



POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, August 22, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Commissary, PX shorten hours Aug. 18

The commissary will be open 9 a.m. to 5 p.m. on Saturday, Aug. 18, closing one hour early, so that the parking lot can be used for concert fans. Parking will also be available at the Main Exchange, which will be open 9 a.m. to 4 p.m. on Saturday, with no evening hours. Patrons are encouraged to do their shopping early, then return to the installation for the concert, which begins at 7:30 p.m.

Movies cancelled for Saturday

The theater will be closed on Saturday, Aug. 18 to support the annual country concert at Shine Sports Field at 7:30 p.m. See schedule for movies to be shown on Friday.

Commercial Activities Hotline up and running

The CA telephone hotline at 410-278-7414, and CA email hotline at CA.Hotline@usag.apg.army.mil, are available to provide updates and answers to your questions concerning the CA Study. In addition, CA is now showing up as a choice on the first page of the APG Web site (www.apg.army.mil).

Teen concert to be held Sept. 1

Aberdeen Proving Ground Morale, Welfare and Recreation is presenting the Jessica Simpson Dreamchaser Tour with special guests Eden's Crush, Youngstown, Plus One and Toya, Sept. 1, 5 p.m. on Shine Sports Field.

This self-contained show, dubbed the "Extreme Venue", is an arena on wheels featuring a 300-foot stadium stage surrounded by concession stands, interactive games, a bungee jump and rock climbing area and extreme exhibits like a 9-foot ramp for motorcycle riders.

The event is open to the

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VME team makes bag for veteran



Photo by HAROLD SMITH

Headquarters and Headquarters Company, 61st Ordnance Brigade's Greg Diamond, center and Sam Laymance, right, watch with interest as Keith Koob, left, from Aberdeen Proving Ground Garrison's Headquarters Support Troop, concentrates on a putt during the intramural golf championship round on Ruggles Golf Course. Diamond and Laymance prevailed winning the post championship over Koob and his partner, Stanley Edwards. Organizers said it was the first time two teams that finished the regular season in third place met in the finals.

Installation keeps mosquitoes under control

By Sheila Little
APG News

Although Maryland holds the national record for the number of West Nile Virus cases in birds this year with neighboring Baltimore County and Baltimore City reporting 39 birds testing positive for the virus, none of the dead birds found and tested for the virus on Aberdeen Proving Ground were infected.

So far, the combined efforts of entomology personnel and installation residents and employees seem to be paying off.

Entomology personnel diligently investigate all reports of dead birds found on the installation, monitor mosquito populations and treat areas known to support mosquito breeding.

Abdul Sheikh, post entomologist, said installation personnel continue to use measures to decrease the mosquito population.

He encourages post residents to report any dead birds found on APG that display no signs of trauma, to the entomology office. Residents in the Edgewood and Aberdeen areas should call the office of the installation entomologist at 410-278-3303, to report dead birds for possible virus testing.

"Don't touch the birds, but make note of the location, including the building number if applicable, and call the entomologists," he said. "They will pick up and deliver for testing any birds that have not died from trauma."

Residents and employees should continue take precautions such as removing standing water and wearing protective clothing and insect repellent to avoid becoming a mosquito target.

Sheikh said entomology personnel are using a fog pesticide every other week as a precautionary measure in areas of the installation that are known as mosquito breeding grounds.

Fogging, which disperses a mosquito pesticide, covers a wide area and is considered the best way to control the mosquito pop-

ulation. Some field training areas are routinely fogged, but only on days when personnel will not be training in the field.

"By the time the troops return to the field, fogging has been completed for at least 24 hours," Sheikh said. "Therefore, exposure to pesticide chemicals is kept to a minimum."

In addition, mosquito dunks, a biological pesticide, is added to areas of standing water and other known breeding grounds. Mosquito dunks destroy mosquito larvae through biological, not chemical means. The treatment is effective for approximately 30 days.

For populated areas of the installation, a mosquito density of 21 females per trap must be met before any measures are taken to destroy the pests. Traps, set up and checked by U.S. Army Center for Health Promotion and Preventive Medicine and Kirk U.S. Army Health Clinic personnel, keep track of the number of females in the traps because only the female mosquito bites and transmits disease.

Mosquito traps may be checked more often if the situation warrants, Sheikh said.

The use of mosquito dunks is considered the first line of defense in areas of standing water because the dunks destroy mosquito larvae with minimal effect on the human and animal population.

Fogging may be scheduled for the housing areas if dunks do not bring about the desired results in a timely manner. Fogging in the housing areas is advertised ahead of time in the APG News and on WAPG-TV, Channel 3.

Sheikh said parents and their children and pets should remain inside a closed home during residential area fogging and not operate air conditioners until the vehicle leaves the area.

See WEST NILE VIRUS page 13

APG devotes Saturday to country music

By Sheila Little
APG News

If you see an unusual number of people wearing jeans, boots and other western wear this weekend, follow them to an event any music fan will not want to miss. Top country music will be in town and Aberdeen Proving Ground will be the place to be.

APG and Miller Genuine Draft host the annual country concert, Aug. 18, with live performances by Tim Rushlow, Diamond Rio, and headliner John Michael Montgomery.

Rushlow, the former lead singer of "Little Texas" leads off the evening with renditions of some of his recently released hits such as "She Misses Him", "In the Meantime" and "American Cars." He's known for songs that speak to the audience as they entertain, and cover a variety of subjects from love and devotion to dedication and pursuit of a goal, to just going out and having a good time.

Then, Diamond Rio takes to the stage, performing music they've been creating for over ten years. Combining bluegrass harmonies with a driving

See CONCERT, page 3

Krieger assumes command of Kirk

By Sheila Little
APG News

Giving credit to God for accomplishments realized under his command over the past four years, Col. Walter E. Egerton relinquished command of Kirk U.S. Army Health Clinic to Lt. Col. David D. Krieger on Aug. 6.

Col. Lairie O. Stabler, commander of the Fort George G. Meade Medical Activity, presided over the event held at Fanshaw Field, attended by a crowd undeterred by the heat, and sprinkled with government dignitaries, military commanders, their representatives and a host of family and friends. Secretary of Transportation Norman Y. Mineta and his wife, friends of the outgoing commander, were among those in attendance, along with Maj. Gen. Harold L. Timboe, commander of the

See KRIEGER page 6

OC&S employee receives award for exceptional civilian service



Photo by E.C. STARNES

Keith Katz inspects a safety board at the Tactical Support Equipment Department as part of his duties at the U.S. Army Ordnance Center and Schools. Such attention to detail has earned him numerous awards, to include the Exceptional Civilian Service Award presented by Maj. Gen. Mitchell Stevenson, chief of Ordnance.

By E. C. Starnes
OC&S

Environmental issues are not new to Aberdeen Proving Ground.

Decorations for exceptional civilian service in developing and implementing programs to help prevent pollution at APG are something else altogether.

The efforts of Keith Katz, the Environmental Program Manager for the U.S. Army Ordnance Center and Schools received just such recognition as Maj. Gen. Mitchell Stevenson, OC&S commander, pinned on the civilian equivalent to the Distinguished Service Medal as his wife, Kathy, and daughter, Michele, looked on.

Katz was cited for reinventing "the concept of environmental compliance at the U.S. Army Ordnance Center and Schools. His innovative 'out-of-the-box' approaches to environmental compliance have transformed the institution from a traditional 'end-of-the-pipe' polluter into the federal government's model facility," noted the award justification narrative.

His efforts include the implementation of a central hazardous materials facility, stringent screening of all hazardous materials prior to purchase; a testing and evaluation program for

environmentally preferred alternative products; a standardized hazardous materials catalog; centralized procurement, storage, and tracking all hazardous materials; and complete integration of affirmative procurement guidelines into procurement policy.

"As a direct result [of his efforts], generations of hazardous waste decreased by over 99 percent, industrial waste water discharges were eliminated, volatile air emissions from cleaning and degreasing operations were eliminated, air emissions from painting operations were decreased by over 50 percent, and storm water pollution sources were reduced by over 66 percent," the narrative continued.

Katz is credited with increasing awareness of pollution prevention among the Ordnance Corps' Active and Reserve Component units through a dynamic series of awareness and promotion activities. This includes painting symposiums, printed materials, development of an Earth Day program for APG, and an integrated environmental and safety compliance training program.

In 1997 he introduced the use of innovative concepts such as solar powered lighting sys-

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POST SHORTS

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public. Alcohol is prohibited. It will be held rain or shine. No re-entry once admitted to the field. No pets, coolers or beverage containers, food, chairs, video recorders, or flash photography are permitted. Gates will open at 4 p.m.; show starts at 5 p.m.

Tickets (age 3 and older) cost \$25 in advance and \$35 at the gate, and are available at the MWR main ticket office, 410-278-4011 or Ticketmaster at 1-800-551-SEAT.

Manager needed for EA Thrift Shop

The Edgewood Area Thrift Shop is accepting applications for the position of manager. Duty hours are 10 a.m. to 3 p.m., Tuesdays and Thursdays. Applicant must be a valid military ID card holder. The paid position requires one month of manager training without pay. For more information, contact Marcey Perez, 410-676-4733, or stop by the Thrift Shop, building E-1633.

JHU courses at HEAT Center

Time remains to register for Johns Hopkins University graduate courses, Chemical Foundations of Biotechnology and Advanced Biochemistry I, starting in September at the HEAT Center. Registration is open through Aug. 26 with late registration from Aug. 27-31.

Visit the Web page www.jhu.edu/pgp-as or call 410-516-6057 for more information.

NCMA Monthly meeting

The National Contract Management Association, Upper Chesapeake Chapter, will hold its monthly meeting 11:30 a.m. Aug. 28 at the Top of the Bay. Guest speaker will be Mary Starks, chief, Program Cost and Analysis Team, Resource Management Office, Program Manager for Chemical Demilitarization. Starks will give a presentation on "A Planning, Programming, Budgeting and Execution Systems Overview," or "PPBES - LIGHT." For more information, or to attend, call Raj Malhotra, 410-436-7037, or email to raj.malhotra@pmcd.apgea.army.mil or call Joan Hauser, 410-436-3577 or email to joan.hauser@sbccom.apgea.army.mil. Swearing in of chapter officers for the new program year will immediately follow the presentation.

Re-Nu-It Centers close for Labor Day Weekend

The Edgewood Area Re-Nu-It Center will close for Labor Day weekend at 4:30 p.m. Aug. 31. The Aberdeen Area center will close at 4:30 p.m. Sept. 1. Both centers will resume their regular schedules at 8 a.m. Sept. 4. For information call William Settles, 410-278-8814/8815.

FLEP applications being accepted

Applications are now being accepted for the Army's Funded Legal Education Program, or FLEP. Under this program, up to 15 Army officers may be selected to attend law school at government expense while on active duty.

Selected participants in the FLEP will attend law school beginning the fall of 2002 and remain on active duty while attending law school at either their state's-supported school or a school that grants military members in-state tuition.

Because of possible funding limitations, participation will be contingent on availability of funds.

This program is open only to active duty commissioned officers who have at least two but not more than six years of active duty at the time legal training commences. Further eligibility requirements and the application procedures are set forth in AR 27-1, Chapter 14, The Judge Advocate General's Funded Legal Education Program. Eligibility requirements are governed by statute 10 U.S.C. 2004 and are not waivable.

Eligible officers interested in applying should immediately register for the fall offering of the Law School Admission Test. The original application must be sent through command channels, to include the officer's branch manager at U.S. Army Personnel Command, and be received in the office of the Judge Advocate General, ATTN: DAJA-PT, 1777 North Kent Street, Rosslyn, VA 22209-2194 Washington, D.C. 20310-2206, by Nov. 1. Applications for the FLEP should be submitted well in advance of the deadline.

CPOCMA to hold job fair at Ft. Meade

The Civilian Personnel Operations Center Management Agency will hold a job fair at Club Meade, 6600 Mapes Road on Ft. Meade, Aug. 25, 8 a.m. to 3 p.m.

Career Intern Training Program positions for civilians in the fields of engineering, science, information management, contracting and acquisition, are available at General Schedule grades 05 or 07, with beginning annual salaries of \$24,000 to \$35,000.

Applicants should bring a current resume and college transcripts. Veterans should bring DD 214, Discharge from Active Duty and Veterans Administration Disability Letter.

For more information, call Brenda Gurley, 410-306-1756, or Lee Carver, 410-306-1742.

Bowling league forming

The Wednesday Nite Mixed League is in need of men and women bowlers. The league begins the night of Sept. 5 and ends approximately April 1. Everyone is invited to join. For more information, call Dolores Huff, 410 679-1718.

Pollution Prevention



Plastic bags and other plastic garbage thrown into the ocean kills as many as a million sea creatures every year.

New Hampshire Department of Environmental Services

TRICARE for Life briefings

Kirk US Army Health Clinic will hold briefings on "TRICARE for Life" for all those beneficiaries 65 and over at the Post Theater. The dates and times are:

- Aug. 29 - 10 a.m. to noon
- Sept. 5 - 10 a.m. to noon
- Sept. 12 - 6 to 8 p.m.
- Sept. 14 - 10 a.m. to noon
- Sept. 18 - 6 to 8 p.m.
- Sept. 19 - 10 a.m. to noon
- Sept. 25 - 6 to 8 p.m.

An additional briefing will be held at the Edgewood Conference Center Sept. 24, 10 a.m. to noon.

Blood drive at ARL

The American Red Cross will conduct a blood drive on post at the U.S. Army Research Laboratory's Ballistics Research Laboratory Hall, building 330, Aug. 23, 9 a.m. to 1 p.m. To donate blood you must be at least 17 years old, weigh at least 110 pounds, have no tattoos that are less than one year old, and have no sore throat, runny nose, or productive cough. To clear the 56-day limit between donations, you must have given on or before June 28 to donate on Aug. 23.

BRL Hall is located at the intersection of Longs Corner Road and Tower Road, and is normally in a secured area. For this blood drive building 330, will be directly accessible from Tower Road without having to go through normal security procedures. If you can donate, call or e-mail Staff Sgt. Laing, 410-278-5843, dlaing@arl.army.mil, for an appointment.

Automated pharmacy system to experience down time Aug. 30 to Sept. 3

Due to changes in automation systems at Kirk U.S. Army Health Clinic and the entire National Capital Region, the pharmacies will experience system down time beginning Aug. 30 and extend through Sept. 3. The system will return to normal operations on Sept. 4.

During the down time period, the ability to process prescriptions and especially refills will be extremely limited. If you will need a refill during this time period, call in your prescription at least 72 hours before Aug. 30. The refill telephone number is 1-800-248-6337, or visit the Web site, <http://consult.wramc.amedd.army.mil/refills>. For assistance, contact the pharmacy at 410-278-1945 or 410-278-1946.

Education Center offers certification testing

The Army Education Center will administer the Automotive Service Excellence certification tests Nov. 8, 13, and 15, for military personnel (active duty, Guard and Reserve). There is a \$26 registration fee plus a \$21 charge for each test. Soldiers having a military occupational specialty, or MOS, of 52B, 52C, 52D, 61C, 62B, 63B through 63Y, those who previously held the MOS, or those currently enrolled in an associates degree program in automotive technology, will have their test fee paid by the Army.

Funding is limited to three specialty tests. The automotive tests to be administered are engine repair; suspension and steering; brakes; engine performance; automotive transaxle; manual drive train and axles; electric and electronic systems; and heating and air conditioning. The truck tests include gasoline engines, diesel engines, drive train, brakes, suspension and steering. DANTES does not fund the advanced engine performance or the truck electronic, diesel engine diagnostic specialist tests that cost \$41 or any recertification tests.

For more information and to apply for these tests, visit the Aberdeen Area Army Education Center, building 3145, or call 410-278-2380 or 3515, or visit the Edgewood Area Army Education Center, building E-4410, or call 410-436-2166.

Application deadline for these tests is Sept. 10.

Learn to enrich your relationships

Army Community Service will offer Enrich Your Relationships to present the techniques of building relationships, learning respect, communication, understanding and listening skills. Day and evening classes are forming. For more information, call Marie Mastracco, ACS, 410-278-7474/7478.

Donna's Pit Beef extends hours

Donna's Pit Beef is now offering extended hours of operation to her customers. The new hours are 11 a.m. to 5 p.m.

Women's Equality Day set for Aug. 22

The Aberdeen Proving Ground Federal Women's Program will host the Women's Equality Day ceremonies on Aug. 22, 1:30 p.m., at Top of the Bay. Awards will recognize those individuals and organizations exemplary in their support of FWP goals. Award categories are outstanding woman of the year, supervisor/manager of the year and activity most supportive of FWP goals. For questions concerning this event, call Sheryl Coleman, APG FWP chairperson, 410-306-0173, or Diane Siler, FWP manager, 410-278-1137.

Registration open for APG Youth gymnastics classes

Gymnastics classes will be held each Saturday starting Sept. 22. In the Aberdeen Area, youths can register from 9 a.m. to 5 p.m., Aug. 16 to 24; and from 6 - 8 p.m., Aug. 28 to 30. Cost is \$35 for each 10-week session. Youths must be current members of the Youth Center. For an appointment, call Amie Pryzgod, 410-278-7571. Scheduled times for classes include 9 to 10 a.m. for age 2 1/2; 10 to 11 a.m. for ages 5 to 7; and 11 a.m. to noon for ages 8 and up. In the Edgewood Area, for pre-registration, contact Scott Cottrell, 410-436-2862, or scott.cottrell@usag.apg.army.mil, building E-1902.

APG Youth School of Dance opens

The APG Youth School of Dance costs \$65 for members and \$70 for guests per discipline. There is a \$10 discount off additional disciplines. All participants must pay \$15 annual registration fee. Dance registration will be held from 6 to 8 p.m., Aug. 28 to 30, building 2485. For more information, call Amie Pryzgod, 410-278-7571. For dance questions, call Cris Jordan, 410-457-5290 after 6 p.m.

Scheduled times for ballet, jazz and tap classes and age groups include:

Tuesdays, ballet/jazz from 4:30 to 5:30 p.m. for ages 3-4. Ballet from 5:30 to 6:30 p.m. for ages 7 and 8; from 6:30 to 7:30 p.m. for ages 9 to 13; and from 7:30 to 8:30 p.m., for teens.

Wednesdays ballet/jazz from 4:30 to 5:30 p.m. for ages 5 and 6. Jazz from 5:30 to 6:30 p.m. for ages 7 and 8; from 6:30 to 7:30 p.m. for ages 9 to 13; and from 7:30 to 8:30 p.m. for ages 14 and up.

Thursdays tap from 4:30 to 5:30 p.m. for ages 4 to 6; from 5:30 to 6:30 p.m. for ages 7 and 8; from 6:30 to 7:30 p.m. for ages 9 to 13; and from 7:30 to 8:30 p.m. for teens.

Managers needed at AA Thrift Shop

The Aberdeen Area Thrift Shop is accepting applications for the positions of manager and clearance room manager through Aug. 23. Duty hours are Wednesdays, 11 a.m. to 6 p.m. and Thursdays, 10 a.m. to 2 p.m. These are paid positions. For more information, contact Diane Wilson, 410-297-8508, or stop by the AA Thrift Shop, building 2458.

The 'Recruit the Recruiter Team' to visit

The 'Recruit the Recruiter Team' from Headquarters, U.S. Army Recruiting Command, Ft. Knox, Ky., will brief on the challenges, benefits and opportunities to become recruiters. Briefings will be held at the Ball Conference Center, building 3074 at 7 a.m. and 1:30 p.m., Aug. 28.

More information can be found at Web site www.usarec.army.mil or contact Master Sgt. Stanley Edwards or Sgt. 1st Class Ann Westman, 410-278-2769 or 3184.

APG News

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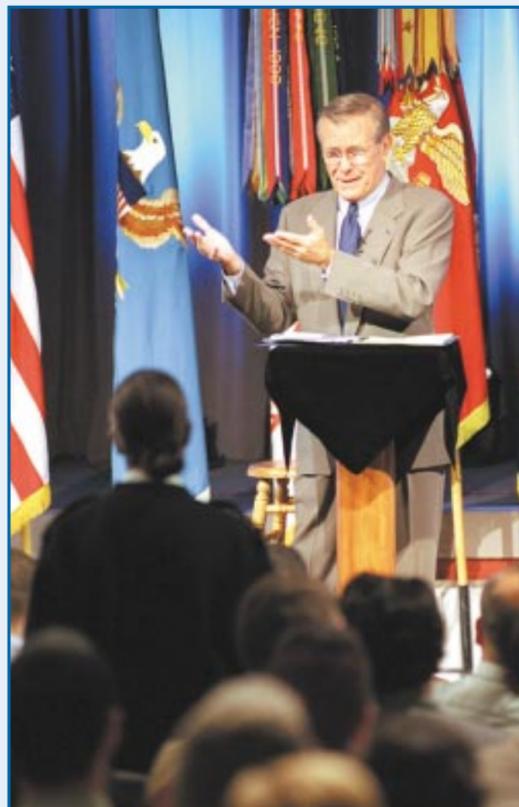
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Deadline for copy is Thursday at noon for the following Thursday's paper.

STAFF

APG Commander Maj. Gen. John C. Doesburg
Public Affairs Officer George P. Mercer
Acting Editor Pat McClung
Editorial Assistants Marguerite Towson
Contract Photojournalists Yvonne Johnson
 Sheila Little
Graphic Designer Diane Burrier
Web site www.apgnews.apg.army.mil

ARMY REPORTER GETS RESPONSE



DoD photo by R.D. WARD

Army Staff Sgt. Marcia Trigggs (standing) listens as secretary of defense donald H. Rumsfeld answers her question during a town hall meeting at the entagon on Aug 9. Triggs, a reporter with the Army News Service, wanted to know if Rumsfeld really was considering cutting Army strength by two divisions when the Army's leadership has been requesting more personnel. Rumsfeld prefaced his reply with a broad smile and the comment, "You don't believe everything you read in the press, do you?"

Organizers striving to give soldiers what they want

R&B groups sought for wider audience appeal

By **Yvonne Johnson**
APG News

With two concerts set to close out the 2001 summer on Aberdeen Proving Ground, some soldiers and civilians expressed concern that their interests are being overlooked by those involved in booking musical acts on post.

APG Garrison Command Sgt. Maj. Ronald Stallings and Randy Moore, chief of the Community Recreation Division, are working together to assure the community they are aware of the lack of diversity among the performers.

"Morale, Welfare and Recreation has been striving for more than a year to obtain groups that reflect the community's interests," Moore said. "We want to dispel the perception that we only go after country and western or rock groups."

The post has been hosting concerts since 1992. For different reasons, country, rock and classic rock acts are affordable and actively available for early-on bookings three to six months out.

"We need that amount of time to advertise, promote and produce a show," Moore said, adding that since 1999, people have been asking why no R&B, Rap or Urban Pop groups were being booked to perform on APG.

"We realized we dropped the ball early on and didn't have a good explanation as to why," Moore said, adding that the office immediately began exploring available R&B talent.

"Since 2000, we have actively pursued six artists from Gerald Levert to Jagged Edge," Moore said. "For several reasons, we have been unable to obtain a firm booking but are still aiming for an R&B concert in the Post Theater."

He added that an indoor concert was planned due to

feedback from the population that an indoor location was preferred.

"One problem is that R&B performers are more in line with the mainstream music on the radio. They spend a lot of time in the studio or making personal appearances, and they aren't as willing to book that far out," Moore said. "That leaves us competing with a greater number of venues for the same act."

He said a major disappointment was in December 2000 when his office solicited six R&B groups offering legitimate market price for their services.

"The garrison commander, (then Col. Robert J. Spidel) agreed we should go for this venture even if it meant we wouldn't break even because we hadn't satisfied that part of our customer base," Moore said.

In addition, the Department of the Army had agreed that APG would be the test site for a nationally sponsored R&B tour held in an indoor setting. They contacted Gerald Levert, Brian McKnight, R. Kelly, Kelly Price, Jagged Edge and Musiq, offering top dollar and asking for a one-to-two night booking.

"All either turned us down or slow walked us trying for a better deal," Moore said.

"Although the theater only seats 966 people we would have done it," Moore said, noting that Levert and one opening act would cost about \$37,000.

"Levert's people wanted to confirm two weeks out. We needed more time than that."

Declining to comment on the motives of business managers, Moore said that while some acts may have legitimate scheduling conflicts, others might use an offer as leverage for a better deal elsewhere.

"R&B acts, as well as other artists with current material,

do not make money from record sales. They make their money by actively and aggressively touring. It is also in their best interest to play large markets with a high gross potential for ticket sales. This ensures the greatest exposure with the best financial reward. This is one more reason why it is tough to sign talent with current material. They are always looking for the large market venues. While I think we have a great venue and exceptional production capabilities, we are not the Baltimore Arena or the Lyric Opera House."

Though still hoping to obtain an act that will satisfy everyone, Moore noted that the upcoming Sept. 1 concert features new performers geared toward a youthful audience.

The promoters for the Sept. 1 Dreamchaser concert approached us, literally dropping it in our laps, Moore said. The low maintenance show features five acts, its own stage and interactive games. Like all concerts on post, the proceeds will benefit MWR and the service members and civilians of APG.

Moore added that Stallings has been a huge supporter of the program even though "he gets beat up about it."

"People may tend to think the worst because they don't know what we go through or what negotiations are going on," Moore said adding that Stallings is greatly concerned about his soldiers and wants very much to satisfy their needs."

Stallings said his top priority is signing the kind of top acts young soldiers are asking for.

"We're not going after just anybody," Stallings said. "We want a good artist or group that people will come see and enjoy. We're focused on R&B, which can be hip hop, rap or popular music because it's the kind of music that transcends

racess and backgrounds and it's what our soldiers want to hear."

Stallings added he is actively pursuing a two-night show for the October to December time frame.

"This is the peak season for Advanced Individual Training companies," he said. "With 3,500 students right here on APG, we can easily support two shows."

Stallings said people should find out what securing entertainment involves instead of jumping to the wrong conclusion and falling victim to the "we-they syndrome."

"We know we haven't come through yet, but it's not because we're not trying," he said, adding that he is fully comfortable with MWR efforts in this endeavor.

Members of the Better Opportunities for Single Soldiers, or B.O.S.S. program will be involved in the decision-making process in signing performers and will run all concessions during performances, Stallings said.

"This is going to happen," he said. "I will make it my business to update everyone on what we are doing to bring it about."

"Just find out what's going on before you draw the wrong conclusion," he added.

This is not about making excuses. It's about replacing perceptions with facts."

Freedom Federal breaks ground for its third office

By **Bonnie Kirkwood**

Freedom Federal Credit Union hosted Harford County Executive Jim Harkins, Clark Turner, developer of Park Avenue at Bel Air, W. Paul Thompson, director of Architectural Design Works Inc., their board of directors and managers at a groundbreaking for their third office to be built on Route 924, in the new Park Avenue complex.

"As the first organization to break ground in Park Avenue, we are very excited about the opportunity this provides for us to serve a greater number of people in the Harford Community," said George Scheeler, Freedom's chief executive officer.

Freedom's new location will feature a community room, three drive-thru windows, a drive-up ATM and a resource center for children and teens.

"The community room will be available to groups and associations of Harford County. We are committed to developing a strong relationship with the community we serve," Scheeler said.

Membership at Freedom, which recently became a community credit union, is open to everyone who lives and works in Harford County, and their family members.

With two offices in the county already, Freedom plans to serve the entire community by adding more offices and utilizing the latest technology to provide their members with free, remote access to their accounts.

"Our top priority is to provide the people of the Harford

community with convenient, flexible and valuable ways to manage their finances," added Scheeler.

As a community credit union, Freedom is able to provide low cost loans and high

interest, no fee savings options to those in the county who need it most. Freedom is one of the fastest growing credit unions in the state, with over 20,000 members and \$155

See CREDIT UNION, page 14

OC&S instructors team up with post EMS for lifesaving program

By E. C. Starnes
OC&S

"There's a soldier down!"
The cry shatters the early morning calm of the class area at the Tactical Support Equipment Department at the U.S. Army Ordnance Center and Schools.

"He's on a live wire. Somebody call 911. Somebody grab the hook," yells Staff Sgt. Casey Scott, an instructor with the department as he hurries toward the still body.

Jackie Wilson, a civilian instructor, grabs the non-conductive safety hook from the nearby safety board and hurries to move the soldier off the wire coming from the wiring harness of a 60,000 BTU air conditioning unit. He quickly pulls the body away from the dangerous wires.

Scott immediately kneels down and listens and looks for breathing while checking for a carotid pulse. The soldier is not breathing and has no pulse. He begins CPR while Wilson rushes to grab the department's AED, or automated external defibrillator.

As Scott continues to administer CPR, Wilson takes two "quik combo" pads from the AED and attaches both to the patient's chest and tells Scott to stand clear of the patient. He presses an analyze button on the AED and the machine automatically searches for a heart rhythm as it advises all nearby to "stand clear."

The AED detects a shockable heart rhythm and announces, "shock advised." The machine whines as it builds up the required electrical power for the shock. After it advises the operator to shock the patient, Wilson calls for everyone to stand clear and pushes the shock button. The machine then advises everyone to stand clear and begins analyzing again.

After three shocks, the AED advises the rescuers to check for a pulse. When no pulse is found, CPR is repeated for another minute and then the machine takes over again.



Photo by E.C. STARNES

U.S. Army Ordnance Center and Schools instructor Staff Sgt. Casey Scott (left) performs CPR while fellow instructor Jackie Wilson works with the LIFEPAK 500 as Aberdeen Proving Ground Emergency Medical Services Chief Ray Campbell (standing left), OC&S Safety and Environmental Officer Keith Katz, and OC&S Commander Maj. Gen. Mitchell Stevenson look on. The two instructors demonstrate their skills with the first automated external defibrillator, or AED, presented to the school as part of a new lifesaving program.

After a series of three sets of three shocks, Scott finds a pulse and sees that the soldier is breathing again.

At that time the ambulance from Aberdeen Proving Ground Emergency Medical Services pulls up and trained medical technicians take over treatment.

The time from discovery to the EMS arrival is about 7 to 9 minutes. The patient is soon "packaged" and taken to Harford Memorial Hospital where he is released after two days.

This scenario, played out for OC&S commander, Maj. Gen. Mitchell Stevenson, and

instructors and department heads, was an introduction to a new program within OC&S training departments.

The "shocked" soldier was not real, but a training mannequin provided by APG EMS. Scott and Wilson are real and have trained under a first aid program implemented under a cooperative program between the OC&S Safety and Environmental Office and APG EMS. The AED, a LIFEPAK 500, was real and is in place today in TSED.

On hand to brief the new concept and device were Keith Katz, the safety and environmental officer for OC&S, and

Ray Campbell, APG EMS chief.

"This enhanced ability to provide first aid is the result of a program implemented this year to train OC&S instructors to perform CPR and utilize the AED," Katz said. "In close cooperation with Chief Campbell, there are now more than 60 employees qualified to provide this lifesaving technique throughout OC&S."

The basis for the program is the Cardiac Arrest Survivor Act of 2000, which has called for the placement of AEDs throughout federal buildings and other work areas.

See LIFEPAK, page 6

Mask team cited as AMC's best



Photo courtesy of ECBC

U.S. Army Materiel Command Commander Gen. John Coburn, left, presents Rick Decker, team leader and system manager, and his team with AMC's Outstanding Product/Weapon System Team of the Year Award for 2001 for their work on a new protective mask for all branches of the United States military.

By Kelly Buckingham
ECBC

A team of engineers and scientists based at the Aberdeen Proving Ground was honored in July as the best within the U.S. Army Materiel Command for its work in developing the next generation of protective masks for all branches of the United States military.

The team, working on the new Joint Service General Purpose Mask, or JSGPM, was presented AMC's Outstanding Integrated Product/Weapon System Team of the Year Award for 2001 in a ceremony held at the Edgewood Area of APG. The ceremony was presided over by the AMC Commander, Gen. John Coburn.

The JSGPM team is assigned to the Project Manager for Nuclear, Biological and Chemical Defense Systems, U.S. Army Soldier and Biological Chemical Command, a major subordinate command of the AMC.

The new mask will be used by all branches of the military

and provide face, eye and respiratory protection from chemical and biological agents and toxins that soldiers may encounter on the battlefield.

"Here we have a team working for the good of all services coming together to produce this great mask that has greater capabilities at a lower cost and can be used by all services," Coburn said.

The JSGPM will replace service unique masks and includes a series of improvements, such as improved protection against toxins and agents, improved field of view, lower breathing resistance, reduced weight, and improved capability with sighting and targeting devices.

The AMC Outstanding Integrated Product/Weapon System Team of the Year Award is presented to the AMC Integrated Product Team making the most significant contributions in the area of materiel management during the preceding calendar year and significantly contributing to the execution of the AMC mission while honoring all traditional American military val-

ues.

The basis for selection of the JSGPM Team is their extraordinary record of achievement while inspiring others to improve quality and quantity of their work during the calendar year 2000.

The team was cited for the outstanding manner in which they evaluated, awarded and executed a clearly defined performance-based "benchmark cradle-to-grave" long-term contract, embracing the total life-cycle acquisition management concept, implementing acquisition and logistics reform initiatives, and partnering with a contractor for a new protective mask system. The team accomplished these efforts within the schedule and budget constraints of the program requirements while employing novel and innovative concepts.

In comparison to previous mask programs, this acquisition approach is expected to field a revolutionary mask in less than half the time with an estimated cost avoidance of over \$400 million during the total life-cycle of the JSGPM.

Richard Decker, team leader and system manager, stated, "This is an important time in our services for joint integration. Joint service projects will provide the best cost effective equipment performance for our soldiers, sailors, Marines and airmen in the future."

The members of the 43-person team include military personnel from the U.S. Army, Marine Corps and the Air Force. Civilian employees include engineers, technicians, scientists, attorneys, procurement specialists, contracting officers, logistics, equipment and packaging specialists, and cost/price analysts.

The award includes monetary awards for all Department of Defense civilian employees, and military awards to joint service members.

The Product Manager for NBC Defense Systems manages Joint Service and Army

development, integration, testing, production, fielding, and total life-cycle support of assigned nuclear, biological, and chemical defense systems to include detection, respiratory protection, and reconnaissance systems. The PM-NBC Defense Systems is located at the Edgewood Area of Aberdeen Proving Ground.

For more information about the organization contact Jim Allingham, public affairs officer, 410-436-4347, or visit the Web site at <http://www.sbc.com.apgea.army.mil>.

Katz honored

KATZ, from front page

tems, rechargeable dry cell batteries that save more than \$57,000 annually, rechargeable battery-powered lawn mowers that reduced operating costs by 30 percent, motor pool storm water treatment, and non-polluting bullet range technology to APG.

A closed-loop re-refined oil program and a closed loop metal recycling program led to reduced life-cycle costs for oil and purchase costs for metal products for training. A program to install water saving showerheads in all the OC&S barracks saves 23 million gallons of water and \$74,000 annually.

In 1998, his programs resulted in OC&S being named a recipient of the White House Closing the Circle Award as the federal government's model pollution prevention and affirmative procurement program. The Secretary of the Army, as the third place winner of the annual Army Pollution Prevention Award, also recognized this program.

Katz, a native of Port Jervis, N.Y., is a former Quartermaster officer and served at OC&S as a major. In December 1992 he became an environmental protection specialist for the OC&S as a civilian employee. He has received numerous awards from the military and outside agencies for his innovative programs to include three awards from the Federal Executive Board, the Superior Civilian Service Award, two Meritorious Civilian Service Awards, the White House Closing the Circle Award and the National Performance Award.

LIFEPAK 500 and CPR save lives

FROM LIFEPAK, from page 4

At APG, the AED program is regulated by the Maryland Institute for Emergency Medical Services under the Maryland Facility Automated External Defibrillation Program. OC&S is officially registered through MIEMSS via the APG EMS. Campbell and his staff conduct the CPR/AED training and oversee the maintenance and operation of the program. The equipment will receive periodic maintenance from the medical technicians at Kirk U.S. Army Health Clinic.

The average survival rate of witnessed sudden cardiac arrest in the United States is 5 percent, but in areas that use early defibrillation programs the local survival rates jump as high as 20 percent.

Some studies indicate that survival rates for people stricken with sudden cardiac arrest decreases 10 percent each

minute with CPR alone, but survival can improve from 5 to 74 percent if an AED is used in conjunction with CPR within the first 3 minutes after the heart goes into ventricular fibrillation.

"The [LIFEPAK 500] AED is designed for use by non-medical laymen with minimal training," said Katz. "According to the APG Fire Department, in a best case scenario, it takes the EMS 7 minutes to arrive on site from the time a person suffers cardiac arrest, someone calls 911, and the ambulance is dispatched and travels to the building."

The AED used in the demonstration was the first piece of equipment presented to the school by Campbell. An additional 11 AEDs are planned for OC&S facilities with electrical hazards.

"The plan at OC&S is to identify the training areas where there is a higher risk of accident involving electrical training

or maintenance of electronic equipment," explained Katz. "Once these areas are identified, the employees and instructors are provided CPR/AED training by the APG EMS paramedics. Once employees are trained, AEDs are purchased and placed in their facilities.

"Once the program is fully implemented next fiscal year, there will be 120 CPR/AED certified employees throughout OC&S and 12 AEDs placed in the training facilities.

"The department directors and commanders identified the need for CPR-trained individuals in their facilities on a survey conducted by the Safety and Environmental Office," noted Katz.

The survey was conducted as part of the U.S. Army Training and Doctrine Command Commander's Medical Support to Training Policy.

Kirk welcomes new commander

KRIEGER, from front page

North Atlantic Regional Medical Command, and Brig. Gen. (P) Lester Martinez-Lopez, commander of the U.S. Army Center for Health Promotion and Preventive Medicine.

Reviewing some of Egerton's accomplishments over the last four years, Stabler credited Egerton with initiating the Soldier Health In-processing Program, known as SHIP, designed to minimize lost training time by identifying disabling medical conditions in advanced individual training students as they arrive at Aberdeen Proving Ground.

"SHIP dramatically reduced the Ordnance Center and Schools' medical holdover rate, once among the highest in TRADOC (Training and Doctrine Command)," Stabler said.

Additional accomplishments included expanding Primary Care services at Kirk, bringing in the first family practitioners and expanding nurse practitioner support at the clinic. Initiating Nurse Triage, a program in which patients are evaluated and treated according to the severity of their presenting condition, and a reorganization of the Urgent Care Clinic.

Stabler also congratulated Egerton for successfully securing funds used to upgrade the clinic.

Pleased with the accomplishments of Egerton, Stabler welcomed Krieger and named

him "among an astounding number of officers of the highest quality in the Army Medical Command."

Timboe presented the Legion of Merit to Egerton for four years of competence, character and leadership.

Egerton, a North Carolina native, received his undergraduate and medical degrees from the University of North Carolina at Chapel Hill. Assignments include an internship, residency and fellowship at the William Beaumont Army Medical Center, located at Fort Bliss, El Paso, Texas, staff physician at the 34th General Hospital, Augsburg, Germany, where he also served as a consultant in adolescent medicine for 7th Medical Command, and immediately prior to arriving at APG, assignments at Keller Army Community Hospital at the U.S. Military Academy at West Point. While at the military academy, Egerton served as brigade surgeon for the Corps of Cadets, chief of the Department of Medicine, and Deputy Commander for Clinical Services.

A member of the Order of Military Medical Merit, the pediatrician holds several military awards including the Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal and Armed Forces Reserve Medal.

Egerton and his wife Deborah, have three children,

Tiffany Vickers, Jason and Blake, and three grandchildren.

As he said his farewells, Egerton chose to focus on the teamwork of those at KUSAHC rather than list his accomplishments. Thanking God for the blessing of an excellent staff of military and civilian personnel and adding, "no one does anything alone," the outgoing commander of Kirk and the director of health services, thanked his family for their support, and also thanked everyone connected with KUSAHC.

"I honestly feel that I have had, these past four years, the best job in the whole AMEDD," Egerton said. "I have been blessed to work with the finest staff, and in a community that, despite the adversity, and despite the hardship, always managed to pull together for the greater good."

Addressing God, Egerton said, "I pray that this work has been pleasing in Your sight and that the lives we have touched have benefited from the work that You have allowed us to do."

Acknowledging the support of his wife, mother, and other family members, the AMEDD command, and all KUSAHC soldiers and civilians, Egerton thanked God asked for continued blessings for the incoming commander and his family.

"You have blessed me," he said. "God's blessings on all of you."

Krieger, with a degree in Osteopathic Medicine, entered the service in 1985, with an initial assignment at Fort Bliss, Texas. Krieger has flight surgeon experience at the battalion and brigade levels, in addition to serving as a flight surgeon course director. In that capacity, Krieger was named Army Aviation Flight Surgeon of the Year in 1991. Receiving a masters degree in Public Health from Harvard the following year, he completed Aerospace and Occupational Health residencies two years later.

Krieger comes to APG from Fort Knox, Ky., completing an assignment as deputy commander for clinical services at Ireland Army Community Hospital. Foreign assignments include posts in Wuerzburg, Germany, Tuzla, Bosnia-Herzegovina, and Yongson, South Korea.

Krieger and his wife, Unhui, have two daughters, Ashley, 10, and Kristine, 9.

The incoming commander kept his remarks short. Congratulating Egerton and the staff for a warm welcome, he said he was honored to become commander of such a fine organization.

"One soldier leaves and another stands ready to accept the flag," Stabler said. "Lt. Col. Krieger is clearly ready for this next challenge and I pledge my support to ensuring his success in command."

Sports & Recreation

HHC 61st takes intramural Golf championship

Diamond, Laymance out duel HST duo

By Yvonne Johnson
APG News

For the first time in recent memory, two third-place teams advanced to Aberdeen Proving Ground's Intramural Golf Championships Aug. 9 at Ruggles Golf Course.

Greg Diamond and Sam Laymance of Headquarters and Headquarters Company, 61st Ordnance Brigade, won the championship over Headquarters Support Troop's Keith Koob and Stanley Edwards.

Diamond departed the command for Korea on Aug. 13.

Tournament director, Harold Smith of the Edgewood Area's Hoyle Gym, said the top three teams from the American and National Divisions advanced to the post season tournament.

"All six teams were outstanding," Smith

said. "It was anybody's tournament."

Laymance, an Army specialist who works part time at Ruggles, said he enjoyed bringing the championship to HHC 61st.

"The season was a lot of fun," Laymance said. "I was sorry to see it end."

He said that although the final round began "pretty close," he and Diamond soon pulled away to an insurmountable lead.

"We only played six holes of a nine-hole match. With three holes left, they needed four to win so that was it," Laymance said.

The other teams advancing to the tournament included Headquarters and Headquarters Company, 16th Ordnance Battalion, the U.S. Air Force Detachment, the U.S. Marine Corps Detachment and the U.S. Army Center for Health Promotion and Preventive Medicine.



Photo by HAROLD SMITH

Keith Koob readies his putting stance during the final rounds of the Aug. 3 intramural golf championship. Headquarters and Headquarters Company, 61st Ordnance Brigade's Greg Diamond and Sam Laymance took home the 2001 golf championship trophies.

Golf Update

The following results were reported for the Intramural Golf post season tournament.

Standings

American Division

HHC 16th 6-2-0
USAF #3 5-2-1

HST

4-2-2

National Division

USMC #1 6-2-0

CHPPM 6-2-0

HHC 61st 5-3-0

Tournament results

July 26

HHC 61st defeated USAF

HST defeated CHPPM

Aug. 2

HHC 61st defeated HHC 16th

HST defeated USMC

Aug. 9

HHC 61st defeated HST

Photo by YVONNE JOHNSON

The U.S. Air Force Detachment's Jesse McAllister rounds third base during an Aug. 6 game against Company E, 16th Ordnance Battalion.



Softball Update

Intramural softball's post season tournament is still underway due to heavy rainfall last weekend.

Play resumed Aug. 15 with all games being played through Aug. 19 at the Edgewood Area's Wise and Marylander fields. The championship is set for Monday, Aug 20, 6:30 p.m. in the Edgewood Area. The following results were reported for the post season tournament as of Aug. 10

Results

Aug. 10
Company E 16th, 20; NCOA, 12

HHC 16th, 13; Company E 16th, 1
USAF, 16; Company C 143rd, 11
SBCCOM, 19; Company A 143rd, 8
SBCCOM, 20; Company C 16th, 8
Regular season final standings

American Division

** HHC 16th 15-1
* USMC 12-4
* NCOA 9-7
KUSAHC 7-9
HHC 143rd 7-9
HHC 61st 1-15

National Division

**Company C 16th 11-2
*USAF 10-3
*Company E 16th 9-4
USMC 3-10
Company A 16th 2-11
Edgewood Area
**Company B 143rd 11-4
*SBCCOM 10-5
*Company C 143rd 10-5
Company A 143rd 9-6
CHPPM 4-11
** Clinched division
* Clinched post season berth

Community Notes

FRIDAY

AUGUST 17

ALABAMA TO PERFORM BENEFIT CONCERT

The Cystic Fibrosis Foundation will host the Metris 14th Annual Benefit Concert for Cystic Fibrosis, 7:30 p.m., at the Baltimore Arena. The event will feature Country Group of the Decade, Alabama. Tickets will go on sale 10 a.m. on Saturday, June 9, and can be purchased from Ticketmaster, 410-481-SEAT. For more information about the benefit concert, cystic fibrosis or the Cystic Fibrosis Foundation, call 410-771-9000.

BASKET BINGO

VFW Post 10146 Ladies Auxiliary will sponsor Longaberger Basket Bingo at the Aberdeen Fire Hall, Rogers Street, Aberdeen, 7 p.m. Doors open at 6 p.m. Proceeds will benefit a local girls' youth organization.

Pit beef, ham, and turkey, barbeque, drinks and baked goods will be available. Tickets cost \$10, additional sets cost \$5. For tickets, call Brenda Conjour, 410-273-7332, or Evelyn Jewell, 410-272-9208.

FRIDAY NIGHT BINGO

Weedon-Elliott VFW 8126 will hold Bingo 7 p.m., at Joseph I. Davis American Legion Post 47, 501 St. John St., Havre de Grace. Bingo includes early birds, two jackpots and winner-take-all. Proceeds to benefit the Voice of Democracy and the National Youth Essay Program.

SATURDAY

AUGUST 18

APG AUTHOR'S BOOK SIGNING IN BEL AIR

The Barnes and Nobles bookstore on Rte. 24 in Bel Air is sponsoring a book signing from 1 to 3 p.m. for Ivan P. Mehosky's book "The Story of a Soldier."

Mehosky is acting youth development specialist for the Garrison's Army Community Services.

The book tells the story of his father, a World War II veteran who participated in the Normandy Invasion on June 6, 1944, D-Day. Mehosky interviewed several members of Company E, 2nd Battalion, 506th Parachute Regiment who will be the subject of the Home Box Office mini-series "Band of Brothers" scheduled to begin Sept. 9. Steven Spielberg and Tom Hanks produced the 10-part series.

Mehosky said the series tells of the regiment's formation, deployment to England, jumps into Normandy and Holland, and the epic defense of Bastogne and the Battle of the Bulge.

SHOWTIME AT THE APOLLO

Sisters Striving For Success, Inc.'s "Third Annual ShowTime at the Apollo" will feature Aberdeen's best "4 PM Vocal Artists." The Apollo Show will be held at Havre de Grace High School, 6 to 9 p.m. Tickets cost \$7 for adults and \$4 for children ages 12 and under. Cash prizes will be awarded. All funds will be contributed to the organization's scholarship fund, which is distributed to selected graduating seniors in Harford County. For information or tickets, call 410-273-6367, 410-272-7553, 410-676-7934, or Donna at Anthony's Barbershop in Edgewood (Salon side), 410-273-6367.

FREE OUTDOOR MOVIE

The downtown Bel Air Revitalization Project is showing its first free outdoor movie, "The Wizard of Oz" on the wall of the Bel Air Academy in the first block of East Pennsylvania Ave. in Bel Air. Movie will start between 8 and 8:30 p.m. Hot dogs, soda and popcorn will be available to purchase.

TUESDAY

AUGUST 21

IN-PERSON REGISTRATION FOR JHU COURSES

In-person registration for Johns Hopkins University's fall semester graduate courses will be held at the HEAT Center from 4 to 6:30 p.m. Chemical Foundations in Biotechnology is offered on Tuesdays from 6:30 to 9:15 p.m. Advanced Biochemistry I is offered on Saturdays from 9 to 11:45 a.m. These are part of JHU's biotechnology program.

For additional information call Patrick Cummings 410-516-4724 or e-mail cupa@jhu.edu or pqp-@jhu.edu

WEDNESDAY

AUGUST 22

JHU COURSES AT HEAT CENTER

In-person registration for Johns Hopkins University's graduate courses will be held at the HEAT Center from 4 to 6:30 p.m. Environmental Engineering, Subsurface Fate and Containment Transport, and Chemical Engineering, Safety Risk Management, start in September as part of JHU's part-time programs in engineering and applied science. Visit the Web page www.jhu.edu/pgp-as or call 410-516-6057 for more information.

SATURDAY

AUGUST 25

SUMMER SPLASH 2001

Celebrate the remaining summer days at "Summer Splash 2001," an adult indoor swim party, from 10 p.m. to 2 a.m. at the Knight Diver Aquatic Center. You must be 21 years of age or over with valid identification to enter. Music will be provided by DJ Sir Knight. A \$100 prize will be awarded for the best swimsuit – the best doesn't always mean less. No long jeans or Timberlake boots. Tickets cost \$10 in advance, \$15 at the door.

The Knight Diver Aquatic Center is located at 1105 Business Center Way, Edgewood, (behind Thompson Toyota on Route 40). For more information or to purchase tickets, call Sgt. 1st Class Bryan Copeland, 1-800-683-1158.

SUNDAY

AUGUST 26

CRAB FEAST

The Veterans of Foreign Wars Post 10028 Ladies Auxiliary will sponsor a crab feast featuring steamed crabs, crab soup, pit beef, fried chicken, salads, draft beer and soda from 2 to 6 p.m., and music until 7 p.m. Tickets are \$30 in advance and \$35 at the door. For more information, call 410-272-1218 or 410-569-0127.

THURSDAY

AUGUST 30

RAB MEETING

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting on Aug. 30, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topics will include updates on the Lauderick Creek Chemical Warfare Materiel Removal Action and the Westwood Study Area. Board meetings are open to the public. All APG employees and citizens are invited.

For more information, call 410-272-8842 or 1-800-APG-9998.

SATURDAY

SEPTEMBER 8

WACVA MONTHLY MEETING

The Women's Army Corps Veterans Association Maryland Free State Chapter No. 70 will hold their next meeting of the Maryland Free State Chapter 10 a.m. at the Aberdeen Senior Citizen Center. All women who have served or are serving in the Women's Army Auxiliary Corps, Women's Army Corps, Regular Army, Army Reserve, Army National Guard and Army Nurse Corps are welcome to attend. Also welcome, as associate members, are women of the Navy, Marines, Air Force and Coast Guard.

For more information about the association, contact Wanda Story, 410-272-5040 or visit Web sites www.wacva.com or www.armywomen.org.

BASKET BINGO

The "International Order of Job's Daughters," Bethel No. 55, Darlington, will hold Longaberger Basket Bingo at the Aberdeen Fire Hall, Rogers Street, Aberdeen, 7 p.m. Doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets cost \$5. For tickets call Brenda Conjour, 410-273-7332, Karen Crehan, 410-273-0782, or 410-273-5372 and leave a message.

MONDAY

SEPTEMBER 10

SAFE BOATING COURSES OFFERED AT AREA HIGH SCHOOLS

The Bush River Power Squadron will hold Safe Boating Courses at 7:30 p.m., Sept. 10, at C. Milton Wright High School and Sept. 11 at Joppatowne High School. Classes run for nine weeks. For more information, call 410-378-3902 or 410-679-3951.

SATURDAY

SEPTEMBER 15

COMEDY JAM PT II

Charlton-Miller VFW Post No. 6054 is presenting "Saturday Night Comedy Jam PT II" featuring, from the "Kiss My Bumper" commercial and BET Comic View, comedian HOWARD G and Friends! Donations are \$10 in advance and \$15 at the door. Tickets are available at VFW Post No. 6054 or contact senior vice commander at 410-272-3444. There will also be an "after-party" Jam.

BASKET BINGO

Longaberger Basket Bingo to benefit Good Shepherd Catholic School will be held at the Good Shepherd School, 810 Aiken Ave., Perryville, 7:00 p.m. Doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets cost \$5. For tickets, call Good Shepherd School, 410-642-6265, or Brenda Conjour, 410-273-7332.

FRIDAY

SEPTEMBER 21

BASKET BINGO

Longaberger Basket Bingo to benefit Aberdeen Parks and Recreation cheerleaders will be held at the Aberdeen Fire Hall, Rogers Street, Aberdeen, 7 p.m. Doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets cost \$5. For tickets, call Sue Sampson 410-273-6210.

MWR UPDATE

Edgewood Arts & Crafts, building E-4440, is a Morale, Welfare Recreation facility and is open to active and retired military, civilians, and contractors working on Aberdeen Proving Ground and their dependents. Thursday, 1 to 9 p.m., Friday and Saturday, 9 a.m. to 5 p.m. For more information call 410-436-2153.

The Edgewood Arts and Crafts center is conducting a clearance sale on cross stitch thread and books for 10 cents each.

All craft classes listed below are held at the Edgewood Arts and Crafts Center

Woodshop orientation

The woodshop will hold a safety orientation on Sept. 1, 9:30 to 10:30 a.m. There is a \$3 user fee. This class is required in order to work in the woodshop.

Ceramic class
A basic ceramic class will be held on Sept. 8, 10 a.m. to 1 p.m. This class teaches the basics of mold pouring, glazing, and painting. Cost is \$7, plus supplies.

Stained glass class

A beginning stained glass class will be held on

Saturday, Aug. 25 and Sept. 15, 9:30 a.m. to 1:30 p.m. Students will be making a simple suncatcher using the copper foil method. Cost is \$25 and includes supplies.

Framing class

A beginning matting and framing class will be held Aug. 30 and Sept. 25, 5:30 to 9 p.m. Students must bring an 8 inch by 10 inch picture to class to frame and pre register in advance because class size is limited. Cost is \$15, plus supplies.
Custom Framing
A professional picture framer is available to help with all of your framing needs. Photographs, diplomas, limited-edition prints, cross stitch, posters, oil paintings or just about anything can be framed. There is a wide selection of mats and frames to choose from. Large or small pictures can be framed for your home or office. VISA or master card are accepted, including government VISA cards. Two locations are available for all your framing needs, one in Aberdeen in building 2407, and another in Edgewood in building E-4440. For information, call 410-278-4207 or 410-436-2153.

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50
Building 3245 Aberdeen Boulevard

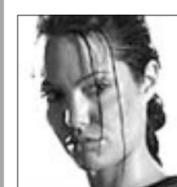
ARTIFICIAL INTELLIGENCE

Friday, Aug. 17, 7 p.m.

Starring: Haley Joel Osment, William Hurt



Sometime in the future of the 21st century, mankind depends upon computers with artificial intelligence to maintain our way of life. Man has also found new friends in A.I., in the form of robots that are used for a variety of functions. A boy robot is on an emotional journey toward becoming something more. (Rated PG-13)



LARA CROFT: TOMB RAIDER (Free Admission)

Friday, Aug. 18, 9 p.m.

Starring: Angelina Jolie, Jon Voight

Based on the video game, goddess Lara Croft has finally come to life. Lady Lara Croft, a voluptuous English heiress, is searching for pieces of a device that can manipulate time. While the villains want it for nefarious means, Lara's motivation is familiar: to see her dead father. (Rated PG-13)

The theater will be closed Saturday, August 18, in preparation for the Miller Genuine Draft Country Concert at the Shine Sports Field.

LIBRARY BOOK CORNER

The Garrison Library has new children's books for your reading pleasure. Visit either the Aberdeen Area Library or the Edgewood Area Branch Library and check out the selections.



Milo's Hat Trick by Jon Agee

Little Green by Keith Baker

Farm Flu by Teresa Bateman

You and Me by Stella Blackstone

The Bus for Us by Suzanne Bloom

Willy's Pictures by Anthony Browne

Captain Zap and the Evil Baron von Fishhead by Jon Buller

Mrs. McTats and Her Houseful of Cats by Alyssa Capucilli



Cinderella illustrated by K.Y. Craft

On a Wintry Morning by Doris J. Chaconas

Beware of the Storybook Wolves by Lauren Child

The Garrison Library has new health related books. Visit the Aberdeen Area Library or the Edgewood Area Branch

The operating hours of the Aberdeen Area library are Monday through Wednesday, 11:30 a.m. to 6:30 p.m., Thursday and Friday, closed and Saturday and Sunday, 1 to 5 p.m.

Edgewood Area library will be closed Sunday through Tuesday and Saturday; and open Wednesday, 11:30 a.m. to 5:30 p.m.; Thursday, 1:30 to 7:30 p.m. and Friday, 11:30 a.m. to 3:30 p.m.

OC&S LIBRARY

The Ordnance Center and Schools Library is located in the basement of building 3071. Hours are Monday and Thursday, noon to 5 p.m., Tuesday and Wednesday, noon to 7 p.m., and Friday, noon to 4 p.m.

The Civilian Welfare Fund is sponsoring the following upcoming trips:

Oct. 20 - Shop 'til you drop at Potomac Mills. The cost is \$20 per person for charter bus transportation.

Nov. 16 - Spend the evening at the Three Little Bakers Dinner Theater. The price is \$45 per person, including charter bus transportation, dinner and the Christmas Show.

Nov. 24 - Nothing gets you in the holiday spirit quite like Christmas in New York City. Enjoy the Radio City Music Hall Christmas Show, featuring the famous Rockettes. The cost is \$99 per person, including charter bus transportation and the show.

March 13-20 - Spend a

week in Ireland. CWF sponsored this trip in 2001 and found it so rewarding that we are going back to the land of beautiful green countrysides, charming hospitality and Irish pride. Places of particular interest will be Shannon, the Cliffs of Moher, Galway, Limerick, Killarney, the Dingle Peninsula, Blarney, Tipperary, Waterford, Cashel and Dublin. The price is \$1,185 per person and includes airfare, hotel stays, breakfasts, tours and most dinners.

Please call Angela Keithley or Jacqueline McKeever, at 410-278-4603/4771 for reservations and more information.



Army News



Hot Topics spotlights risk management

Army News Service

Eighty-seven soldiers died during the first half of fiscal year 2001, in fatalities ranging from aircraft crashes and carbon monoxide poisoning to privately owned vehicle accidents.

Many of the deaths might have been prevented, officials said, had leaders practiced risk management - the process of identifying, assessing and controlling the hazards that endanger people, equipment and missions.

The Summer 2001 Hot Topics, titled "Risk Management: Lives in Leaders' Hands," will explain how leaders can protect the lives and equipment under their care by planning safety into each stage of mission accomplishment.

The Hot Topics insert, which appears in the August edition of Soldiers magazine, will feature an outline of the five-step risk management process, safety standards, a profile of safety-con-

scious leaders, a pullout commander's checklist and guidelines for preventing privately owned vehicle accidents.

Army Field Manual 100-14, "Risk Management," dictates that every leader and commander is responsible for guarding soldiers from unnecessary risks.

According to Col. John Warren, U.S. Army Safety Center deputy commander, leaders are good at identifying risks but fail to establish controls that eliminate or decrease those risks to a level at which benefits outweigh potential costs. Soldiers also forget that once control measures are implemented and new standards are enforced, the risk management process begins all over again with identifying new or changing hazards.

Safety Center research indicates that 80 percent of Army accidents - on the battlefield and off - involve human error. Soldiers in the grades of E-1 through E-4 often induce greater risk by

underestimating hazards or overestimating personal ability. Warren added that young soldiers also have the most POV accidents. In fiscal year 2000, 111 soldiers died in off-duty POV accidents.

"No excuse is good enough when telling a wife, husband, mother or father that a loved one has died or been injured in an accident," said Brig. Gen. Gene M. LaCoste, Safety Center director. "If you think making time to talk about safety is wasted effort, think about facing a victim's family."

Although fatality and accident rates dropped in ground and aviation operations in fiscal year 2000, Warren said that safety is fragile and commanders must continually emphasize safety so soldiers don't grow complacent.

(Editor's note: Beth Reece of Soldier's magazine is the author and editor of Hot Topics.)

Mustard agent exposure remains "indeterminate"

On July 12 the Department of Defense released the final version of its case narrative, "Reported Mustard Exposure Operation Desert Storm." This final report concludes the investigation into the possibility that a soldier was exposed to mustard agent during the Gulf War. Investigators from the Office of the Special Assistant for Gulf War Illnesses, Medical Readiness and Military Deployments assessed this incident as "indeterminate."

This final report concurs with the interim narrative published in October last year. Since then, no new evidence and no new leads were developed that contradict the assessment as stated in the second interim report. However, minor editorial changes were made prior to publishing this final report.

The investigation examines the March 2, 1991, diagnosis of then Pfc. David A. Fisher as having been exposed to liquid mustard chemical warfare agent. Among the strongest evidence supporting the

conclusion that he was exposed to a chemical warfare agent were statements from well-trained medical personnel who diagnosed and treated the injury as an exposure to mustard agent. However, the only surviving evidence that supports a mustard exposure was a videotape of a MM-1 operator's screen during an examination of a flak jacket. While the videotape was evaluated in 1993 by an expert as a valid detection, further examination in 2000 revealed the sample was missing critical ions necessary for mustard presence.

In 1991, a physician and leading expert in the field of chemical warfare agent injuries concurred with the diagnosis of chemical warfare agent injury. However, in 1995 and 1999 interviews, this doctor also stated that other causes could explain Fisher's injury.

Because another cause could not be found, the nature of the injury remains open.

A urinalysis also failed to detect

thiodiglycol, a mustard breakdown product. This result was inconsistent with the diagnosis, but not unexpected considering the low-level of exposure.

Additionally, the location of the bunker where Fisher was believed exposed was 100 miles from Iraq's nearest chemical warfare storage facility according to the CIA and the United Nations Special Committee on Iraq. The CIA and UNSCOM have reported no evidence that Iraq moved any chemical warfare agents south of Khamisiyah.

Due to the conflicting evidence, investigators are less certain and the assessment of this event remains as indeterminate.

(Editor's Note: This narrative, and all other publications of the Office of the Special Assistant for Gulf War Illnesses, Medical Readiness and Military Deployments, is posted on GulfLINK at http://www.gulfink.osd.mil/fisher_fin. This is an official United States Department of Defense news release.)

Web-based sponsorship helps soldiers going to Europe

Army News Service

Soldiers with orders to U.S. Army, Europe, can now go online to 'meet' their sponsor, get information about concurrent travel for their family members, and learn their assignment locations.

The Sponsorship Gateway to Europe, or S-GATE, is a web-based sponsorship program hosted by the 1st Personnel Command. It allows soldiers moving to USAREUR to access sponsor information via the Internet. Inbound personnel can enter the site by going to www.1perscom.army.mil and clicking on S-GATE. After entering their Social Security number, birth date, and primary military occupational specialty, soldiers will see a welcome letter that contains information about their sponsor.

"They can complete a

Needs Assessment Checklist which allows them to request specific information, and e-mail this list, along with any other questions they may have, directly back to the sponsor," said Walter Erzar, 1st PERSCOM S-GATE program manager.

"There is also a lot of information about the soldier's unit and community, child care, family member employment opportunities and housing."

In addition, soldiers also have access to the USAREUR Driver's Manual so they will be ready to get their driver's license when they arrive.

"More than 2,700 soldiers have used the program to assist with their permanent change of station since the site's activation in February," Erzar said.

When Pfc. Jason Currie, **See SPONSORS, page 14**

FINANCIAL TIP

Stocks - the building blocks of an investment portfolio

By Tricia Jewitt
ACS

Whatever your financial goals - planning for retirement, saving for your children's college education or buying a home - stocks will probably form the cornerstone of your investment portfolio.

Stocks are essential for growth

The case for equities can be summed up in one word—growth. The long-term record that stocks have created for generating higher returns than other investments is the single best reason for owning stocks. For example, if, in 1926, a dollar invested in the S&P 500 stock index would have grown to more than \$1,300 by the end of 1996. That same dollar invested in Treasury bills during the same time frame would have grown to less than \$14; invested in government bonds to about \$34; and invested in corporate bonds to approximately \$49, according to Ibbotson Associates, Chicago. Although past performance does not guarantee future results, these figures are impressive.

Other benefits

In addition to their outstanding performance record as an excellent reason for owning stocks, when constructing a portfolio of stocks other benefits include:

- Choosing stocks that will accurately reflect your personal risk profile and investment objectives.
- The opportunity to participate in price gains in any one stock or market sector.
- Retaining direct control of buy and sell decisions.
- The flexibility to time buys and sells for tax purposes.

How to choose?

When selecting from the tens of thousands of available stocks that are best suited to your needs, consider assessing your risk tolerance, diversifying and selecting quality stocks.

Building and managing a portfolio of stocks is an integral part of the long-term, wealth-building process. View it as a process that requires patience and discipline.

A financial adviser can help make stock investing part of your long-term portfolio-building plan. They can help review your portfolio periodically to help keep you on track toward achieving your financial objectives.

While stocks offer the potential for capital appreciation, their value will fluctuate with changes in market conditions.

Treasury bills provide current income and are government guaranteed as to the payment of principals; long-term bonds offer income and return of principal at maturity.

(Editor's note: This article does not constitute tax or legal advice. Consult your tax or legal advisers before making any tax- or legally-related investment decisions. This article is published for general informational purposes and is not an offer or solicitation to sell or buy any securities or commodities. Any particular investment should be analyzed based on its terms and risks as it relates to a specific investor's circumstances and objectives. Chris Miller from Morgan Stanley, contributed to this article.)

MWR TRAVEL WEBSITES



Reservations made easy using the Internet

For anyone thinking about that vacation or holiday travel, here are some Web sites to visit for leisure travel planning:

www.offdutytravel.com
www.satovacations.com
www.travelocity.com
www.expedia.com
www.priceline.com
www.airfare.com
www.bestfares.com
www.cheapflights.com
www.alaskaair.com
www.americawest.com
www.aa.com
www.bahamasair.com
www.flycontinental.com
www.delta-air.com
www.hawaiianair.com
www.klm.nl

www.lufthansa.com
www.mexicana.com
www.flynwa.com
www.qantas.com.au
www.iflyswa.com
www.twa.com
www.ual.com
www.usair.com
www.disneyworld.com
www.disneyland.com
www.disneylandparis.com
www.4adventure.com
www.animalkingdom.com
www.tokyodisneyland.co.jp
www.usf.com
www.peterpan-bus.com
www.amtrak.com

For more information or assistance with any of these, call the Information, Ticketing and Registration Office at 410-278-4011 or 4621.

LEAVE DONATION

Employees eligible for donations in the Voluntary Leave Transfer Program are:

Ameneh M. Arasten (maternity)
 Fay Walker Banker (hip replacement)
 Marian Bellis (fracture of left tibia)
 Barbara Boyd (mother is ill)
 Bonnie Bromley (liver transplant)
 Daniel Brown (father has emphysema)
 Tammy Budkey
 Nancy Coleman-Jones (surgery)
 Tracy H Coliano-Hirsch (maternity)
 Geraldine S. Cragg
 Dawn M. Crouse (surgery)
 Bonnie K. Day (surgery)
 Tricia Lin Dietz
 Fred Dill
 Joseph R. Dugan
 Messina Enderlein
 Wayne Erb (wife is ill)

Willa Freisheim
 Michael L. Hitchcock (surgery)
 Melanie A. Hoffman (parasinusitis, fibromyalgia condition)
 Stephen Howard (bone marrow transplant)
 Wayne A. Jaynes
 Evelyn K. Johnson (surgery)
 Carole Jones
 Valerie A. Jones
 Marlin Julian (heart surgery)
 Mary B. Kane (surgery on leg)
 Jennifer Keetley (maternity)
 Beverly King (caring for husband)
 William Klein
 Yvonne Lissimore (knee surgery)
 Angela R. Little (neck and shoulder injury)
 Edna L. Lobodzinski (eye surgery)

William B. McLean (kidney failure)
 Rebecca G. Mercer-Leto (heart attack)
 Stacy Miller (maternity)
 Sandra W. Miller (back surgery)
 Shirley A. Murphy (terminal illness)
 Cecil Pennington (surgery)
 Debi L. Petosky (back surgery)
 Mary E. Pettway
 Barbara Carol Remines (surgery)
 Angela L. Reeves (maternity leave)
 Michael Reynolds
 Boyd J. Richards (care of mother)
 Denise Robinson (maternity)
 Ricky Ross (heart attack)
 Tami C. Rowland (maternity)
 Allan Scarborough (back surgery)
 Ralph A. Scutti (care of daughter)

Sherry Schaffer
 Lena Shelton
 Motoko Stahl
 Rachel Swearingen
 Ronald L. Taylor (chronic pulmonary disease)
 Frances L. Thomas
 Rosalind Walters-Kenion (maternity)
 Cecelia Walton (respiratory problems)
 Charles Young (kidney and pancreas transplant)
 Amber M. Vanakin (care of husband)
 Andrew M. Vaught (brain tumor removed)
 Elaine R. Wetherell Josephine O.
 Wojciehowski (care for elderly parents)

For information about donating annual leave, call Dave Mial at 410-278-1524 or fax 410-278-7877.

Healthy living: The Five-A-Day way

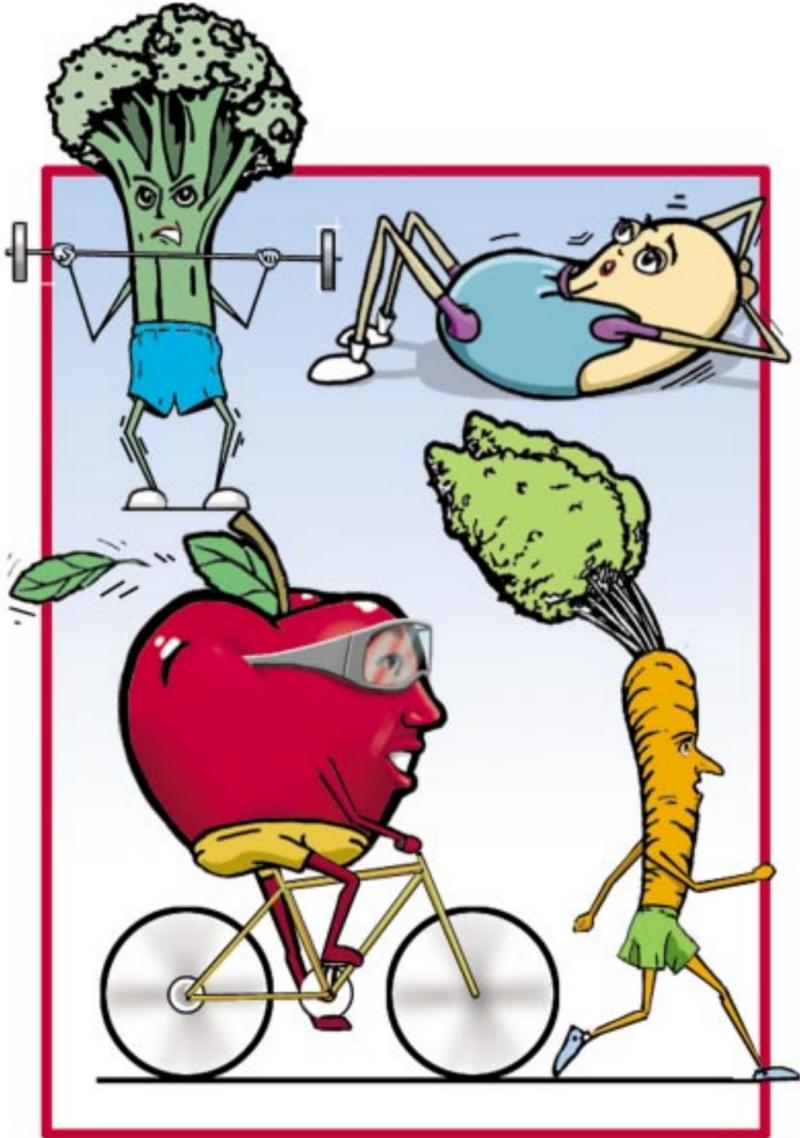


Illustration by MARK D, FISCHER

TRICARE Prime enrollment cards receive a new look

Courtesy of TRICARE Prime

Certain TRICARE Prime enrollees will start receiving the next generation of the TRICARE Prime enrollment card this summer. The new TRICARE Prime card has a standardized look around the globe and will be printed centrally by the Defense Manpower Data Center, the agency that maintains the Defense Enrollment Eligibility Reporting System, where eligibility reporting currently is done.

The redesigned card provides beneficiaries with essential health care contact information.

TRICARE Prime, TRICARE Senior Prime and TRICARE Prime Remote new enrollees, as well as those who move to a different TRICARE region, will begin receiving the redesigned card this summer. Replacement cards for these programs also will be in the new format. Beneficiaries who enroll in

the Uniformed Services Family Health Plan will continue to receive a separate beneficiary card provided through the Iowa Foundation for Medical Care.

The new Prime enrollment card is filled with essential contact information to help enrollees access health care. The contact information is based upon the beneficiary's type of Prime enrollment (TRICARE Prime, TRICARE Senior Prime or TRICARE Prime Remote) and location (continental United States or overseas). The detailed contact information includes: whom to contact after receiving emergency treatment and when to call; the phone number for retail pharmacy questions; the TRICARE claims telephone numbers; where to call to obtain authorization for non-emergency care; and a number for health care information. The card also has spaces for writing in the primary care manager name and

phone number. The beneficiary's name, sponsor's Social Security number and status appear on all cards.

The new TRICARE Prime enrollment card does not replace any aspect of the current enrollment process that beneficiaries use to enroll in TRICARE Prime or when they move to another region. The only changes for beneficiaries are to the look and content of the Prime enrollment card.

Beneficiaries currently enrolled in TRICARE Prime and who have a Prime card do not need to obtain a new card. Their Prime cards are valid until they move or change status. Medicare-eligible beneficiaries age 65 and over who will begin using TRICARE For Life on Oct. 1 do not need a TRICARE enrollment card.

For more information on the new Prime cards, beneficiaries may call 1-888-DoD-CARE (1-888-363-2273).

Entomologists focus on health of installation residents and personnel

WEST NILE VIRUS, from front page

He said since the fogging done on the installation is considered toxic, keeping away from initial concentrations of pesticide fog is strongly suggested as a safety precaution.

"The health of all APG personnel and residents is our goal," Sheikh said.

APG residents and workers can do a lot to keep down the mosquito population and possibly avoid the use of pesticides where they live and work.

Suggestions include clearing rain gutters to

allow water to flow freely; removing old tires, or drilling holes in tires used as playground equipment; turning over wading pools, wagons, carts and wheel barrows when not in use; flushing water from outdoor plant holders or bird baths twice each week; avoiding areas known to be mosquito infested; avoiding unnecessary outdoor activities at dawn and dusk when mosquitoes are most active; wearing light clothing, long pants, long-sleeved shirts and a hat when outdoors; and using mosquito repellent according to directions.

About West Nile Virus

Q. How do people get West Nile virus?

A. People can get the virus from the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds.

Q. Can you get WNV from another person?

A. No. The virus is not transmitted person-to-person.

Q. Can you get WNV directly from birds?

A. There is no evidence that you can get the virus from handling infected birds, but persons should avoid bare-handed contact when handling

any dead animal.

Q. Besides mosquitoes, can you get West Nile Virus from other infected insects or ticks?

A. Infected mosquitoes are the primary source. Although infected ticks have been found in Asia and Africa, their role in transmission is uncertain.

Q. What are the symptoms of West Nile Virus?

A. Symptoms include fever, headache and body aches, often with skin rash and swollen lymph glands. More severe infections may be marked by neck stiffness,

stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis, and rarely, death.

Q. What can I do to reduce my risk of becoming infected with West Nile Virus?

A. Stay indoors at dawn and dusk. Avoid standing water and other known mosquito breeding areas. Wear long-sleeved shirts and long pants whenever you are outdoors, and apply insect repellent containing 35 percent DEET to exposed skin.

By Sgt. 1st Class Jennifer Brown
Directorate of Health Promotion and Wellness

Dietary Guidelines for Americans suggest that we eat a variety of fruits and vegetables to promote a healthy life style. The recommendations are to eat at least two servings of fruits and three servings of vegetables each day.

Why eat plenty of different fruits and vegetables?

Besides tasting good, fruits and vegetables contribute to better health because they are low in calories and fat, filling, and high in fiber, vitamins and minerals. Fruits and vegetables are rich in nutrients because they provide the best sources of Vitamin A (carotenoids), Vitamin C, folate, and potassium. (See Table below for sources of these nutrients.) Fiber is found only in plant foods: fruits and vegetables, dry beans and peas; and whole grain bread and cereals. They are quick to prepare and easy to eat. Choose whole or cut-up fruits and vegetables rather than juices, which have minimal amounts of fiber. Eating a variety of plant foods containing fiber is important for proper bowel function—it helps to reduce the symptoms of chronic constipation that are associated with diverticular disease and hemorrhoids. It also may lower the risk of heart disease and some cancers.

Most people can get enough vitamins and minerals by eating a reasonable daily diet that includes plenty of whole grains, fresh fruits, and vegetables. Vitamins and minerals are necessary for life and good health. They assist the enzymes and hormones that the body needs to grow, repair, produce energy, remove waste, and defend against infection. In addition, they keep bones strong, eyes sharp, brain alert, and protect against cancer and heart disease. Fruits and vegetables also contain disease-fighting phytochemicals that enhance health and may even prolong life.

Programs that promote fruits and vegetables

The Five-A-Day for Better Health Program is a nationwide nutrition campaign to encourage Americans to eat five or more servings of fruits and vegetables each day for better health. The program is sponsored by the National Cancer Institute and the Produce for Better Health Foundation, a nonprofit organization representing the fruit and vegetable industry. Both programs, along with the Dietary Guidelines for Americans, send the same message of promoting healthy diets and healthy lifestyles for Americans.

Every year, the NCI and the PBHF coordinate Five-A-Day activities in every state in the United States, the four United States territories, military service branches, and the Indian Health Services. Since the Five-A-Day Program was formed, it has focused on prevention and changing lifestyles for better health. The message has stimulated thousands of Americans to make positive changes in their daily lifestyle, leading to improvements in the way they eat. Today, the demand for fruits and vegetables has increased, and Americans are encouraging and motivating each other to eat at least five servings of fruits and vegetables a day for better health.

Advice for today

Follow the Dietary Guidelines for Americans and strive to eat at least two servings of fruits and at least three servings of vegetables each day. Create change in your community through your families, schools, health professionals, and commercial facilities by demanding more fruits and vegetables at school, at work, in restaurants, and in vending machines. Encourage and motivate your friends and neighbors to do the same. Your challenge is to live healthy, the Five-A-Day way.

Sources of vitamin A (carotenoids)

Orange vegetables like carrots, sweet potatoes, pumpkin

Dark-green leafy vegetables such as spinach, collards, turnip greens

Orange fruits like mango, cantaloupe, apricots

Tomatoes

Sources of vitamin C

Citrus fruits and juices, kiwi fruit, strawberries, cantaloupe

Broccoli, peppers, tomatoes, cabbage, potatoes

Leafy greens such as romaine lettuce, turnip greens, spinach

Sources of folate

Cooked dry beans and peas, peanuts

Oranges, orange juice

Dark-green leafy vegetables like spinach and mustard greens,

Romaine lettuce

Green peas

Sources of potassium

Baked white or sweet potato, cooked greens (such as spinach),

winter (orange) squash

Bananas, plantains, dried fruits such as apricots and prunes, orange juice

Cooked dry beans (such as baked beans) and lentils

Harford County clears the air over smoke-free dining

30 percent of county eateries are smoke-free

By Sheila Little

APG News

If you enjoy relaxing and eating in an atmosphere free from cigarette and cigar smoke, you don't have to go far in Harford County. Since the implementation of the Maryland law requiring restaurants to provide an area for non-smoking diners, many area restaurant owners are choosing to go completely smoke free.

Of the 274 restaurants currently operating in Harford County, 90, or 30 percent, are smoke free.

With smoking being a leading cause of cancer and heart disease, health department officials encourage all smokers to quit for their health or for those around them who may suffer affects from second-hand smoke. Many smokers who are trying to cut back on the amount they smoke find that limiting their exposure to pipe, cigar and cigarette smoke is helpful. That many restaurants in the county discourage smoking is 'good news' and should encourage better health for county residents, said Ruth Maiorana of the local county Health Department. In addition, smoke free restaurants are finding remaining smoke free is great business.

"Smokers and non-smokers alike often prefer to eat in smoke free restaurants," Maiorana said, and added that studies show restaurants often experience a surge in business and a reduction in cleaning costs, leading to higher profits for those who choose a smoke free atmosphere.

"We encourage businesses to go smoke free and help contribute to the improved health of county residents," Maiorana said.

The Crazy Swede Restaurant in Havre de Grace was the first to drop its smoking section and go smoke free nearly three years ago. David Beyers, co-owner and manager of the Crazy Swede, said business has improved since the restaurant went smoke free. He said the restaurant is now an upscale eatery with a family atmosphere, and noted that business has improved quite a bit.

"I'd say for every customer who left because we no longer offered smoking, we gained five," the restaurateur said.

Since that time, many new smoke-free

restaurants are opening in the county. Fallston Seafood and the Double T are two of those catering to non-smokers and those who choose not to smoke while dining.

County-wide smoke free eating establishments include all locations of Arby's, Burger King, Friendly's, Kentucky Fried Chicken, McDonald's, Subway, Taco Bell, Pizza Hut, and Wendy's.

Additional restaurants offering smoke free dining in Aberdeen include Beechtree Golf Club, Bob Evans Farms, Chinese Family Buffet, Frank's Pizza, Golden Corral, Lee's Hunan Restaurant, Mama Lucia, and Szechuan Inn. The Box Hill Pizzeria in Abingdon also offers smoke free dining.

In Bel Air the smoke free restaurants are Bagel Works, Bertucci's, Bob Evans Farms, Boston Market, Coffee Coffee, Cactus Willie's Steak Buffet, China Queen Buffet, CR Wings, Cracker Barrel, Double T Diner, Dunkin Donuts, Einstein Brothers Bagels, Golden Szechuan Inn, Hunan Chef Restaurant, Italian Sensations, Java Jacks, Lai Lai Chinese Kitchen, Seafood Festival, Tamberino's and The Fine Grind.

In Belcamp, participants are Riverside Gourmet Deli and Waffle House.

Edgewood eateries participating in smoke free dining include Buontempo Brothers/Frank's Pizza, China Haste, CR Wings, Golden City, Mama Maria's, and Pat's Pizza.

Fallston Seafood in Fallston offers smoke free dining. In Havre de Grace, participating restaurants are Bulle Rock, China Gourmet Buffet, Crazy Swede, Heritage Tea Room, La Cucina, and Pat's Pizza.

Jarrettsville participants are the Station House Restaurant and Chinese Boys.

For more information on smoke free dining in Maryland or the Smokefree Maryland Coalition, visit the web site www.smokefreemd.org.



Army volunteers make one-of-a-kind bag to assist disabled veteran

By Kelly Buckingham,
Bob Coen

The U.S. Army Soldier and Biological Chemical Command Volunteers for Medical Engineering recently made a one-of-a-kind bag specifically designed for a community member who uses a wheelchair. The bag will allow its recipient, James

Johnson, of Havre de Grace, to carry up to three grocery bags on a fixed route bus.

"This bag will give me access to my seatbelt and enable me to carry more bags," stated Johnson, who is a Vietnam War veteran. Before the bag, Johnson would often times have to use the seatbelt of his wheelchair to strap down grocery bags, and the strap could only hold down one bag.

The VME Team, located at the Edgewood Area of Aberdeen Proving Ground, uses innovative engineering to enable individuals with disabilities to become more independent.

Other recent projects include designing and making a wheelchair backpack to allow a handicapped high school student easy access to her school materials, and designing and making pot/pan fences for stove burners to allow one-handed cooking by a disabled client.



The VME Team was recently recognized by the ARC Northern Chesapeake Region and by Harford County Executive, James Harkins, for their efforts in the community and for their volunteer work in designing and fabricating innovative medical devices for the disabled and elderly in Harford and Cecil county communities.

The VME program was started in 1978 by John Staehlin, an engineer at Westinghouse Electronics in Linthicum, Maryland. VME is a Maryland 501(3) c non-profit organization. The program at APG began in 1998, and is unique because it is the first government organization to get involved in the VME program. Since 1998, the team has completed 14 projects for its clients.

The personnel who worked on the bag were Laurie Ann Kwiedorowicz, Gayanne Basham, and Lester Strauch. Currently, there are 20 VME Team members with backgrounds including engineering, science and occupational therapy.

For more information about the VME program, please contact Jim Allingham, Public Affairs Officer, at 410-436-4347, or SBCCOM VME Team Laurie Kwiedorowicz at 410-436-2274.

Freedom Federal CU branches out

CREDIT UNION, from page 3 million in assets. It was recently voted 'Best of Harford' in the category of personal financial institutions in a survey conducted by the Harford Business Ledger.

Freedom Federal offers a full range of products and services including free Internet banking, free checking with unlimited free checks, access to almost 600 free ATMs, and free cash advances on credit cards.

To provide its members

with more convenient access to their accounts, Freedom Federal initiated an innovative agreement with Allfirst Bank to share their Automated Teller Machines. Freedom members are able to use the nearly 600 Allfirst ATMs in the mid-Atlantic region at no cost.

Recognized in the financial industry as unique solution to a common problem, other credit unions have followed Freedom's lead.

Soldiers make connection early

SPONSORS, from page 12 181st Signal Battalion, used S-GATE, he learned what unit he would be joining.

"One of my recruiters showed me the S-GATE program, and I used that to get a pinpoint location of where I'd be," he said.

"Incoming soldiers like getting their sponsors early," Erzar said. "They also like the one-stop Web site to get access to a lot of information."

(Editor's note: This article was provided by U.S. Army, Europe's Command Information Office.)

Stars perform for crowd this weekend

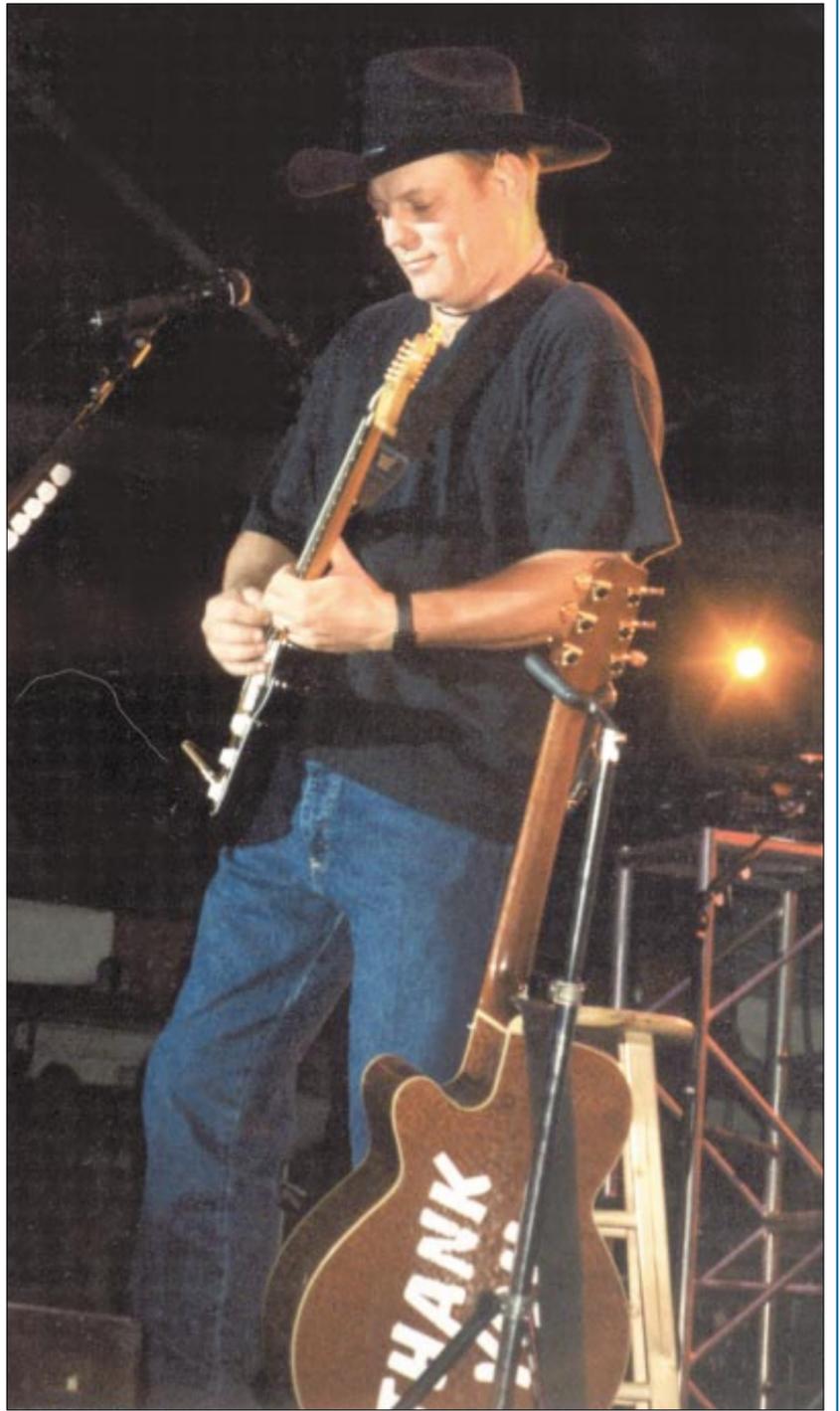


Photo by MONICA WOODTATE
DCA Publicity Office, Fort Sill, Okla.

John Michael Montgomery performs at the Miller Genuine Draft Army concert tour July 6 at the Polo Field at Fort Sill, Okla.

CONCERT, from front page

beat, the group which boasts six Vocal Group of the Year awards and 19 Top Ten country hits, will give vocal witness as to why, in 1998, they were the first band in 14 years to be inducted into the Grand Ole Opry.

Headliner John Michael Montgomery, admired by fans of all ages and both sexes, is expected to shower fans with songs old and new as they get into his hits "Be My Baby Tonight," and "I Swear," among a host of others he has recorded and written since hitting the big time some eight years ago.

APG is one of just a few sites where Montgomery will perform this year as he continues to spend more time creating music and being with his young family and less time on the road. You won't want to miss this great evening, and profits go to support soldier activities on the installation.

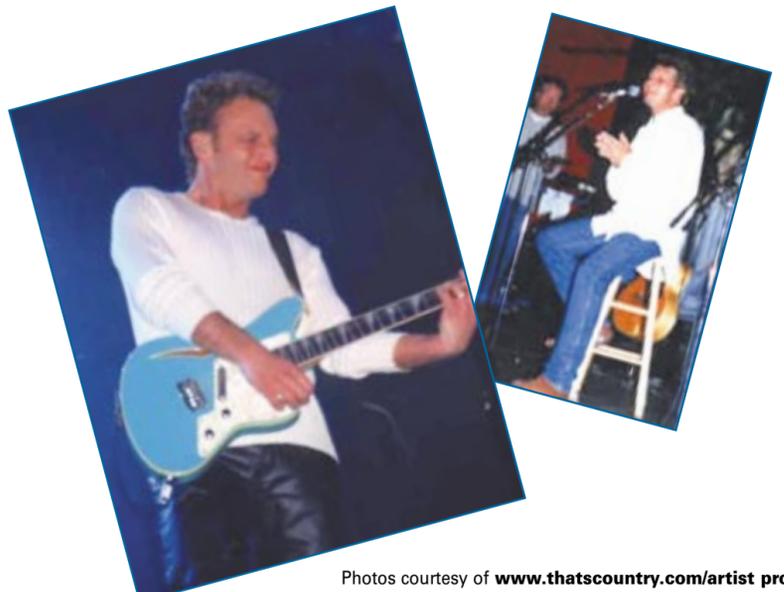
Want to enjoy the concert and get a taste of what goes into putting a class act on the road?

Volunteer! Positions are available to pitch in before, during and after the concert, and the perks are not to be missed. For information on volunteering, call 410-278-4402 or 4497.

So come join what is expected to be another great opportunity to enjoy music, have fun with a crowd of excited concert fans, and contribute to the APG community.

The outdoor concert is scheduled to take place at Shine Sports Field, rain or shine. Gates open at 6 p.m., with the concert beginning at 7:30 p.m. Come early for the best vantage points and bring lawn chairs or blankets for seating. To take advantage of the discounted price of \$20, purchase your tickets at Morale Welfare and Recreation outlets, 410-278-4011 or 4621, or call Ticketmaster at 1-800-551-SEAT.

Tickets will be available at the gate the night of the concert for \$25.



Photos courtesy of www.thatscountry.com/artist_profiles
Tim Rushlow left, and members of Diamond Rio, right, will also perform at the Miller Genuine Draft Army concert tour at Shine Field Saturday.