduced Hour and Clinic Closures:**
  - 16 MAY: Closing at Noon
  - 26 MAY: Federal Holiday– CLOSED
  - 19 JUN: Federal Holiday– CLOSED
  - 27 JUN: Reduced Hours of Operation – Closing at Noon
- **Basic Life Saving Training Dates:**
  - 12 June

Priority is to Barquist staff. Additional slots are only available to Active-Duty Service Members and DOD Civilians w/priority slotting for 68w/68c and healthcare professionals. Please contact SGT Owen for availability and registration. A link for the online portion will be provided and needs to be completed before in-person training is conducted.

SGT Bethany Owen, (301) 619 – 2500 [Bethany.a.owen.mil@health.mil](mailto:Bethany.a.owen.mil@health.mil)

## TRAININGS

- **Local Hazards Briefing Training 2025**  
**Location:** Bldg. 1520, Classroom **#5C**  
**Class Hours:** 1400-1530

### Dates:

28 MAY 25 (Update)	30 JUN 25	28 JUL 25	18 AUG 25
29 SEP 25	27 OCT 25	17 NOV 25	16 DEC 25

**Description:** Local Hazards Briefing meets the intent of DoDI standard 6055.04 and AR 385-10, 24 July 2023, Chapter 13, Section 18. The course fulfills a requirement of the Army Traffic Safety Training Program (ATSTP) and is mandatory for all new civilian and military personnel. This briefing orients all newcomers to the local driving hazards, laws, and regulations of the surrounding areas.

**Who Should Attend?** All newly assigned Fort Detrick civilian and military personnel.

**Course Manager:** Mr. Humberto Rivera (301) 619-3295, [usarmy.detrick.usag.list.installation-safety-management-office@army.mil](mailto:usarmy.detrick.usag.list.installation-safety-management-office@army.mil)

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**Installation Safety Office Main Number:** (301) 619-7318

**NOTES:** Individuals who require special services or accommodation due to a disability should advise this office immediately (wheelchair access, interpreter, etc.)

- **FY 25 TARP Face to Face Training – All sessions at 1 p.m. Building 1520 Auditorium.**

\*Note\* Training starts promptly at 1 p.m. allowing a 5 min grace. If you arrive after that time, the rosters will NOT be available for signing and you will NOT be credited for attendance.

20 May 2025	24 June 2025	15 July 2025
19 August 2025	16 September 2025	

- **Vacation Bible School (VBS) 2025**

The Fort Detrick Chapel will offer VBS for grades K (completed) through 5 on July 14-18 from 5:30-8:30 p.m. at the Fort Detrick Chapel, 1776 Ditto Ave. Children must have completed Kindergarten. Daily sign-in will begin at 5:15 p.m. and a light meal will be provided for the children between 5:30-6:00 p.m. VBS activities kick-off at 6:00 p.m. An ice cream social will be held on the last day of VBS for the children and parents, grandparents, and friends to celebrate VBS.



The theme for this year's VBS is *Stellar: Shine Jesus' Light*. At Stellar, children explore how Jesus shined hope, love, forgiveness, and joy to the world-and how we can do the same with His power. You can expect a week full of faith discoveries, memorable music, and epic adventures that help children grow in friendship with Jesus.

Registration is free and forms are available at the Chapel office. **You are encouraged to register early, as space is limited.**

For more information, please contact the Chapel at 301-619-7371.



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- **GEMS Volunteers and Training Opportunity**

**POC FOR QUESTIONS:** USAMRDC G3/5/7

[robert.a.leonard59.ctr@health.mil](mailto:robert.a.leonard59.ctr@health.mil), [erica.innis2.ctr@health.mil](mailto:erica.innis2.ctr@health.mil),  
[carlos.m.davis2.ctr@health.mil](mailto:carlos.m.davis2.ctr@health.mil)



We are excited to announce our new opportunities for the 2025 GEMS Program. We are requesting STEM volunteers and career speakers for this year’s GEMS program.

**Volunteer Trainers:** These personnel will be present in-person one day during the training weeks. Volunteers will dedicate 2-3 hours to teach skills to our Near Peer Mentors who can then teach these skills to students. We will have all materials and directions for the activities to share with you ahead of time. We also hope to impart practical skills to the Near Peer Mentors and knowledge that a profession servicing the Army aligns with their interests. This training can be conducted by a team if that is preferred. We are looking for individual or groups of volunteers who can lead training on at least one of the following skills:

1. Gel Electrophoresis and PCR
2. Presentation Skills/Public Speaking
3. Suturing
4. DNA Extraction
5. Animal Dissection (Frog, Fetal Pig)
6. Infectious Disease Transmission (Epidemic Simulation)
7. ELISA Assay
8. Robotics (Lego Battlebots)
9. Blood Typing
10. Fingerprint Analysis for Crime Scene Investigation

<b>Training Week 1</b>	24 JUN 0900 – 1100 / 26 JUN 1400 – 1600	27 JUN 1000 – 1200
<b>Training Week 2</b>	1 JUL 0900 – 1100 / 1 JUL 1400 – 1600	3 JUL 0900 – 1100

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**Career Speakers:** Fort Detrick has a range of science professionals; our goal is to provide career speakers who will be able to connect with the near peer mentors and show them just how unique career exploration and growth can be. We would appreciate a wide variety of different STEM paths that show the all the ways to a fulfilling career. We are looking for all military staff, civilians, and supporting contractors. You will have approximately 45 minutes to present on your career and approximately 15 minutes for questions. This is an in-person opportunity so please be prepared with any additional items needed. We have availability for ten (10) total speakers, one for each of the listed dates below, please let us know of your interest in being a career speaker and your preferred date from the options below:

<b>Week 1</b>	8 JUL 2025; 1400-1500	10 JUL 2025; 1400-1500
<b>Week 2</b>	15 JUL 2025; 1400-1500	17 JUL 2025; 1400-1500
<b>Week 3</b>	22 JUL 2025; 1400-1500	24 JUL 2025; 1400-1500
<b>Week 4</b>	29 JUL 2025; 1400-1500	31 JUL 2025; 1400-1500
<b>Week 5</b>	5 AUG 2025; 1400-1500	7 AUG 2025; 1400-1500

**The GEMS Program:** GEMS stands for the Gains in the Education of Mathematics and Science which is an educational outreach program supported by Fort Detrick, MD. The U.S. Army has funded this free-for-participants program to allow for all students to have the opportunity to explore their Science, Technology, Engineering, and Mathematics (STEM) interests. The GEMS program’s mission is to serve underprivileged and underrepresented students who may not have had the opportunity to explore hands-on activities in STEM. This program is designed for current 4th-11th grade students.

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- **Transition Assistance Program Center Update**



**Effective, 1 June 2025, The Transition Assistance Program (TAP) Center at Fort Detrick will transition from in-person counseling and classes to the Virtual Center and mobile service delivery model.**

This change will incorporate the use of TAP's 24/7 Virtual Center and a Mobile Training Team to continue offering TAP required curriculum to Servicemembers and their families. The Mobile Training Team will tentatively plan to visit Fort Detrick on a quarterly basis, depending on community needs.

Servicemembers scheduled to retire or separate within the next 24 months are strongly encouraged to register for TAP as soon as possible. Accessing services before the transition to the Virtual Center ensures availability of in-person counseling for training and personalized support. Servicemembers already participating in TAP should coordinate with the Transition Counselor to complete their process locally. Transition Counselors will remain on site through the end of May to assist and answer questions. **Maximum participation for the upcoming courses will demonstrate the demand for TAP resources on Fort Detrick and support the potential continuation of the available resources.**

The TAP classroom computers will remain available for self-paced and virtual courses. Additionally, Fort Detrick plans to continue to offer additional classes, workshops, and events to support our transitioning population.

TAP workshops and scheduled in-person events for May, June, and August will proceed as normal.

- 3-4 June- Entrepreneurship workshop (Boots to Business)
- 5 June- MD VA Representative Benefits for Delivery (BDD) Brief
- 10-13 June- TAP Week
- 25 June- Annual Career and Education Fair
- 18-22 August- TAP week



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To schedule, please email: [usarmy.detrick.usag.mbx.tap@army.mil](mailto:usarmy.detrick.usag.mbx.tap@army.mil) or call 301-619-9678, MS Teams 520-718-4772.

For more information or assistance, contact the Transition Service Manager, Kira Fisher at 301-619-3448 or email [kira.l.fisher.civ@army.mil](mailto:kira.l.fisher.civ@army.mil).

Updates on services or changes to availability will be shared as they become available.

- **Fort Detrick will commemorate the U.S. Army’s 250th Birthday with a series of special celebrations honoring the Army’s legacy of service and sacrifice.**
  - ***Opening Ceremony on June 3 at 9 a.m. in the auditorium of Bldg. 1520***, which will include remarks from Army leaders and tributes to the Army’s legacy.
  - ***Cake Cutting Ceremony on June 13 at 12:30 p.m. in the auditorium of Bldg 1520.*** In keeping with tradition, the installation’s oldest and youngest Soldiers will join Garrison Commander Col. Chris Chung for the ceremonious cutting. Immediately following the cake cutting, attendees are invited to explore the Heritage Displays within the auditorium.
  - ***Retreat Ceremony on June 13 at 3 p.m., Blue and Gray Field.*** A Retreat Ceremony will mark the end of the day’s celebrations. It will begin with opening comments, followed by a Re-Enlistment Ceremony, an Enlistment Ceremony, and an Army Emergency Relief Campaign announcement. The commemoration will conclude with the Retreat and lowering of the National Colors, honoring the Army’s longstanding traditions and commitment to service.
  - ***Army’s 250<sup>th</sup> Birthday Gala Celebration on June 14 at 6 p.m. at the Community Activities Center.*** See the flyer below for additional information.

Fort Detrick welcomes all members of the military community to take part in these historic celebrations as we pay tribute to the U.S. Army’s remarkable 250-year journey.



THIS WE'LL DEFEND

# Army Birthday Gala

**Saturday, 14 June 2025 at 6 PM**

Community Activities Center  
(CAC) 1529 Freedman Drive

**\$80 Per Couple  
\$50 Per Individual**

**E-4 and Below  
\$40 Per Couple  
\$25 Per Individual**

**Join Us for a Night of Camaraderie,  
Celebration, and Honor.**

## Attire Guidelines:

Military: Dress or Mess Uniform

Civilians: Kindly dress in elegant black tie attire

**Delicious Hors d'oeuvres   Live Music   Cocktails For Purchase**

Call 301-619-3972 by 6 June 2025 to purchase tickets



**KAISER  
PERMANENTE®**





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## In the Community:

# YOU'RE INVITED! VETERAN SERVICES CENTER OPEN HOUSE

Join us to learn more about the no-cost services, resources and community partners available at the Veteran Services Center

Whether you're a Veteran, First Responder, family member, or community supporter, this open house is a great opportunity to:

- ✓ Discover the support programs we offer for Veterans and their families
- ✓ Meet our team of partners and learn about the VSC's mission
  - ✓ Ask questions and get personalized information
  - ✓ Connect with others in the Veteran community



Tuesday  
May 13, 2025



3 PM - 6 PM



1750 Monocacy  
Bvld., Suite A



GOODWILL  
Monocacy Valley



Serving Together  
Community of Veterans



# VSC

PLATOON  
VETERAN SERVICES  
CENTER

GOODWILL MONOCACY VALLEY

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Serving**Together**.  
Connecting Veterans.

A program of Every**Mind**.  
Affiliated with **AmericaServes**

## MENTAL HEALTH FIRST AID

MILITARY, VETERANS, & FAMILIES

*Mental Health First Aid* provides evidence-based training for military members, veterans, and their families to support mental health conversations. Healthcare workers can access this training for free. Participants receive a three-year valid certificate upon completion.



### Learn how to:



Recognize and address mental health and substance use issues



Offer immediate support for those in crisis



Connect a person with help



Access resources for service members, families, and supporters.

9:00am - 4:00pm  
**27 JUNE, 2025**

Platoon Veteran Service Center  
**1750 MONOCACY BLVD. FREDERICK, MD**

Contact  
**JMARSHALL@EVERYMIND.ORG**

**REGISTER NOW**



<https://bitly.cx/EjiQ>



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## **Drinking Water Quality Report**

Fort Detrick's 2024 Drinking Water Quality Report is now open for community review. This report provides an overview of water quality data collected by water suppliers to ensure compliance with drinking water regulations. In 1996, Congress revised the Safe Drinking Water Act to include a requirement for all community water systems to deliver an annual summary of water quality to their customers.

The report is accessible through the following:

- The Environmental Division, 9255 Amber Drive
- Electronic copies available to family housing units
- Both hard and electronic copies provided to organizations and mission partners.

For more information, call Jairus Slagle, Fort Detrick, Directorate of Public Works, Environmental Division at (301) 619-0327.



**Your Opinion  
Matters!**

**"Survey Deadline  
Extended!"**

**"Do your part!  
Take the barracks survey!"**

# TENANT

## SATISFACTION SURVEY

**3 MAR 2025 - 15 MAY 2025**

**Your feedback can make a BIG DIFFERENCE in the  
quality of life for Soldiers.**



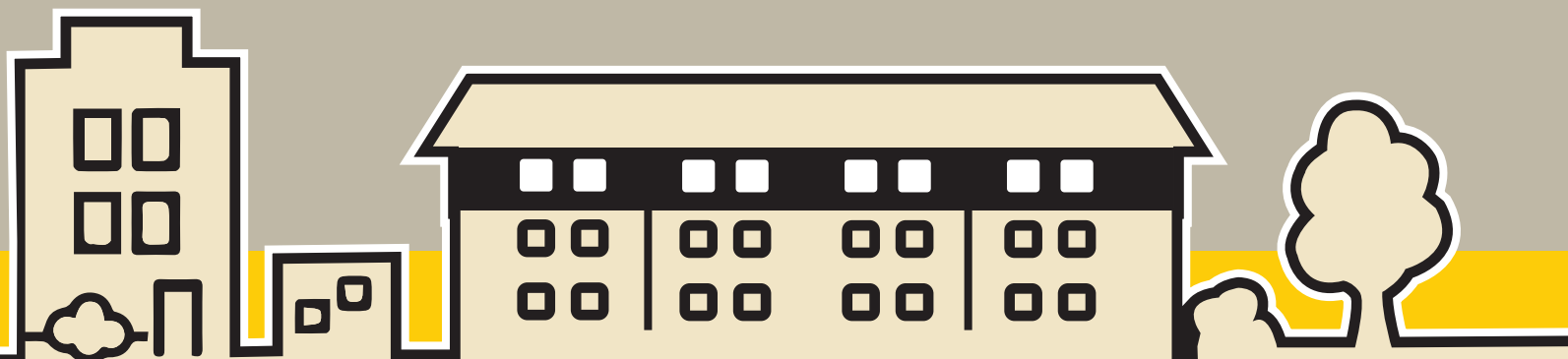
**Scan Here**

**Your Army Wants to  
Hear from You!**

*\*Completely confidential*

**We are investing significantly in Barracks and Unaccompanied housing improvements to  
ensure quality living conditions are provided to our Soldiers.**

**Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.**



The completely confidential survey will be emailed from [ArmyHousingSurvey@celassociates.com](mailto:ArmyHousingSurvey@celassociates.com).  
For additional questions, please contact your local **Army Housing Office**.

OMB Control Number: 0704-0553. OMB Expiration date: 05/31/2025

Come enjoy some of our  
Outdoor Equipment,  
Newly Renovated Playground  
and Driving Range!

May 30, 2025  
4-6PM



SUMMER SEASON KICK-OFF!

# Outdoor Recreation Day!



**NEW  
INFLATABLES!**



**NEW POP-UP  
CAMPERS!**



**AND MORE!**

Nallin Recreational Area  
Nallin Farm Pond Road  
Fort Detrick, Maryland 21702

**Call 301-619-3972 for more information**



# 2025

# Medical Museum Public Tours

## 2 p.m.

**FEBRUARY 16** | Presidents Day Tour

**MAY 25** | Memorial Day Tour

**NOVEMBER 9** | Veterans Day Tour

NATIONAL  
MUSEUM  
OF HEALTH AND  
MEDICINE

2500 Linden Lane, Silver Spring MD 20910  
(301) 319-3300

[www.MedicalMuseum.health.mil](http://www.MedicalMuseum.health.mil)

   @MedicalMuseum

The National Museum of Health and Medicine is open Wednesday - Sunday, from 10 a.m. to 5:30 p.m.

Request ADA accommodations two weeks in advance at (301) 319-3303 or by scanning the QR below:



Dates are subject to change. Visit [www.medicalmuseum.health.mil](http://www.medicalmuseum.health.mil) for updates.  
(Current as of November 2024)

# FAMILY ADVOCACY PROGRAM

Presents

## ABCs of Anger Management



### Dates:

April 16th 2025

May 19th 2025

Time: 1:30pm - 2:30pm

Venue: Virtual MS Teams

Please, Register NLT 2 Days Prior to This Workshop

Scan the QR Code below to Register



For more information

Please call

301-619-7171

301-619-3774

#DetrickMWR

[www.detrack.armymwr.com](http://www.detrack.armymwr.com)

[www.facebook.com/DetrackMWR](https://www.facebook.com/DetrackMWR)

### Who?

For Active-duty, Family Members, Retirees, Civilian and Contractors

### Why?

This class is to help individuals learn more about their anger symptoms, warning signs and how they progress as they escalate. The goal is to teach individuals to gain self-awareness to know when to take a step back and use the anger management and coping skills they learned.



# **BASIC SKILLS EDUCATION PROGRAM (BSEP)**

**@FORT DETRICK EDUCATION CENTER**

## **Reasons to Enroll**

- ❖ **Increase General Technical (GT) score for Military Occupation Specialty (MOS) reclassification**
- ❖ **Establish for commissioning programs**
- ❖ **Prerequisite for attendance in career development courses, such as Non-Commissioned Officer Education System (NCOES)**
- ❖ **Improve basic skills for college courses**
- ❖ **Increase chances for promotion**

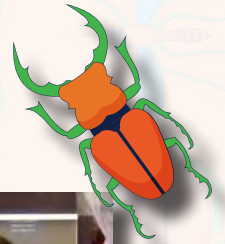
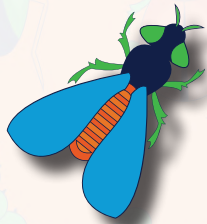
## **UPCOMING BSEP DATES (F2F):**

- ❖ **May 19-June 10**
- ❖ **August 04-22**
- ❖ **Sept 15-Oct 03**
- ❖ **Oct 27-Nov 18**

**To REGISTER for classes, please contact our BSEP Instructor:  
Mrs. Angela Sutsakhan @301-619-8636 or [angela.s.sutsakhan.ctr@army.mil](mailto:angela.s.sutsakhan.ctr@army.mil)**

# BUGAPALOOZA

**Saturday, June 21, 2025**  
**10 a.m. to 12 p.m.**



Join NMHM and DOD experts for specialized stations showcasing different varieties of bugs (some alive!) and raising awareness of the research dedicated to the prevention and treatment of bug-borne illness. Learn how to battle the bugs or use them to your advantage as you discover which bugs are bizarre, beneficial, or downright deadly. This program is free and recommended for all ages! Bug costumes are encouraged.



**NATIONAL  
MUSEUM  
OF HEALTH AND  
MEDICINE**

Request ADA accommodations  
10 business days in advance at  
(301) 319-3303 or by email here:



2500 Linden Lane  
Silver Spring, MD 20910  
(301) 319-3300  
[www.MedicalMuseum.health.mil](http://www.MedicalMuseum.health.mil)  
Facebook, Instagram, Twitter icons followed by @MedicalMuseum



## FINANCIAL READINESS PROGRAM

# Manage & Enhance YOUR FINANCES

- **Crypto and Your Taxes**  
**6 May 9:00 or 12:30 (virtual)**  
When and how much Crypto is taxed?
- **PCSing this Year?**  
**12 May 12:30 (virtual) or 3:00 (virtual)**  
How PCSing affects your finances.
- **Promotion & the Lifestyle Creep**  
**20 May 9:00 or 12:30(virtual)**  
What is and how to avoid the Lifestyle Creep.
- **Emergencies and How to be Prepared Financially**  
**22 May 10:00 or 12:30(virtual)**  
Could you handle a large financial emergency? Let's go from NO to YES!!.
- **Understanding All Things Credit**  
**28 May 12:30(virtual) or 3:00(virtual)**  
How to be credit wise.



**RSVP 2 DAYS PRIOR TO DATE  
OF THE TRAINING**

**CALL:  
301-619-3455**

**EMAIL:  
USARMY.DETRICK.USAG.MBX.  
ACS-FRP@ARMY.MIL**

**The mandatory Financial Readiness Common Military Training requirements provide all Soldiers with the common knowledge, skills, and behavior standards to enable them to manage their financial affairs in a manner that supports mission readiness.**

**Confidential Accredited Financial Counselors available at ACS**

**1520 Freedman Dr. Monday-Friday 0900-1500  
Appointments recommended. 301-619-3455**

Money Management Matters



# Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

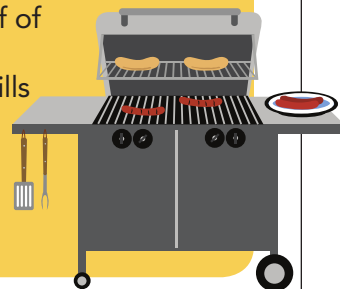
## PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

## FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

Fort Detrick Fire & Emergency Services  
Fire Prevention Division  
**DIAL 911 FOR EMERGENCIES**





# Healthy Hearts

## Blood Pressure Self-Monitoring Program\*

# Do you have high blood pressure?



Participants receive a **FREE** blood pressure monitor & ...



- Training on how to measure and monitor blood pressure at home.
- Guidance and support from a trained lifestyle coach.
- Education on healthy food choices to help control blood pressure

### The Summer class starts in MAY 2025

Classes meet **Thursdays 5:30pm to 7:00pm**  
at the Frederick County Health Department  
350 Montevue Lane, Frederick, MD 21702  
Orientation **May 1 or 8**; First class **May 15**



**Public Health**  
Prevent. Promote. Protect.

Frederick County Health Department

**~Pre-Registration Required~**

Call Colleen at 240-357-1161 or

Email

[cswank@frederickcountymd.gov](mailto:cswank@frederickcountymd.gov)



\*This is the Centers for Disease Control & Prevention's Healthy Heart Ambassador Blood Pressure Self-Monitoring Program.



# Understanding Tick Bites and Lyme Disease



## How to prevent tick bites



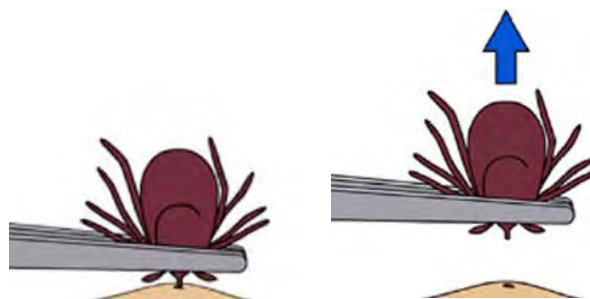
**Ticks can spread disease, including Lyme disease.**

### Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

## How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



### Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.

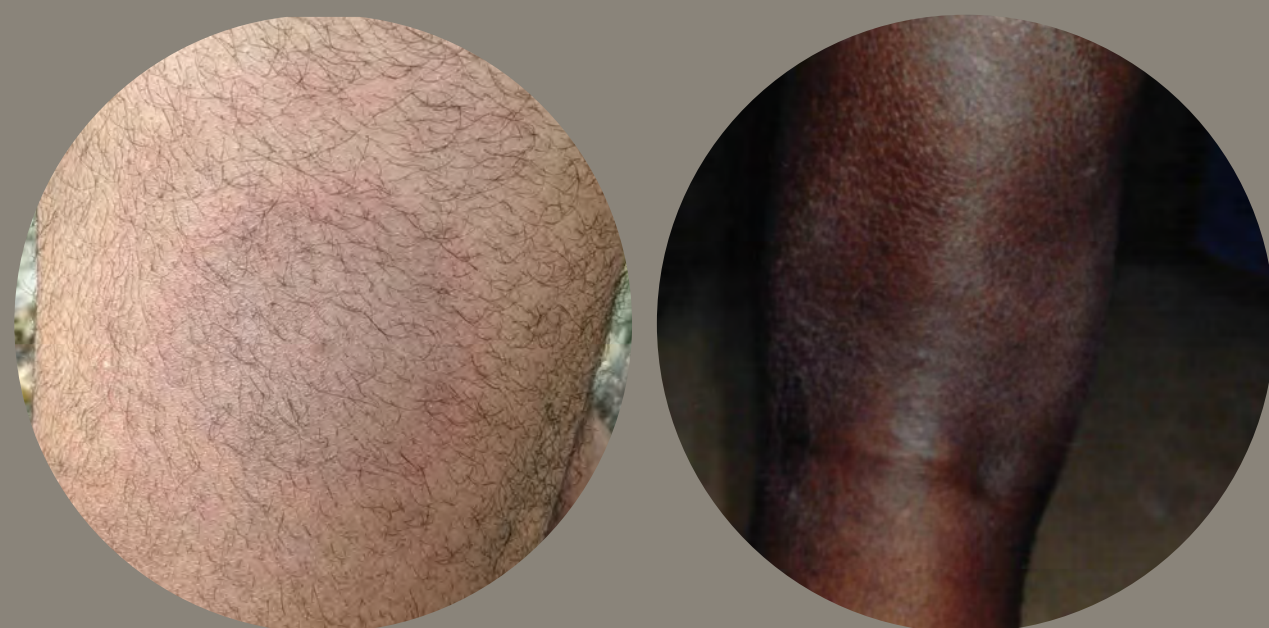


**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

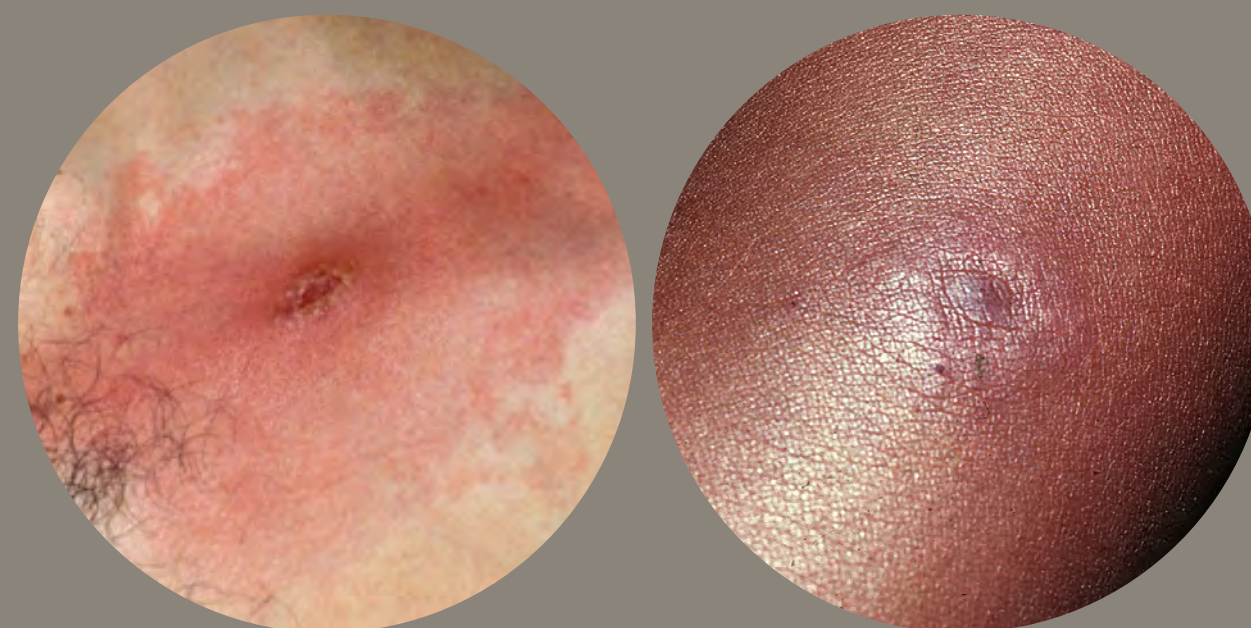
# The Many Forms of Lyme Disease Rashes

## (Erythema Migrans)

Faint colors and borders



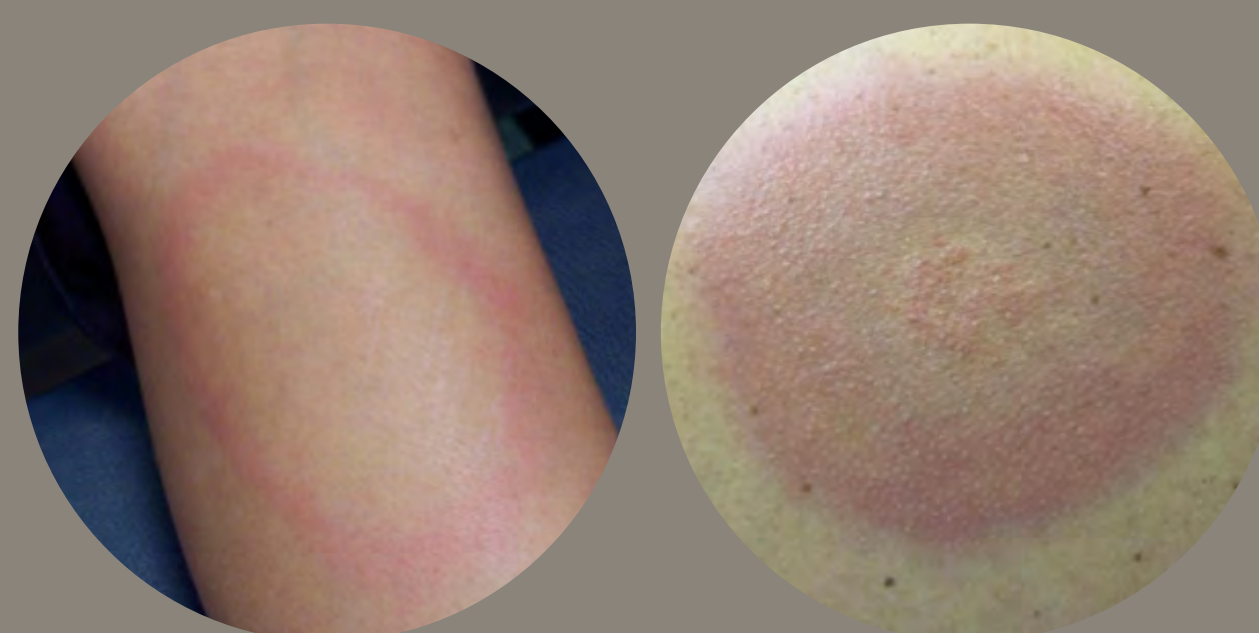
Crusted centers



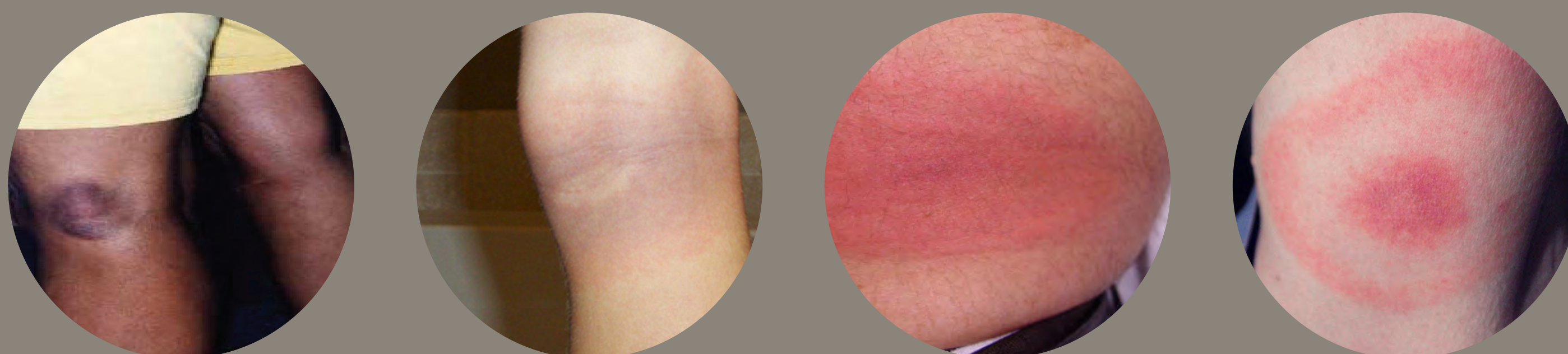
More than one rash



Different shapes and colors



Appearing anywhere on the body



Most people with Lyme disease develop an erythema migrans rash at the site of the tick bite. The rash usually expands slowly over several days reaching up to 12 inches or more (30 cm) across. **However, not all rashes are a sign of Lyme disease.** The redness in the picture to the left is caused by irritation to the tick bite — not a tickborne infection.

**Photo credits** (from top, left to right): 1. Centers for Disease Control and Prevention; 2. Courtesy of Dr. Gary Wormser, New York Medical College; 3. ©DermAtlas, Bernard Cohen. Used with permission; 4. Reprinted from Bhate C, Schwartz RA. Lyme disease: Part 1. Advances and Perspectives. Am Acad Dermatol 2011;64:619-36, with permission from Elsevier; 5. ©DermAtlas, Bernard Cohen. Used with permission; 6. Courtesy of Vermont Department of Health; 7. ©DermAtlas, Taryn Holman. Used with permission; 8. ©DermAtlas, Yevgeniy Balagula. Used with permission; 9. Courtesy of New York State Department of Health; 10. ©DermAtlas, Robin Stevenson. Used with permission; 11. ©DermAtlas, Alison Young. Used with permission; 12. Centers for Disease Control and Prevention, <http://phil.cdc.gov/phil>



Learn more about Lyme disease symptoms at  
[www.cdc.gov/lyme/signs\\_symptoms](http://www.cdc.gov/lyme/signs_symptoms)





*Facial paralysis.*



*Bull's eye rash on the back.*



*Arthritic knee.*



## When to see your healthcare provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live.

If left untreated, Lyme disease can affect the joints, heart, or nervous system.

## Antibiotics treat Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include: doxycycline, amoxicillin, or cefuroxime axetil.

## Looking ahead to recovery

Rest and take antibiotics as prescribed. Recovery may take several weeks or longer.

Some people wonder if there is a test to confirm that they are cured, but there is no such test. Retesting for Lyme disease is not recommended because blood tests might be positive for months or years after you have been treated. A positive test doesn't mean you are still infected. It simply means that your immune system remembers your infection.

You can get Lyme disease again if you are bitten by another infected tick, so protect yourself from tick bites.

***For more information see [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme) and [www.cdc.gov/Ticks](http://www.cdc.gov/Ticks)***



# May 2025 ACES Monthly Focus

## Specialized Education. Strategic Impact.

### *Special Programs Funded by Tuition Assistance*

#### U.S. Army Recruiting Command (USAREC) - Approved AMEDD Programs

- Interservice Physician Assistant Program (IPAP)
- Army Medical Department Enlisted Commissioning Program (AECPP)
- Doctor of Physical Therapy (DPT) Program
- Enlisted to Medical Degree Preparatory Program (EMDP2)
- Master of Social Work (MSW) Program
- Master's Program in Nutrition
- Occupational Therapy Doctorate (OTD) Program

#### Key Facts:

- ✓ Eligible for TA funding
- 🎓 Lifetime cap: 39 semester hours per Soldier
- ⚠️ Only ONE Special Program allowed per military career

#### Why It Matters:

These programs offer Soldiers the opportunity to gain mission-essential credentials, increase competitiveness, and support transition planning — all within Army policy parameters.

#### Ready to Explore Your Options?

- ➡ Log into ArmyIgnitED
- ➡ Talk to your Counselor for eligibility guidance & approval process

***Special Programs* are focused educational pathways designed to meet unique Army needs, outside the scope of traditional degree programs. These are funded through Tuition Assistance (TA) and offer targeted skills for Soldiers pursuing specialized roles.**



# Fort Detrick Education Center



Office Hours: 0830-1500  
Building 1520, Suite 109  
301-619-2854

## Education Counseling Services

- Tuition Assistance (TA) Usage and Credentialing Assistance Program
  - ArmyIgnitED program navigation and assistance
  - Education Assessment and Education Goal Planning
  - College-Level Examination Program (CLEP) advisement
  - Brief Overview of Veterans Affairs (VA) education benefits
  - Evaluation of Military Experience for College Credit (JST)
  - Educational promotion points and evaluation memos
- ...plus more!

### Army Personnel Testing

- Armed Forces Classification Test (AFCT)
- Defense Language Aptitude Battery (DLAB)
- Defense Language Proficiency Test (DLPT)
- Oral Proficiency Interview (OPI)
- Selection Instrument for Flight Training (SIFT)

### Basic Education Skills Program (BSEP)

The BSEP is designed for soldiers who:

- Want to raise their GT score to 110 or higher
- Wish to improve basic math and English skills
- Want to improve work performance through stronger academic skills
- Desire tutoring in specific academic areas

For more information or to schedule an appointment, please call 301-619-2854 or email [usarmy.detrick.usag.mbx.dhr-aces@army.mil](mailto:usarmy.detrick.usag.mbx.dhr-aces@army.mil)



Headquarters Installation Management Command

## THE VIRTUAL EDUCATION CENTER

### ON DEMAND COUNSELING

**Service Hours: 0800-1700 EST**

- Download the MS teams App
- Scan the QR Code
- Sign-in as a Guest with Rank and Full Name
- Connect with an Army Education Guidance Counselor



Virtual support may be requested 24/7 via group email box:  
[usarmy.jbsa.imcom-hq.mbx.g1-aces-virtual-education-center@army.mil](mailto:usarmy.jbsa.imcom-hq.mbx.g1-aces-virtual-education-center@army.mil)



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